



### Recipe of the Week

#### Cream of Fennel Soup with Oyster Mushroom

-adapted from *DarMag*

1 fennel bulb with tops	2 1/2 cups chicken (or veggie) stock
1 onion	2 medium thin-skin potatoes
1/2 cup oyster mushrooms	1/2 cup cream
4 slices bacon (optional)	Olive oil or butter

Peel, wash, and coarsely cut the onions and fennel bulb. Chop some of the ferny greens and save to use as topping.

Cook in fat (olive oil/butter) without browning. Add the broth and cook until the vegetables are cooked, then blend the ingredients together. Pass the soup through a strainer or sieve.

Return soup to the pot: wash, peel and dice the potatoes, and add to the soup base. Cook over low heat making sure the potatoes remain firm. Add the cream at the end of cooking.

Cut the slices of bacon into pieces and cook in a pan until crispy. Set bacon aside, reserving bacon fat.

Gently wipe any dirt off the mushrooms (do not wash), and cut into chunks. Cook in the bacon fat. If not using bacon, use butter or olive oil instead.

Ladle soup into individual bowls and garnish with the bacon, mushrooms and chopped fennel tops. Serve hot.

#### Pasta with Collard Greens and Onions

-adapted from Martha Rose Shulman, *New York Times cooking*

1 bunch collard greens, washed and stemmed	2 garlic cloves, minced
2 Tbsp extra virgin olive oil	Freshly ground black pepper, to taste
1 med red onion	8-12 oz pasta, any shape (whole grain is best)
Florida Keys Sea Salt to taste	1/2 cup cooking water from pasta
1 piece fresh cayenne pepper, with seeds, to taste	freshly grated Parmesan or other hard cheese, to taste

Bring a large pot of water to a boil, salt generously and add the collard greens. Blanch for 2 minutes, then using a slotted spoon or a skimmer, transfer to a bowl of cold water and drain. Save the cooking water for the pasta. Squeeze out excess water and cut crosswise into thin ribbons.

Heat the olive oil over medium heat in a large lidded frying pan and add the onion. Cook, stirring often, until it is tender and translucent, about 5 minutes, and add salt, cayenne pepper and garlic. Cook, stirring, until the garlic is fragrant, about 1 minute. Add the collard greens and salt and pepper to taste. When the greens begin to sizzle, turn the heat to low, cover and simmer 5 minutes. Add 1/2 cup water, cover and continue to simmer for another 5 to 10 minutes, stirring often, until the greens are tender. Taste and adjust seasonings.

Meanwhile, cook the pasta. Bring the water in the pot back to a boil and add the pasta. Cook al dente, following the timing instructions on the package. Before draining the pasta, ladle 1/2 cup of the cooking water into the collard greens and onions. Drain the pasta and toss with the greens. Serve, topping each serving with Parmesan to taste.

**Tidbits** **Going out of town?** Please make arrangements for someone to pick up your share. If you must abandon it that week, please let your site host know so they can find a home for it before it spoils.

**Find past newsletters online!** Go to [beeheavenfarm.com](http://beeheavenfarm.com), click on CSA, then Newsletters. Use the search box to search 10 years of information on crops & recipes.

**Share your recipes!** Email your recipes to: [recipes@beeheavenfarm.com](mailto:recipes@beeheavenfarm.com)

Visit our **blogs:** [www.redlandrambles.com](http://www.redlandrambles.com), and [beeheavenfarm.wordpress.com](http://beeheavenfarm.wordpress.com). In those blogs, you'll find links to other interesting CSA member blogs. Tell us about yours, so we can include it.



## Farm News

**Mark Your Calendar—and check our website**

[beeheavenfarm.com](http://beeheavenfarm.com) for directions

### 11th Annual Farm Day celebration

Sunday, December 20th 11:30-3:00pm

**Come to the country**

**Fun for everyone!**

\* Activities \* Hay Rides \*

\* Farm Food \*

\* Live Music \*

\* Farm Market & Nursery \*

Locally-grown seasonal organic produce, dried fruit, raw farm honey, artisan gifts, heirloom tomato and veggie plants, nursery supplies

**We're building an ark.... well, thinking about it, anyhow...**

### What a deluge this past week!

*Breaking news!*

*It's official—the uniform de rigueur for farming in South Dade is a bathing suit and galoshes.*

Nov 26-27 we had 0.61 inches of rain, followed by four days with no rain. On the fifth day, the rains returned. The chart on the left shows what our on-farm weather station recorded from Dec 2nd through the 8th, for a grand total of 9.43 inches since Nov 26 .

Other places got a lot more rain than we did—to 15+ inches. Crop losses are estimated at 60% or more in South Dade. Some damage won't be evident for a couple of weeks, as the stressed and weakened plants sicken and die.

