



## Recipe of the Week

### Italian Dandelion Fettuccini -adapted from *The Cook's Garden* catalog

This fresh, homemade pasta recipe does not require a pasta machine.

2 cups dandelion greens	1 1/2 cups flour
2 eggs	1/2 tsp salt

Whirl dandelion greens and eggs in a blender until smooth. Transfer to a bowl, add salt and start adding flour while beating with a spoon. Keep adding until dough is stiff. Turn out onto floured surface and knead until smooth (about 5 minutes). Roll out with rolling pin to 1/8"-1/4" thickness or thinner. Allow to stand and dry 1 hour, then cut into strips. Drop into boiling water and cook 1-2 minutes.

### TIPS FOR KEEPING YOUR VEGGIES FRESH

To prevent wilted, soft or shrunken **roots**, cut the tops off any root veggies, such as turnips, radishes, beets, carrots, and store them separately (see greens below). If your roots DO get a little soft, soak them in ice water for awhile and they'll plump up again.

Store your **greens** in a closed plastic bag inside the refrigerator, preferably in the vegetable drawer. Don't wash your greens until you're ready to use them— they'll keep fresher longer.

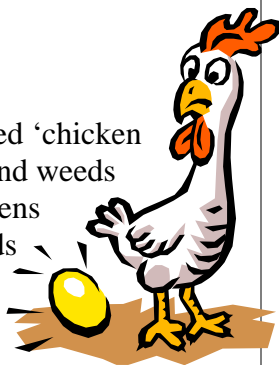
Never store **fruit** in the fridge until it is fully ripe—this includes TOMATOES, AVOCADOS, and ALL tropical fruit.

Herbs such as basil, sage and oregano turn black when they get wet and cold. Keep basil on the countertop with the cut ends in a glass with a bit of water. Don't let sage and oregano leaves get wet.

**Looking for information on a share item, or want to find past recipes?** Go to the newsletter archive on the website, [www.redlandorganics.com/newsletter.htm](http://www.redlandorganics.com/newsletter.htm), and use the special search box! It will find any and all references in the archive.

### EGG CORNER

**Did you know?** At Bee Heaven Farm, we keep our chickens in bottomless pens called 'chicken tractors'. We move them twice a week to fresh pasture, when they can dig, and eat bugs and weeds to their hearts' content. PNS farms has a big henhouse with an enclosed yard, where the hens are let out to dig, eat bugs and weeds. With sufficient space per bird, both of these methods of raising chickens are allowed in organic production.



**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 [www.redlandorganics.com](http://www.redlandorganics.com), click on CSA, then Newsletters. Use the search box to search 8 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 [www.beeheavenfarm.wordpress.com](http://www.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

### Our Farm Family

We welcome Emily, who comes from up North with her rabbit Homer. Emily was referred by Keisha, who interned with us the season before last. Emily and Keisha worked together at a farm in New York, delivering to a CSA in New York City.



Mike L, Margie, Emily, Mike D and Jade

### Intern Diary

by Mike Davis

The WWOOF program was the key to a cell door. How else does a member of the underclass satisfy his wanderlust?



**The Farmers Market starts this Sunday, rain or shine!**

**Where:** Pinecrest Gardens, 5855 SW 111th St (on the corner of Red Rd and Killian Dr)

**When:** Sundays 9am-2pm

*Please note: on Dec 20, we'll be at the farm celebrating Farm Day*



With work exchange, the expenses of travel are winnowed down to the travel itself, making it feasible for one such as me to gradually see the world. Not just the key to a door, but a key to possibility itself--so my lovely fiancée Jade and I packed our bags and bought our tickets for the first adventure. We were to travel the globe, and all we had to do was a little farm work.

That was September. In the two months we've been at Bee Heaven, it's become much, much more than that.

Having been a participant in the ritual of creating food, my eyes and heart have refocused. Having seen life climb skyward from a seed I planted, my very future has changed its course. Having experienced the transformation of weedy thickets to row upon row of crops, the need for "just a little farm work" has become a grand desire for a farm of my very own. It's ambitious, I admit, and I have a long way to go before I can pull it off. Whenever, wherever this vision is realized, the fact remains that I took my first steps here.

Yesterday, my new friends and I packed the goodies that give this page a reason to be. So when you dig into your box, I'd like you to hold this in your thoughts: Margie is not just providing you with delicious organic veggies. Through her willingness to take a chance on strangers with zero experience, she has provided the world with dedicated organic farmers, and I think that's something we can all be grateful for.

