



Recipes of the Week

Pasta Salad with Daikon and Swiss Chard

-from *Community Nutrition Partnership*

1 pound small whole wheat pasta (shells, rotini, or similar)	1 Tbsp Dijon mustard
1 bunch chard (red, green, or rainbow), thinly sliced	1 Tbsp dill or your favorite fresh herb
1 large or 2 small Daikon radish, halved and thinly sliced (save the tops for cooked greens or to toss in soup)	1/4 cup balsamic vinegar
2 Tbsp honey	1/2 cup olive oil

Cook pasta according to package directions. Drain.

Mix together the pasta, chard and daikon in a large bowl.

Prepare the dressing: whisk together the honey, Dijon mustard, herbs, vinegar oil in a small bowl.

Toss everything together and serve.

Escarole, White Bean and Pine Nut Salad

-from *Cookthink.com*

1 large head escarole, cut into 2-inch pieces	3 Tbsp olive oil
1/2 15-ounce can white beans, rinsed and drained	1 Tbsp fresh lemon or lime juice
1/4 cup toasted pine nuts	Salt and freshly ground pepper to taste

Rinse and dry the escarole. Remove and trim any damaged outer leaves. Cut off the bottom end, and cut the head crosswise into 2-inch pieces. Prep the beans.

Toast the pine nuts in a dry skillet over medium heat, tossing them often until they're light brown in spots, 2-4 minutes.

Put the escarole, beans and pine nuts in a large bowl. Toss with the oil and lemon juice, and season to taste with salt and pepper. Serve.

Daikon and Baby Sunflower Greens Salad

-adapted from *Saveur.com*

1 Tbsp mirin (sweet cooking rice wine)	1 medium Daikon radish
1 Tbsp seasoned rice wine vinegar	1 pint baby sunflower greens
1 small dried or fresh hot chile, slit lengthwise	Salt, soy (or shoyu or Braggs aminos) sauce

In a small bowl, combine mirin, vinegar, 2 tsp. water, and chile. Set aside for 30 minutes to allow flavors to blend.

Meanwhile, wash and finely grate enough daikon to make 1 tbsp. Julienne the rest (a mandoline works great for this). In a large bowl, combine julienned daikon with sunflower greens. Discard chile and, to finish dressing, stir in grated daikon. Pour dressing over salad, toss, and season to taste with salt or soy sauce.

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, 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

Visit our **blogs**: www.redlandrambles.com, and 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

Homestead organic bean grower shutting down

It's the end of an era... Dan Howard, of Homestead Organic Farms, just harvested his last field of green beans. His certified organic beans have been shipped all over the country for many years during the winter months. Always famous for having them ready in time for Thanksgiving and Christmas, this is the last time we'll eat his awesome hand-harvested beans, so enjoy!

Dan will be relocating to Ft. White in North Florida, but he will still maintain a presence here, continuing to manage groves and sell tropical fruit in the summertime. We wish him luck in his new home.

THIS WEEKEND! 11th Annual Farm Day celebration

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

Come to the country

Fun for everyone!

*** Activities * Hay Rides ***

*** Farm Food ***

Hani's Mediterranean Organics and Lamoy's Living Foods

*** Live Music ***

Jennings & Keller

*** Farm Market & Nursery ***

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

Directions to the farm: from southbound on US1, turn west (right) on Bauer Drive (SW 264th St), & go approx 5 miles. The farm is about 1/3 mile west of Redland Road (SW 187th Ave). Look for the farm sign & flags. Please angle park on the swale and walk on in.



We'll match the first \$20 dollars of SNAP/EBT purchases with Fresh Access Bucks, good for Florida-grown fresh fruits & vegetables and edible plants onsite or at participating local farmers markets

Farmers Market Schedule

Sundays 9am-2pm

Pinecrest Gardens
SW 110th St & 57th Ave
See us there every Sunday
from

Jan 10 thru May 1



**What's In My
Box?**

check inside...

