



Recipe of the Week

Fennel, White Bean, and Collard Green Sauté

— from elizabethborelli.com

Serves 4

- 1 whole fennel bulb, stalks and greens included
- 6 cups water
- 1 tablespoon olive oil
- 2 cups navy or cannellini beans, precooked
- 3 cups collard greens, stems removed, sliced into thin ribbons
- 2 cloves garlic; or 1 teaspoon powdered or granulated garlic
- 1 teaspoon salt
- juice of 1/2 lemon (1-2 tsps. to taste)
- 1 teaspoon dried oregano or Italian seasoning blend

Make Consomme: Remove stalks and greens from fennel bulb, rinse thoroughly, and add them to a large saucepan with 6 cups of water. Bring to a simmer over medium heat, cover, and cook down for about 30 minutes.

In the meantime, chop fennel bulb into inch-long, very thin slices. Set aside.

When consomme is reduced to 2 to 3 cups, remove from heat, and pour the consomme liquid only into a glass jar. Set aside. Toss out the remaining cooked fennel.

Finish the dish: Add olive oil to the saucepan, and return to medium heat. Add chopped fennel and sauté over medium-high heat for 5 minutes. Add ¼ cup of consomme and simmer on medium-low for 5 more minutes, then repeat. Add ¼ cup more consomme, collard greens, and remaining seasonings and cook for 5 to 8 minutes longer, until greens are tender. Stir in beans and serve warm or hot.

Label, date, and store remaining consomme in the fridge for up to 1 week, or freeze for up to 3 months.

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**

Quick Roasted Poblano Peppers

-a Bee Heaven Farm favorite

Rub fresh poblano peppers with olive oil. Arrange on a baking sheet and broil them in the oven, turning often, until they are charred, about 5-10 minutes. Transfer them to a bowl and cover with plastic wrap. When cool, peel (wear gloves). Cut off the tops, scrape out the seeds and ribs, and leave whole, slice or dice the peppers as desired. Combine roasted chopped poblanos with sweet corn (fresh, frozen or creamed kernels) to make a delicious instant salsa or side dish.

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



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.

Community Supported Agriculture

**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**

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



Featured Items

Fennel Bulbous, anise-y and crunchy/juicy, fennel and its head of unruly hair is often overlooked by folks who “don’t like licorice”. If you’re a member of that group, I urge you to give this week’s recipe a try. You can easily substitute kale or another green for collards.

Poblano Peppers A medium-spicy pepper bursting with unique flavor, poblano peppers are delightful stuffed, whether with cheese and tomato salsa, a meat stuffing, or your favorite grains. Roasted, the flavor really pops!



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.

Curry Leaf It’s almost like cheating...a plant with the flavor of curry built-in? But curry is a blend of several spices! Believe it or not, this plant, all by itself, imparts a curry-like flavor to your food. Use it like bay leaf—throw some whole into a soup, a curry, or a stew, and remove when ready to eat. Or, quickly fry a handful of curry leaves until crispy in coconut oil (olive oil works also). Strain, reserving the flavored oil for cooking your dish. Crush the leaves, then use them to garnish the plate.

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



Goat Dairy Share
Labneh



Mediterranean Share
Stuffed Grape Leaves



Cheese Share
Labneh



Small Share