



## Recipe of the Week

### Mizuna and Summer Squash

— Mariquita Farm, Watsonville, California, as appears in  
Bounty from the Box: The CSA Farm Cookbook, by Mi Ae Lipe

Serves 2 to 4

3 tablespoons olive oil  
1 to 2 cups summer squash (such as zucchini or yellow crookneck), thinly sliced  
3 to 4 cloves garlic, chopped  
1 bunch mizuna, roughly chopped  
Salt and freshly ground black pepper  
Hard cheese for grating, such as Parmesan

1. In a large saucepan, heat the olive oil over high heat, then add the summer squash and cook for 3 to 4 minutes, stirring a bit.
2. When the squash is somewhat cooked, add the garlic, mizuna, salt, and pepper. Cook for 2 to 3 minutes longer. Sprinkle with cheese to finish off the dish.

**NO share delivery**

**CHRISTMAS and NEW YEAR'S weeks**

**Shares resume Jan 6-8 for weekly and biweekly-A schedules  
and Jan 13-15 for biweekly-B schedule**

### Turnips in Orange Sauce

-from [www.mrneep.co.uk](http://www.mrneep.co.uk) via Worden Farm

1 bunch turnips  
1 large orange, segmented  
¾ cup orange juice  
½ teaspoon salt  
2 tablespoons firmly packed brown sugar  
¼ teaspoon ginger  
1 tablespoon melted butter or margarine

Wash turnips, cut in 1 inch cubes, and boil until tender. Drain turnips and mash.  
Beat in salt, orange juice, brown sugar, ginger, and butter or margarine.  
Put in a buttered baking dish and garnish with orange sections. Bake at 350°F for 5-7 minutes.

**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)



## 12th Annual Farm Day at Bee Heaven Farm

**Come to the country  
Fun for the whole family!**



**Sunday, December 18th  
11:30 am - 3:00 pm**

**\* Activities \* Hay Rides \***

**\* Farm Market & Nursery\***

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

**\* Farm Food \***

Local and artisanal foods available for purchase

**\* Live Music \***

**Corn Country**

Admission is free—bring your friends



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

**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.

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*Community Supported Agriculture*