pages 2 & 3



Community Supported Agriculture

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

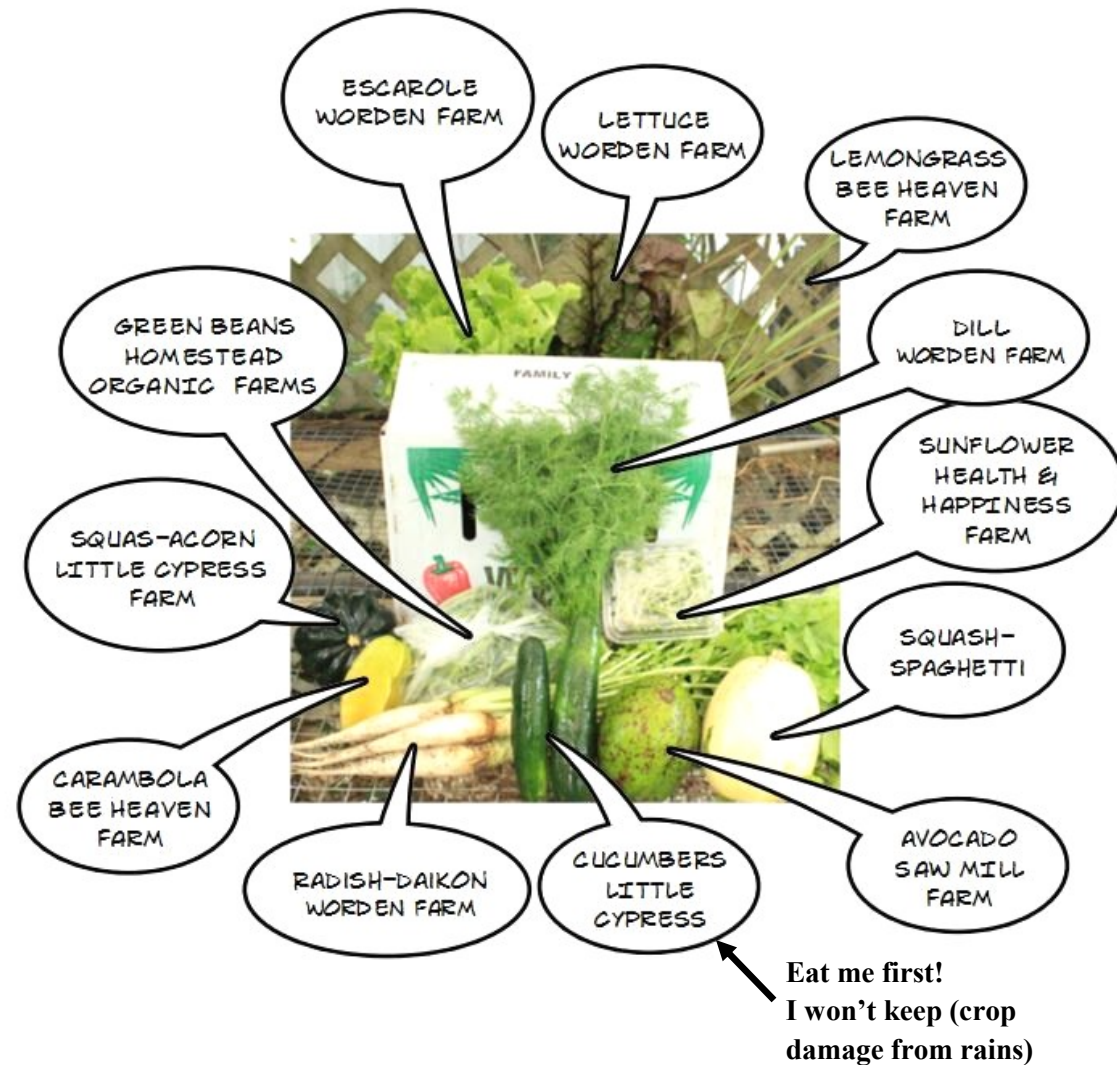


Featured Items

Spaghetti Squash Are you Paleo? Cutting down on carbs? Or just like veggies of all types? This squash is unique—when you cook it, it turns out stringy, like spaghetti! It's easy to prepare. Cut in half, scoop out the seeds. Lay them cut side down in a baking pan with about 1/2 inch of water. Bake at 350°F until a fork can penetrate the skin. Let them cool down a bit, then using a fork, scrape out the insides. Season and serve on its own with butter, or with a topping—pesto, spaghetti sauce, sautéed mixed veggies, cheese...get creative.

Did you know? All squash seeds are edible, just like pumpkin seeds/pepitas...if they're firm and filled out, wash them off, season and roast them on a lightly-oiled cookie sheet. Turn partway through roasting, testing occasionally. They're done when they're crunchy. Eat skin and all.

Escarole This endive relative in the chicory family is very mild and can be eaten in a salad or cooked. Escarole pairs extremely well with white beans. Escarole with Italian sausage and white beans makes a satisfying meal on a cold day. Escarole makes its own thickening when cooked in a small amount of water.



Family Share

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!...

WANTED: CSA boxes and coolers! Help keep share prices low. Please be sure to return your boxes neatly flattened and not torn, for reuse.