Date	# inches recorded
Dec 2	0.44
Dec 3	0.71
Dec 4	3.93
Dec 5	3.15
Dec 6	0.38
Dec 7	0.19
Dec 8	0.02

Here's where we truly see the advantages of a multi-farm CSA—since we have a group of farms working together, it's not likely that every farm will be affected equally, so we're able to keep putting together a great share box each week!

*What's In My Box?*

*Look inside...*

*pages 2 & 3* →

At Bee Heaven Farm we got way behind in our planting, which has turned out to be a blessing in disguise, as we had nothing to drown or get washed away. In the meantime, our greenhouse is getting good use, protecting transplants from the bad weather.

#### Farmers Market

##### Schedule

Sundays 9am-2pm

##### Pinecrest Gardens

SW 110th St & 57th Ave

**Dec 6 & 13**

Then every Sunday starting

**Jan 10 thru May 1**



*It's rich, "organic", down-to-earth, user-friendly, and nourishing!*

**Featured Items**

**Fennel** Bulbing fennel is a mild-tasting vegetable that can be eaten thinly-sliced raw in salads, sautéed or baked, or pickled. It has a light anise flavor, and the finely-chopped leaves make a great garnish on soup

**Hot Cayenne & Sweet Cubanelle & Bell Peppers** There's a smörgåsbord of peppers in the shares this week. Include more or less chopped cayenne in any dish to add a little to a lot of heat. Cubanelle peppers are great for frying with onions and sausages, but they're great in salads too. Everyone's familiar with bell peppers— eat 'em raw or cooked.

**Oyster mushrooms** These meaty mushrooms are great simply sautéed in wine or butter. Prepared this way, use them to top a steak or grilled veggies. I enjoy them in omelets and quiches. They're also good as an ingredient in stuffing (try it with acorn or butternut squash).

*Due to technical difficulties, share pictures were not available in time to include in the printed newsletter.*

Here's what's in your box this week:

<u>ITEM</u>	<u>FAMILY SHARE</u>	<u>Grower</u>
Baby carrots w/tops	1/2 lb bunch	Paradise Farms
Fennel w/tops	2 bulbs	Worden Farm
Lettuce	1 head	Worden Farm
Asian Salad turnips w/tops	1 bunch	Worden Farm
Collard greens	1 bunch	Worden Farm
Eggplant	1 each	Worden Farm
Cucumber	1 each	C&B Farms/Little Cypress
Bell Pepper	2 each	C&B Farms/Little Cypress
Cubanelle Pepper [sweet]	3 each	Worden Farm
Cayenne Pepper [hot, red]	4 each	Worden Farm
Oyster Mushrooms	0.3 lb	Paradise Farms
Small Butternut squash	1 each	C&B Farms/Little Cypress

**What does it look like?** Every week, we include pictures to help you identify everything in your shares, especially those strange things you never saw before!...

**About the shares...** There are two sizes of box, labeled FAMILY & SMALL. Please make sure you've taken the correct size. Weekly and bi-weekly shares are the same. Take ONLY what belongs to you. Options and special orders have YOUR NAME on them.



**Welcome new CSA member Yorkys, of Bodhi's Garden Delights. She will be photographing the shares this season!**



**Featured Farmer: Worden Farm**

Chris and Eva, the heart of Worden Farm, got their start in the Redland area. When their landlord decided to lease the property to a big nursery, they relocated to Punta Gorda (just north of Ft. Myers), where they've grown their farm and their family. Worden Farm was a founding member of Redland Organics, and continues to be a vital contributor in our CSA program. With the recent issues in South Dade, we're really glad to have them going strong right now!

*Due to technical difficulties, share pictures were not available in time to include in the printed newsletter.*

Here's what's in your box this week:

<u>ITEM</u>	<u>SMALL SHARE</u>	<u>Grower</u>
Baby carrots w/tops	1/4 bunch	Paradise Farms
Fennel w/tops	1 bulb	Worden Farm
Lettuce	1 head	Worden Farm
Asian Salad turnips w/tops	1 half-bunch	Worden Farm
Collard greens	1 bunch	Worden Farm
Eggplant	1 each	Worden Farm
Cucumber	1 each	C&B Farms/Little Cypress
Bell Pepper	1 each	C&B Farms/Little Cypress
Cubanelle Pepper [sweet]	2 each	Worden Farm
Cayenne Pepper [hot, red]	2 each	Worden Farm
Dandelion greens	1 bunch	Worden Farm

This week is the first of 5 monthly share distributions for biweekly A; weekly and biweekly B got theirs last week):

Honey, Pollen,  
Salt, Sampler, Gomasio  
Soap, Rice

Mediterranean Share

Baba Ghanoush



Cheese Share  
Hani's Cheese

**Plan ahead for holiday break!  
No shares December 26-27 & Jan 2-3. Shares resume January 9-10.**