### Farm Day

**Bee Heaven Farm**  
**11:30-3:30 pm**  
**SUNDAY**  
**December 20th**

Enjoy a fun day in the country, meet some of your local farmers and fellow CSA members. Bring a dish to share. We'll make scarecrows, have food prepared with local ingredients, hayrides, entertainment, and a farm stand with locally-grown seasonal organic produce, dried fruit, raw farm honey, and heirloom tomato plants for sale.

Your \$10 donation helps support our internship and student artist programs, and includes a chance to win a Smith & Hawken BioStack Composter—a \$129 value!

**Directions:** from southbound US1, turn west (right) on Bauer Drive (SW 264th St), and go approx 5 miles. The farm is about 1/3 mile past Redland Road (SW 187th Ave). Look for the farm sign and flags.



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

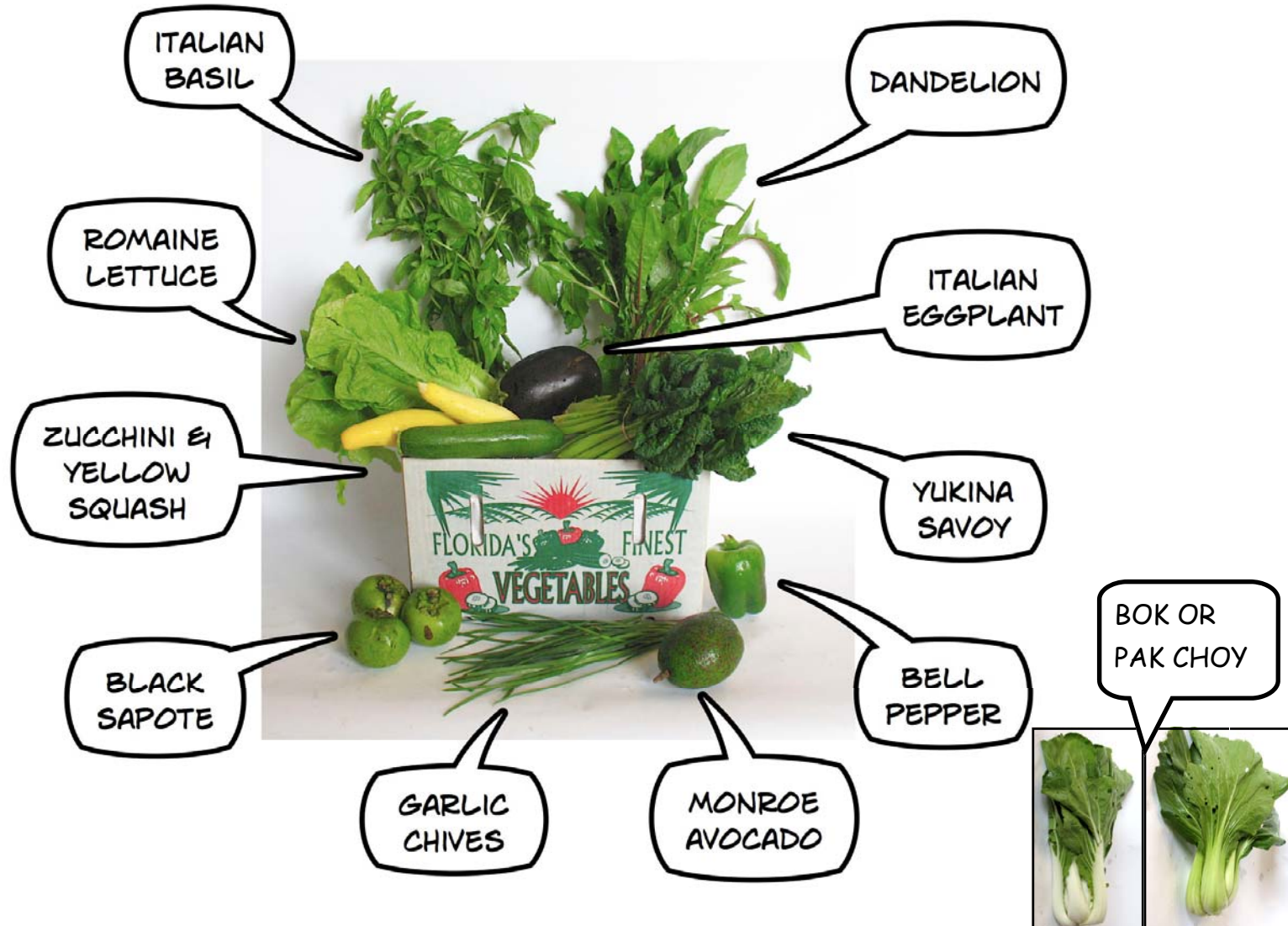
### Featured Items

**Italian Dandelions** This bitter green is not a true dandelion— it’s in the chickory/endive family, and is highly nutritious. Check out the recipe for a simple homemade fettuccine pasta— and you don’t even need a pasta machine!

**Yukina Savoy** A giant version of tatsoi. This versatile mild-flavored cabbage/mustard relative is great.

**Root Basil** Keeps better than cut basil— if you like, cut 1/2 off the top and plant the bottoms! TIP: Never refrigerate basil—it turns black, especially if it’s wet.

**Garlic Chives** Garlic doesn’t grow here very well— you could get a clove to sprout a green, but it won’t be making new cloves—you need a lot of cold weather for that. So, we have the tropical version, which packs a wallop of nutrition and flavor. Use this garlic-flavored herb simply chopped with tomatoes & a balsamic drizzle. Or, chop and stir into sour cream or your favorite dip makings. Garnish a soup—mix into dim sum filling—use in pesto instead of garlic. The uses are limited only by your imagination. And please use the ENTIRE thing— green parts as well as white parts!



**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, corresponding to the two share sizes. And, no, **two half-share boxes does NOT equal one full-share box**. If you’re sharing with someone, or if your full share box is missing (hopefully not!) please DON’T take two half-share boxes if you paid for a full share. We also have an eXTRAs box, with goodies to rummage through and exchange with others—but they go fast!

Food Miles	What’s in my share box today?
