

Recipe of the Week

Grilling Marinade

-recipes from Lowlands Community Garden

1/2 cup olive oil	2 1/2 Tbsp Cuban oregano
1/3 cup onion	4 tsp garlic paste
1/3 cup lime juice	1 tsp cumin
1/3 cup cilantro	1/2 tsp salt (or to taste)
1/4 cup red wine vinegar	1/2 tsp pepper (or to taste)

Toss all ingredients in a blender. Blend for a few seconds until all the marinade ingredients are mixed well. Use this marinade on your favorite grilling meat - chicken, steak fish, or thick slices of eggplant.

Baba Ghanoush (Eggplant Dip)

— Produce for Better Health; Fruits & Veggies—More Matters; Centers for Disease Control and Prevention, as appears in *Bounty from the Box: The CSA Farm Cookbook*, by Mi Ae Lipe

2 large eggplants (about 1¼ pounds)	3 to 4 tablespoons cold water
2 level tablespoons tahini	¼ teaspoon salt
4 cloves garlic	Dash of freshly ground black pepper
½ cup diced onion	1 teaspoon olive oil
1 cup chopped tomato	Chopped parsley, for garnish
3 tablespoons fresh lemon juice, or more to taste	Finely diced tomatoes, for garnish

1. Pierce the eggplants in several places with a toothpick. If you are cooking indoors, wrap the whole eggplants in aluminum foil and place them over the open flame of a gas burner; or place them under your oven broiler to cook on all sides until they collapse and begin to release steam. If you are cooking outdoors over coals, grill the eggplants until blackened, collapsed, and cooked through.
2. Remove the foil and place the cooked eggplants into a basin of cold water; peel them while they are still hot, and allow them to drain in a colander until they are cooled. Squeeze the pulp to remove any extra juices—they may be bitter. Then mash the eggplant to a chunky consistency.
3. In a food processor, mix the tahini with the garlic, onion, tomato, and lemon juice until the mixture turns into a uniform puree. Thin with water. With the machine still running, add the eggplant, salt, pepper, and oil. Taste and adjust seasonings.
4. Spread the mixture evenly in a shallow dish and garnish with more pepper, parsley, and tomatoes.

Farm News



While others around the country are celebrating Thanksgiving, a fall harvest festival, we celebrate the start of our winter growing season, when the weather allows us to grow a lot of the familiar temperate season crops which most of us grew up enjoying.

Long-time CSA members may remember our first season's share including green beans. This year we break tradition, as our local organic green bean grower, Dan of Homestead Organic Farms, has retired from farming and moved to North Florida. He continues with the tropical fruit part of his operation, and you'll find his Persian Limes in this week's share.

NO share delivery

NEXT WEEK

(Nov 25-27).

Shares resume

December 2-4

We're Celebrating

15 years

of

Community-Supported

Agriculture

Welcome!

Fifteen years ago, we began this journey. It seems like only yesterday we were starting our multi-farm CSA bringing farm-fresh, locally-grown produce to our members in the Southeast Florida area. We are very thankful for having this wonderful opportunity to directly affect our local economy in a truly healthy way.

Along with your share, each week you can order additional items from our webstore to be delivered to your pickup site. These can be staples like our dried Fruits of Summer, bulk quantities of something you might want to can or freeze, say an extra 5 pounds of string beans, or other veggies that may not be included in your share because we don't have enough for everybody. Webstore orders allow CSA members who live farther away access to many of the same items we bring to market.

What's In My Box?

Look inside →

Need recipes or tips?

We have them!

Every week we highlight some of the share items, featuring interesting information and tips for using them. We also include recipes incorporating produce included in the week's share to help you get creative.

Would you like to know more about any share item, including more tips and recipes? We have all 13 past seasons on line in our newsletter archive. Our handy search function lets you enter any search term and finds all mentions of it in the archive. Just use the link below to start your search.

beeheavenfarm.com/csa/archives/

Mark Your Calendar!