Mediterranean Share
Homestead Beans



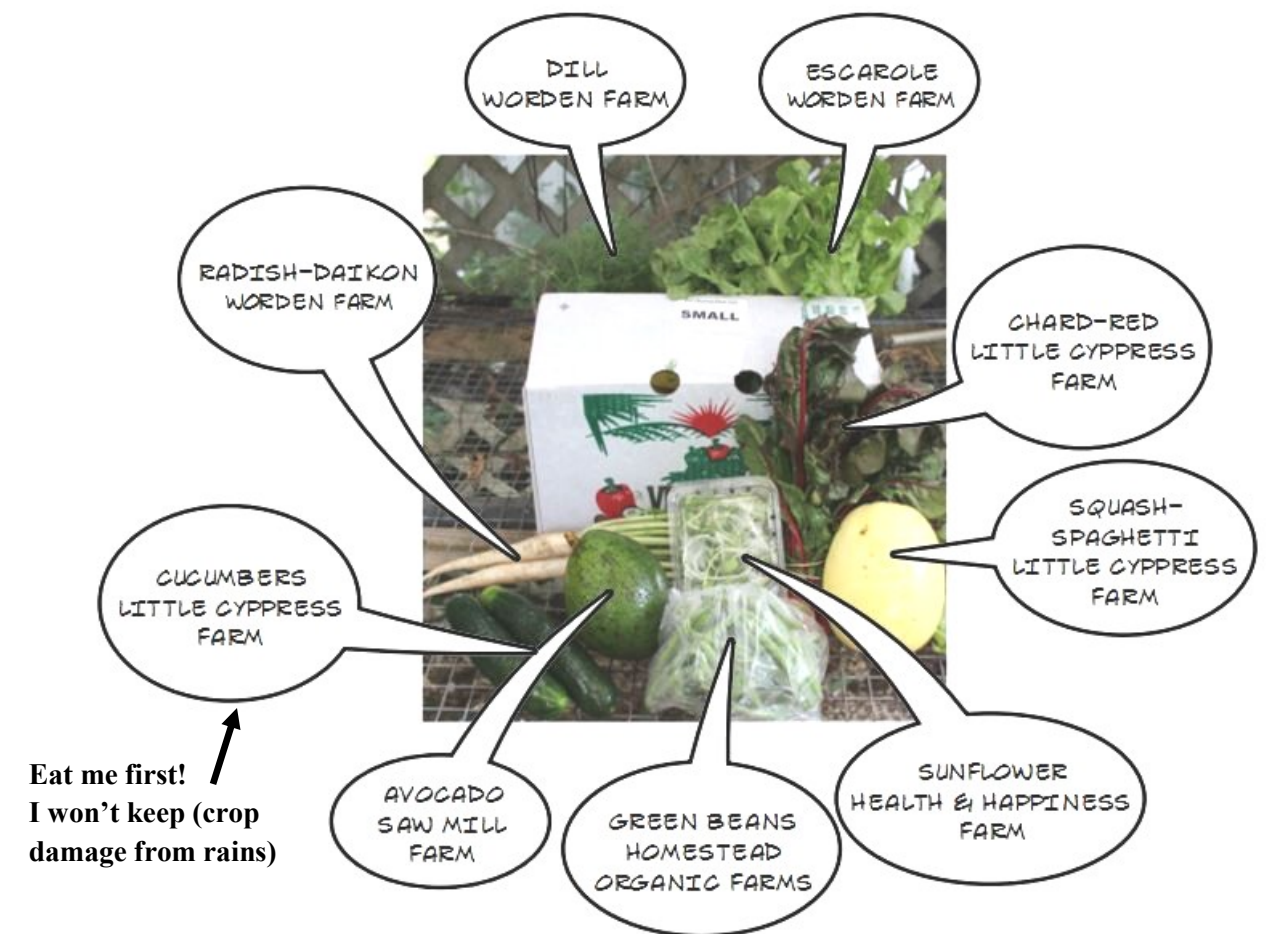
Cheese Share
Hani's Cheese



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.

Featured Farmer: C&B/Little Cypress

Chuck Obern runs a big operation up in the Devil's Garden area just west of Clewiston. They do lots of contract growing of both conventional—mainly herbs and ethnic varieties of veggies for markets up north—and a smaller certified organic section of land managed by his son Boots. The organic side of the operation is Little Cypress Organics. They have the space to grow assorted things like the hard squashes in last week's and this week's shares, and have finally figured out how to grow a decent crop of organic corn in South Florida. Apparently the raccoons think so too—that remains their biggest challenge to harvesting corn! We've been partnering with them since 2007, and love finding out what goodie they're experimenting with next.



Eat me first!
I won't keep (crop damage from rains)

Small Share

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