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



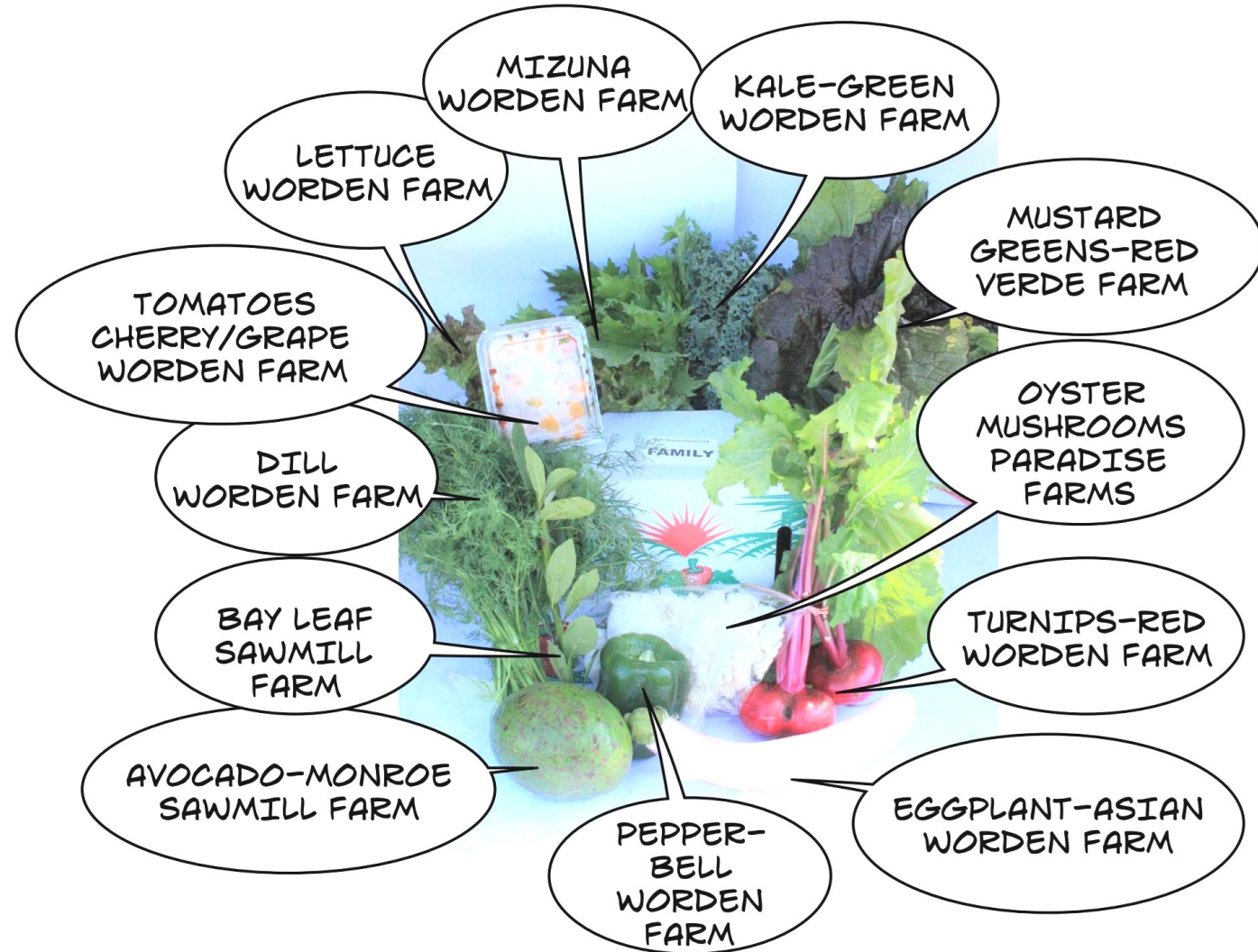


## Featured Items

**Mizuna** You've probably encountered this mild mustard if you've eaten commercial salad mixes. Its delicate structure, pale color and mild flavor offer a nice contrast to the heavier lettuces and other greens. It's a popular green in Japan, where it's often served lightly steamed with just a tad of seasoning as a side.

**Oyster Mushrooms** Delicious, meaty mushrooms are great in omelets or incorporated in a vegetable dish. Sautéed in butter or wine, they make a nice side dish or topping for meat or veggies.

**Scarlet Queen Turnips** This is a beautiful vegetable, with green, red-veined leaves, red skin and creamy white flesh. As is all other root veggies (except for parsnips), the tops are edible and tasty. If you don't plan on using it immediately, cut off the tops and store them in a bag, separately from the roots. That way, the greens don't steal water from the roots and they won't get soft. Oops...it happened already? All is not lost-just soak the roots in ice cold water (as in, put some ice in the water) for an hour or two, until the roots have rehydrated and are firm again. Good as new, and ready to use.



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.

**Bay Leaf** Growing up, I was taught that Bay Leaf, aka Bay Laurel, was a must-have basic pantry item. As an essential ingredient, no soup, pot of beans, or stew would be complete without a bay leaf or three thrown in. Any time and anywhere a dish is served that was cooked with bay leaves, it seems one always lands on my husband's plate. It's become a standing joke "Oh! That must be your plate!" Bay leaf has a pleasant aroma that adds a touch of "je ne sais quoi" to a dish. Use it fresh, or hang it up to dry. After it's crispy, it's safe to put it away in a jar in your spice cabinet, away from light and heat. I like to lightly crush it lightly in the palm of my hand before throwing it in the pot, to release the flavorful oils.

