



### Recipe of the Week

## Tempura-fried Betel Leaf w/coconut crab sauce

-by Robert, the Cantankerous Chef

#### For the Tempura:

8 fresh betel leaves, washed	1 tsp baking soda	1/3 cup cold water
1/4 cup corn starch	2 egg whites	1 1/2 cup corn oil (for frying)
1/4 cup rice or wheat flour	1/4 tsp salt	

Heat oil in a heavy pot with tall sides to 350 degrees F. Mix flour, corn starch, baking soda, egg whites, salt and water in bowl. Dip leaves one at a time in batter and place into hot oil. They cook very fast 1-2 minutes then flip. 1-2 minutes more then drain on paper towels and keep hot while you fry the rest.

#### For the Coconut Crab Sauce:

1 medium onion diced	2 Tbsp butter	4-6 'chugs' Tabasco Sauce
1 rib celery diced	1 -12oz can coconut milk	4 Tbsp brandy
1 bell pepper cleaned and diced	1 tsp garlic	1 1/2 tsp corn starch
1 -8 OZ. can crab meat	1/2 tsp each salt & black pepper	Hot Pepper Flakes (optional)

Lightly brown the onions, celery, green pepper, in the butter in a skillet. Add the seasonings and brandy and simmer for 5-8 minutes and add coconut milk. Stir in crabmeat. Mix cornstarch in 2 tbsp. cold water or some reserved coconut milk, add to skillet and stir till thickened.

Serve over the fried betel pepper leaves on salad plate.

### Betel Leaf Drizzle

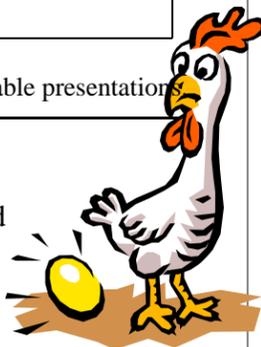
-by Robert, the Cantankerous Chef

5-10 washed & blanched betel leaves	4 Tbsp olive oil	1 Tbsp minced garlic
1/4 tsp coarse ground black pepper	3 'chugs' hot sauce	Salt to taste

Blend all ingredients together. Put into squeeze bottle. Use as garnish on meat, cheese, starch or vegetable presentation.

### EGG CORNER

**Did you know?** We use certified organic soy-free layer ration for our hens. The feed comes from Virginia, two pallets at a time (44 50lb bags per pallet), enough to feed the hens at BHF and PNS for two months. It's very costly (and the shipping, too), which is the reason our eggs are expensive—but, oh, so worth it!



**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

We're eagerly anticipating our annual **Farm Day** celebration at the farm on **Sunday Dec 20th, from 11:30-3:30 pm.**

In addition to the hay rides, scarecrow-making contests, yummy local food, our farm stand, and dishes shared by our CSA members, we also feature entertainment by a local musician. This year, we are fortunate to have Jennings & Keller 'Fusion Folk Americana' performing. Some of you probably know Laurie Jennings Oudin, former proprietress of Main Street Café in Homestead, where she both performed and hosted many amazing musicians from all over the US as well as other countries. We were regular patrons at Main Street Café and still miss it, so we feel honored to have them play for us!

### Farm Day

### Bee Heaven Farm

### SUNDAY

### December 20th

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.

**Please note we will NOT be at the Pinecrest Market on Dec 20—come see us at the farm!**

### Intern Diary—Yuca!

By Muriel



Cliff with giant yuca

We are very excited to have yuca in the (full) shares this week. It was locally-grown by Cliff & Clifton of Three Sisters Farm and is pesticide-free.

After a long day of work yesterday I found inspiration to prepare some of it. I wanted to share with all of you my recipe because it came out awesome and since it's something most people are not used to cooking at home very often, if at all, you might draw a blank when you pull the dirty root out of your box.