Annual Farm Day

Dec 18, 11:30-3

See us at the Market

Sundays 9am-2pm

Pinecrest Gardens

SW 110th St & 57th Ave

Dec 4 & 11, then every Sunday from Jan 8 thru April 30

Off-season setup: May-Sept

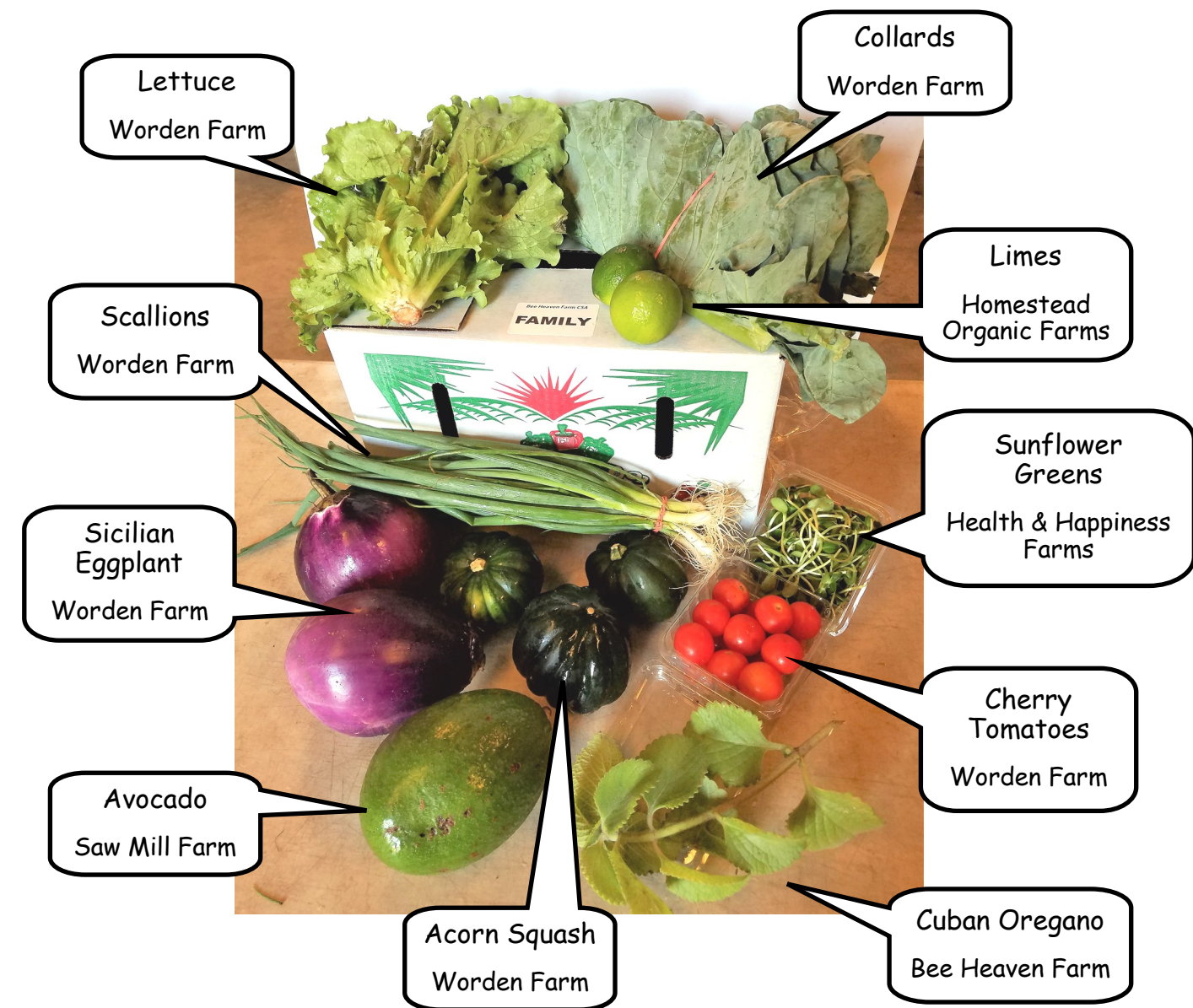


Featured Items

Acorn Squash Winter squashes such as butternut and acorn squash are distinguished from summer squashes by their relatively hard peel. Because of this, they generally store well.

Sunflower Baby Greens Though resembling sprouts, Sunflower baby greens are actually grown in soil and harvested by cutting when very young. Enjoy these in salads, garnishes, in sandwiches, and in stir-fry.

Sicilian Eggplant Eggplant comes in many shapes and sizes, from the long skinny Asian types to the large, lobed, nearly round Sicilian varieties. Eggplants are members of the Solanaceae family, which includes tomatoes and potatoes. Eggplant has a meaty texture which makes them a great base for hearty dishes such as eggplant parmesan, rollatini.



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!...



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.