<b>From BHF</b>	<b>NOTE: A full share is NOT the same as 2 half-shares, so don’t be tempted to take the wrong thing!</b>
165	<b>Italian Dandelion (WF) - All</b>
0	<b>Garlic Chives (BHF) - All</b>
165	<b>‘Root’ Basil (WF) - Full only *DO NOT REFRIGERATE-WASH WHEN READY TO USE*</b>
100	<b>Eggplant (C&amp;B) - Full only</b>
165	<b>Lettuce (assorted heading varieties) (WF) - all: 1</b>
165	<b>Bok Choy (WF) - Half only</b>
100	<b>Green ‘Suntan’ Peppers (C&amp;B) - All: 1</b>
165	<b>Yukina Savoy (WF) - Full only</b>
100	<b>Yellow Squash and/or Zucchini (C&amp;B) - Full: 3 / Half: 2</b>
5	<b>Monroe Avocados (PF) - All: 1</b>
7	<b>Black Sapote (PT) - Full: 3-4 / Half: 2-3 *WAIT TO EAT UNTIL VERY SOFT AND UGLY*</b>
	☺ <b>Xtras - pick an item or two -</b>
	<b>NOTE: Egg shares, Mediterranean Shares, Cheese shares, Honey shares and Pollen shares are ONLY for those who paid for them-check the sign-in sheet!</b>
0,8	<b>Egg shares (BHF, PNS) - Full: 9-pak / Half: 4-pak</b>
3	<b>Mediterranean share (RMO): Baba Ghanoush Cheese share (RMO): hard or herbal goat cheese</b>
0	<b>Honey &amp; Pollen shares (BHF/MB): Honey (1 lb) &amp; Fresh Pollen (8oz) This Week!</b>
	<i>Please remember to return your gently-flattened box each week—directions can be found at <a href="http://www.redlandorganics.com/CSAboxes.htm">www.redlandorganics.com/CSAboxes.htm</a>. Better yet, buy one of our tote bags and transfer your share when you pick it up— then flatten your box and go!</i>

**Which farms supplied this week’s shares?** -all the farms are located in the South Florida area  
 WF\*= Worden Farm; BHF\*= Bee Heaven Farm; PF\*=Paradise Farms Organic, HOF\*=Homestead Organic Farms, RMO\*=Redland Mediterranean Organics\*\*; C&B=Little Cypress Organics  
 PNS\*=PNS Farms \*Redland Organics founders & grower members; \*\*not certified, naturally-grown