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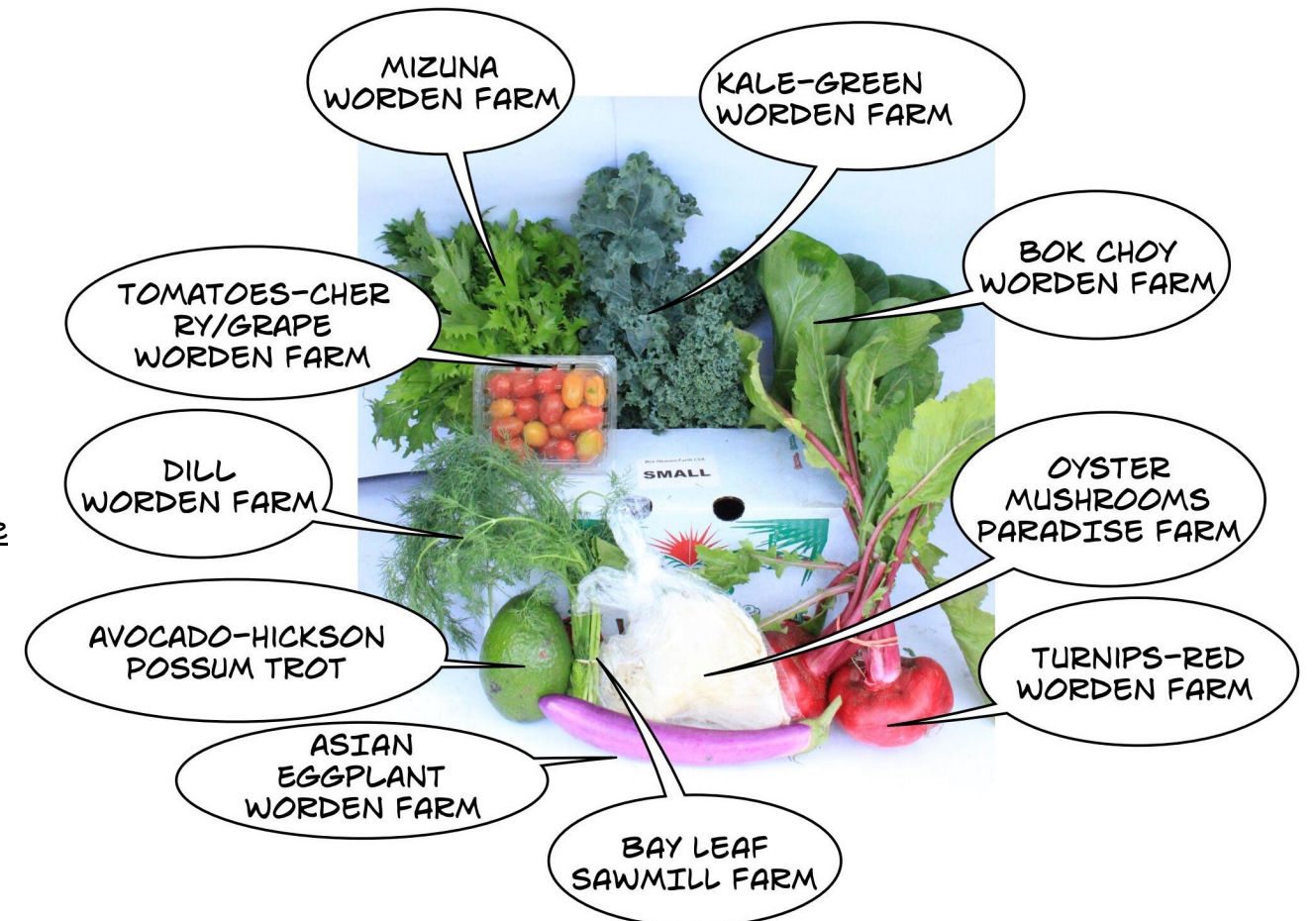


Goat Dairy Share  
Kefir



Mediterranean Share  
Ratatouille

Cheese Share  
Hani's Cheese  
or  
Quark



Small Share