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Cuban Oregano Also known as Mexican thyme, Indian borage, Mexican mint, this herb is related to the ornamental coleus. There is a variegated version which is very decorative in the garden. Cuban oregano is a source of vitamins A, C and E, and contains thymol and carvacrol, both of which have antibacterial and anti-fungal properties. Other compounds in Cuban oregano have anti-inflammatory effects.



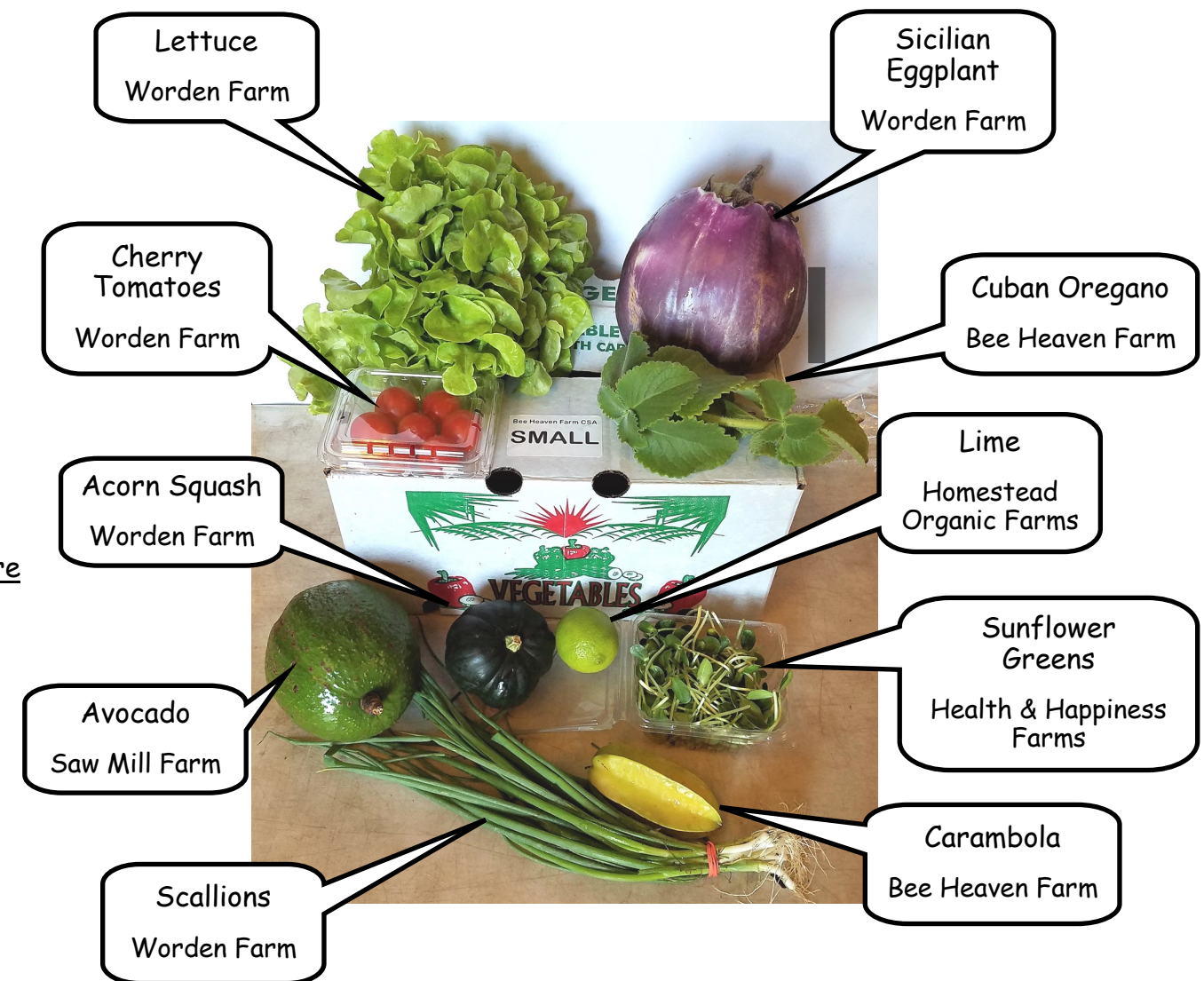
Goat Dairy Share
Yoghurt



Mediterranean Share
Foule Moudamas



Cheese Share
Hani's Cheese



Small Share

**Please note: There is no share delivery NEXT WEEK.
Shares resume December 2-4. Happy Thanksgiving!**