



Recipe of the Week

Green's Szechuan Clementine Chicken or Tofu

-contributed by Steve Green of Green Grove

Ingredients:

- about 1 lb chicken or tofu (medium or firm)- cut up however you like it (cubes, boneless chunks, pieces with bones, etc.)
- 1 fresh Clementine tangerine peel, cut into strips (1/8 inch) or small pieces (1/4 inch square)
- "moons" from that tangerine with seeds removed
- 1 tablespoon chopped fresh ginger
- 2 dried red chilies or 1 large jalapeno sliced lengthwise into four pieces, or 1/4 habanero pepper (aka Scotch Bonnet). More if you like it HOT!
- 2 tablespoons soy sauce
- 2 tablespoons rice wine vinegar
- 1 pinch sugar or 1/2 tsp molasses or 1 tbsp sweet sherry wine or desert wine (even Manischewitz works!)
- oil as needed (a mix of sesame & peanut oil is best)
- optional - a bit of 5-spice powder or some star anise
- optional - as much garlic as you like

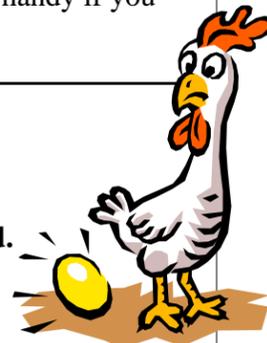
Directions:

1. Quickly add the tangerine peel, ginger root and chilies or other peppers into very hot oil until the peel or chilies get quite dark --- and keep away from the pungent smoke (have your exhaust fan on!).
 2. Immediately turn down the heat and add the 5-spice or star anise and/or garlic, stir until fragrant, then add the chicken all at once and cook until no longer pink (boneless breast) or no more blood comes to the surface (pieces).
 3. Add soy sauce and vinegar and sugar or sherry.
 4. Simmer for 15 minutes, uncovered, stirring occasionally. If it dries out, drizzle in a bit of water. If you want to abandon the stove for a while, then cook covered.
 5. Before serving, discard hot peppers and add the tangerine moons.
- Service over rice (or anything else -- flour tortillas, Quinoa, etc.) and have plenty of cold beer handy if you were generous with the peppers!

EGG CORNER

ATTENTION- EGG SHARE SUBSCRIBERS

Please check the share listing on page 3 every week to see which site(s) are being skipped. The hens were OK in the cold—they could cuddle up with each other for extra warmth. If they had been young chicks, though, they could easily smother each other trying to get warm!



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, 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

Visit our **blogs**: www.redlandrambles.com, and 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

I honestly can't recall a stretch of cold weather like this one we've just experienced. I've lived in the Miami area since I was 8, and lived through the snow in '77, the '89 and the '96 freezes, but, though those were bad, the cold weather only lasted a couple of days. We've been at this for well over ONE WEEK!

On Sunday night/Monday morning, we had quite a bit of frost, which lasted until well after sunrise. The temperatures dipped below 32°F around 3am and stayed that way. That's not the usual thing around here. We normally approach freezing temperatures maybe an hour before the sun rises, and shortly thereafter the sun burns off the frost. After staying very cold, on Wednesday morning, right around sunup, we had a bit of unexpected frost. It's a good thing we had left the covers on, or the damage would have been even worse. Our heirloom beans and tomatoes have suffered a lot, and the basil is fried. Some things, such as carrots, are happy, as were the brassicas included in this week's shares.

Worden Farm had major crop losses, and won't have anything available for the CSA this week. They're regrouping and replanting heavily, but it may be a few weeks before we get anything from them. It takes time to produce a crop— some of the really fast things like radishes and some baby greens require 3-4 weeks minimum from the time they're

planted until there's anything at all to harvest.

C&B had heavy losses as well. Homestead Organic Farms lost all the current bean plantings. Three Sisters' callaloo had a total meltdown—but the bok choy is looking good.

We expect the shares will be rather sparse over the next several weeks, until everyone gets back up to full production.