Yuca is very perishable so it should be used within a few days of harvesting (*ED: Really! Don't wait to cook it!*) Another important fact about yuca is that it contains trace amounts of cyanide. Luckily, cyanide is water soluble so all you have to do is, after peeling, cutting into equal size chunks and rinsing the roots, put them in a pot of water, bring it just to a boil and drain that water out. The cyanide washes out with the water. Fill the pot again and boil gently until a fork goes into



peeled raw yuca

the roots easily. Drain again. (*Ed: You can eat it at this point, drizzled with mojito sauce, or continue on with the next steps.*)

Preheat your oven to 365 degrees Fahrenheit. Coat a deep baking sheet with a little olive oil and arrange the chunks of yuca on it. You will notice that the chunks naturally break into wedges, so just go with it and lay the individual wedges on the baking sheet.

The thinner pieces will get really crispy! Drizzle more olive oil over them, sprinkle liberally with salt and pepper and slide the sheet into the oven. After about 20 or 30 minutes, take them out and turn each piece over and slide back in the oven for another 20-30 minutes, or until sizzling and crispy. Eat them hot!



Fresh from the oven

I'd like to give you **another quick tip: Chimichurri!** It's amazing on yuca.

Chop a large bunch of curly parsley and a whole clove of garlic very fine, put them in a jar or other glass container. Squeeze one lemon into the mix, add a teaspoon of salt, a little red pepper and then pour olive oil over the mix until fully submerged. Stir well and ideally let it sit overnight or longer (in the refrigerator) before serving. (*Ed: It keeps very well for weeks in the fridge!*)



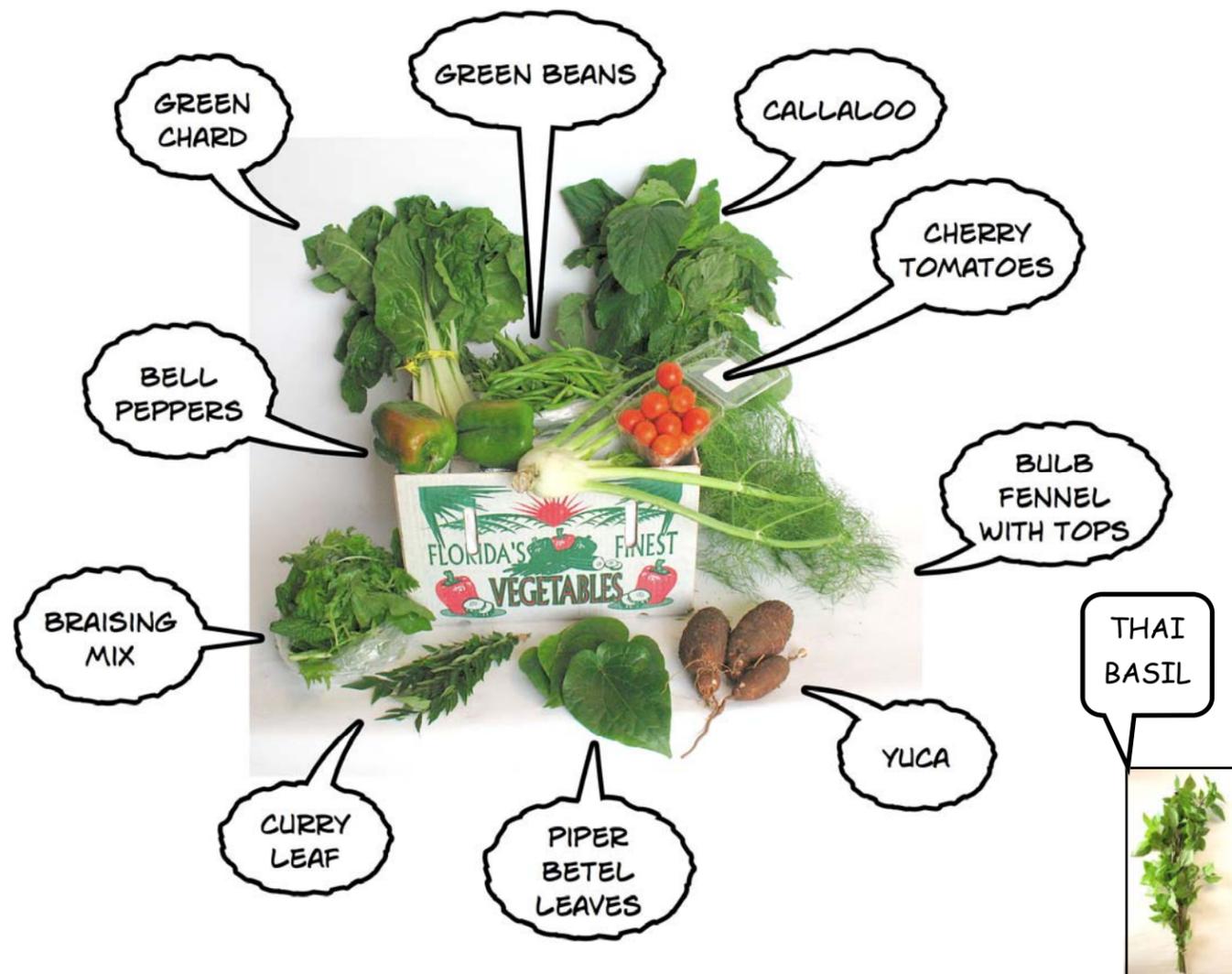
*It's rich, "organic", down-to-earth, user-friendly, and nourishing!*

