



### Recipe of the Week

#### **Braised Escarole with Garlic and Lemon** -from foodnetwork.com

1 head escarole	1/2 tsp red pepper flakes	Pinch sugar
1/4 c EVOO	2 bay leaves	Kosher (or sea) salt
1 Tbsp unsalted butter	1/2 lemon, cut in thin slices	Freshly ground black pepper
4 garlic cloves, sliced	2 c water or chicken broth	

Break off the escarole leaves and wash them individually, taking care to remove any soil at the base of the leaves. Shake the leaves dry, stack them up, and slice the escarole crosswise into ribbons about 1 1/2 inches wide.

Place a large deep skillet over medium heat and add the olive oil and butter. Toss in the garlic, red pepper flakes, bay leaves, and lemon slices; cook and stir for a couple of minutes, tossing to combine. Nestle the escarole into the pan and saute until it begins to wilt and shrink down, about 2 minutes. Sprinkle the escarole with a pinch of sugar and season with salt and pepper. Pour in the water and cover the pan. Simmer for 20 minutes until the escarole is tender.



### EGG CORNER

We're proud to announce our own Rachel's Eggs received the 4th highest rating by the Cornucopia Institute among more than 120 egg producers from around the country, with 2160 out of a possible 2200 points! PNS Farms eggs are also highly rated on CI's Egg Scorecard, (28th) with a score of 2120. Here's the link to their latest report; <http://www.cornucopia.org/organic-egg-scorecard/>

**Because there are several types of egg options, we are putting YOUR NAME on your egg share, so LOOK for it. Please don't take someone else's eggs, and make sure anyone picking up for you knows this!**



**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. Log in to your account to see the contact information for your pickup site.

**Need more recipes or tips? We have them!** Go to [www.redlandorganics.com](http://www.redlandorganics.com), click on CSA, then Newsletters.

Use the search box to access 10+ years of information. Scan the QR code to start your search:

**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.

**Come see us** at the Pinecrest Gardens Market SW 112th St & 57th Ave on Sundays 9-2 from Dec thru April (except Dec 23 & 30)



### **Meet Your Farmers**

Miguel is our beekeeper extraordinaire. He's been maintaining the hives on our farm for the past eight years, harvesting the amazing wildflower and tropical fruit (seasonal) honey and fresh pollen that we offer in our honey shares and sell at the market. Miguel, who is a schoolteacher in his other life, is dedicated and passionate about his bees.



Miguel Bode

Miguel has beehives on several properties around Dade County. His honey is pure, raw, and simply strained, not filtered, creating a product that people with allergies seek out.

You can find Miguel or his wife Cari at many local festivals. More and more, you'll find his honey available at various farmers markets.

# 8<sup>th</sup> Annual Farm Day

## Open House at Bee Heaven Farm

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

**Sunday, December 23rd \* 11:30am - 3:00pm**

**\* Hay Rides and other Activities \***

**For all the kids at heart**

**\* Farm Market \***

locally-grown seasonal organic produce, dried tropical fruit, raw farm honey, heirloom tomato and veggie starts, and other goodies for sale

**\* Live Music \***

**with local singers Jennings & Keller**

[www.jenningsandkeller.com](http://www.jenningsandkeller.com)

**\*Food\***

**Chef Keith Kalmanowicz's**

**Love & Vegetables Community Pop-Up Café**

featuring fresh from the farm food,

lovingly prepared & served buffet-style for an exciting eating experience

A suggested donation of \$10 (or whatever you can afford — more is always welcome — any amount is appreciated!) helps to cover food costs and provides support our farm internship program.

Your donation includes a raffle ticket for door prizes

Extra raffle tickets available @ 5/\$20

**Directions:** from southbound on US1, turn west (right) on Bauer Drive (SW 264th St), & go approx 5 miles.

The farm is 1/3mile west of Redland Road (SW 187th Ave).

Look for the farm sign & flags. Please angle park on the swale.



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

### Featured Items

**Escarole** This versatile member of the chicory family is very mild in flavor, but with a crunchy firmness that lends itself to use both in salads and in cooking. Many are familiar with Italian Wedding Soup, a traditional dish using escarole as its base. My favorite way of eating this mildly bitter leaf (and I don't like bitter taste, mind you!) is in a simple salad prepared as follows: wash and tear leaves into bite-sized chunks. Wash and tear an equal amount of lettuce leaves—a red or darker green leaf lends a nice contrast, and arugula works well too. Add some thinly-sliced purple onion. Arrange on your plate and drizzle with a simple dressing made with lime or other sour citrus juice, honey, peanut oil (olive oil works too), a dash or two of good naturally-fermented organic soy sauce, with a bit of toasted sesame oil. Garnish with toasted sesame seeds. Delicious!

**Curryleaf** The taste of curry in a leaf! The curryleaf tree (more like a large bush) is well known and commonly used in places like India and Sri Lanka—here, not so much. Since the leaf is rather tough, use it like you would bay leaves to add flavor to your dish. Some ideas: throw a few sprigs in the rice pot. Or make curryleaf oil—warm up some oil of your choosing, add several sprigs and heat (without burning), to infuse the oil. Drizzle a bit on your dish as you bring it to the table. Cool and save the infused oil for the next time you make a curried stir fry, to add some dimension to your dish.



Packing curryleaf for the shares



Jennings & Keller playing at last year's Farm Day

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

Worden Farm\*; Bee Heaven Farm\*; Sunshine Organic Farms; Hani's Mediterranean Organics\*\*  
 PNS Farms; Kiss My Grass Farms\*\*; Abigail Farms\*\*

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

**About the shares...** There are two sizes of box, labeled FAMILY & SMALL. Please make sure you've taken the correct size. Please make sure you're taking ONLY what belongs to you.

**Options and special orders have YOUR NAME on them.**

We usually (but not always!) have an eXTRAs box. Feel free to put something in, or take something out.



Family Share

This week we have cheese and eggs.

**SHARE OPTIONS and ORDERS**

**ARE LABELED WITH YOUR NAME-  
 LOOK FOR IT.**



Cheese Share



Small 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!...