Tomatoes showing frost damage

INTERN DIARY

-by Jamie L

One of the best lessons we all learned in this cold snap is the importance of keeping warm at night. This is especially important in manual labor because cold muscles are sore muscles. Our secret? Hot water bottles! It's simple but so effective. Just fill a jar or Nalgene bottle with hot water from the kettle and toss it in your bed. At night, just before bed, we'd all line up at the stove waiting for the water. In a

strange way, the cold gave us all something to bond over and to strategize about ways of keeping warm. Actually, considering how well we were able to keep our spirits up, it's plain to see that we've got a pretty strong group dynamic.

Of course, now the weather is looking up, so we are all thankful for that. But now here comes our next test: caring for and dealing with all the crops damaged from the cold and wind. The plants are all so stressed out, and some just look totally fried. Just think about how much more affected you'd be by the cold if you couldn't move from the spot you're in right now! Let's just say they're not exactly in the mood to be bearing fruit. And we're still unsure of the extent of the damage. It's so obvious here, living and working with the plants, just how powerfully weather can affect production.

We're so used to getting basically whatever we want anytime of year because of the supermarket mentality. Needless to say, it is going to be quite a trial filling all the orders for the CSA shares. So please, over the next few weeks, when you open up your box, think about how much more the already hard-working farmers are trying to deliver you high-quality, organic, Florida-grown produce. Thanks and be well!



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

Featured Items

Clementine Tangerines: These small tart tangerines are useful in three ways—for their flesh, their juice, and for their skins. Ever had canned mandarin orange segments? These will do! Ever had Szechuan Orange beef or chicken? The peels are great in them— check out this week’s recipe. They make a great orangeade also, much like a lemonade. And finally, the entire fruit, skin and all, cut up, makes a great preserve. Clementines are used as root stock for citrus further upstate, where the soil is sandy and more acidic. But they are a great little citrus tree in its own right. Hopefully, they will prove resistant to citrus greening!

Asian Braising Mix: Today’s mix consists of Pei Tsai (the pale leaf open-headed cabbage, aka Chinese lettuce), Hon Tsai Tai (the purple-stemmed green— EAT THE STEMS, they’re JUICY!) and Spigarielli, an Italian edible-leaf broccoli that’s only now becoming known here in the States. These greens were all touched by the cold, and are the sweeter and juicier for it. Enjoy!

You can find recipes for just about any item in your share and more in our newsletter archive, where we provide a search box for your convenience in locating information. Go to www.redlandorganics.com/newsletter.htm



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! *Photograph by Marian Wertalka*

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>
100	Cabbage (C&B) - All
0	Asian Braising Mix (Pei Tsai, Hon Tsai Tai, Spigarielli) (BHF) - Full only
100	Green Chard (C&B) - Full only
100	Assorted Lacinato or Russian Red Kale (C&B) - All: 1
100	Eggplant (C&B) - Full only:1
0	Garlic Chives (BHF) - All
100	Red Round Tomatoes (C&B) - All: 2
0.5	Clementine Tangerines (GG) - All: 2 **see recipe p.4-uses the fruit AND PEEL**
7	Carambola (PT) - All: 1
1.5	Black Sapote (TSF) - All: several fruit
7	Brooks ‘Late’ Avocados (PT) - Full: 2 / Half: 1
	☹ Xtras - SORRY— due to freezes— no Xtras this week ☹
	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!
0,8	Egg shares (BHF, PNS) - Full: 9-pak / Half: 4-pak **Due to moulting shortage, the following sites will NOT receive eggs this week: ** NOMIA, MIAMI LAKES, the BROWARD sites, the KEYS sites, FARM
3	Mediterranean share (RMO): Hommos or Baba Ghanoush Cheese share (RMO): assorted soft, “Hani’s” and feta-style cheeses
0	Honey & Pollen shares: next distribution will be Feb 6-7
	<i>Please remember to return your gently-flattened box each week—directions and a quick video on how to do this without ripping the box can be found at www.redlandorganics.com/CSAboxes.htm.</i>

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

BHF*= Bee Heaven Farm; GG= Green Groves; PT*=Possum Trot;
TSF*=Three Sisters Farm**; RMO*=Redland Mediterranean Organics**;
C&B=Little Cypress Organics PNS*=PNS Farms;

**Thanks for returning your boxes—
every one returned in good shape
saves unnecessary expenses!**

*Redland Organics founders & grower members;
**not certified, naturally-grown