### Featured Items

**Piper Betel leaf** The leaves of several species of Piper (Pepper, as in black pepper) are used in many cultures, as food, medicinally, or as a drug (when combined with the betel palm fruit and chewed together, the resulting stimulant chemical reaction is the legendary cause of discolored teeth and red and bleeding gums) - but don't worry, the leaf alone is harmless. Here's some uses suggested by Robert of Possum Trot, who grows this plant (also see recipes on page 4).

- \*Cut leaves in strips and use as seasonings with onion slices in boiled vegetables. You get a smokey sausage flavor.
- \*Wrap seasoned fish fillets and bake at 350° f. for about 20 minutes or so depending on fillet thickness.
- \*Use the betel drizzle in scrambled eggs for the flavor and color.

**Yuca (aka Cassava):** This is the starch I most associate with my Cuban heritage, though it's native to Brazil. Grown all around the world in tropical regions, Africa is the biggest consumer of cassava. Easy to prepare, it must be boiled twice, with the first water discarded, to remove the water-soluble cyanide in the root. After boiling, yuca can be served as is with 'mojito', fried (think Pollo Tropical's yuca fries), or made into sweet desserts. Tapioca flour is made from cassava.. Yuca is high in calcium, phosphorus and vitamin C, though poor in protein.



**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?
<i>From BHF</i>	<i>NOTE: A full share is NOT the same as 2 half-shares, so don't be tempted to take the wrong thing!</i>
2	Callaloo (TSF) - Full only
100	Eggplant (C&B) - Half only
165	Braising Greens Mix (mizuna, tatsoi, kale, raab, and others) (WF) - Full only
2	Yuca (TSF) - Full only
100	Green & Red 'Suntan' Peppers (C&B) - Full: 2 / Half: 1
3	Green Beans (HOF) - Full: 1.5 lbs / Half: 0.75 lbs
165	Fennel bulb w/tops (WF) - Full only *use the tops in salad, garnish & dressings*
100	Green Chard (C&B) - All: 1 bunch
7	Piper Betel leaves (PT) - Full: 10 / Half: 5
0	Curryleaf (BHF) - Full only *Amazing curry flavor-use same way as bay leaves*
165	Thai Basil (WF) - Half only *store in a pretty vase on the counter-cut as needed*
100	Cucumber (C&B) - Half only: 1
100	Cherry Tomatoes (C&B) - All: 1 pt
	☺ Xtras - pick an item or two -
	<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	Egg shares (BHF, PNS) - Full: 9-pak / Half: 4-pak
3	Mediterranean share (RMO): Lentils Cheese share (RMO): assorted hard & soft cheeses
0	Next Honey & Pollen shares January 2-3!
	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!

**Which farms supplied this week's shares?** -all the farms are located in the South Florida area

- WF\*= Worden Farm; BHF\*= Bee Heaven Farm; HOF\*=Homestead Organic Farms; PT\*=Possum Trot
- TSF\*=Three Sisters Farm\*\*; RMO\*=Redland Mediterranean Organics\*\*; C&B=Little Cypress Organics
- PNS\*=PNS Farms \*Redland Organics founders & grower members; \*\*not certified, naturally-grown