



Recipe of the Week

Curried Lentils with Collard Greens

- by Hiromi Ishii

2 cups dried lentils	1 bunch collard greens
2 Tbsp curry powder	5 cloves garlic, chopped
1/2-1 tsp salt (or to taste)	1 medium onion, chopped
2 Tbsp Olive oil	

Chop and fry garlic and onion with curry powder and salt until golden.

Boil the lentils until soft. Add chopped collard green stems and cook 5 minutes, then add the leaves and cook an additional 5 minutes. Serve with rice, bread, or pasta.



Right: This week's Full share box

Tidbits See us at the So Fla Farmers Market on Sundays 8-1. SW 124th St, east of US1 @ Gardner's Market in Pinecrest.

Going out of town? Please let us know by email no later than Wednesday night, as we start getting things ready very early on Thursday. Send us an email (office@beeheavenfarm.com) and cc: your pickup site coordinator. If you don't notify us in time, we'll send your share as usual and you will forfeit the credit. There is a max of 2 credits per season, and 2 makeup weeks at the end to redeem your credits.

Lost your newsletter? Find it online: Go to www.redlandorganics.com, click on CSA, then Newsletters.

Please share your recipes! Please email your recipes to: recipes@beeheavenfarm.com.



Helper Corner

Editor's note: the following article does not necessarily represent the beliefs of Bee Heaven Farm or any of its denizens.

My name is Aaron Powers. This is my third season at Bee Heaven Farm. I love growing vegetables here. And it is really nice to be able to bring our beautiful plants to you. But, it is not all fun and games.

What am I talking about? I am talking about serious risks, invasions, secret missions, and possibly dangerous alien creatures! In other words.... KOHLRABI!

You may have learned from the last two newsletters that kohlrabi are actually alien invaders. Yes, it is true. They are flying down in their pattypan squash spaceships and planting themselves in the ground, pretending to be earth vegetables. You may think that it is possible that this is not a true story. Where do we get our information—can we prove anything??

The pictures from the last two weeks were only a dramatic re-creation. So what is our real proof? Well, presently, at this point, we have absolutely no proof that kohlrabi are aliens. But, we do have an eyewitness—me.

When I was a young lad on the downs of Scotland, I saw a strange light in the sky, beaming down into the ground. All of my sheep that I was herding (actually there were only two, George and Renford) became frightened and ran away. But me, being the curious lad that I am, went up to look closer.

When I walked into the beam of light, I was suddenly sucked into a spaceship. Inside the ship were a group of round purple vegetables with green stems and leaves coming out of their heads. They said the name of their species is KORAWOWOOBISKATIKATICIC.

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Farm News

We're in transition now, somewhere between taking out spent plants and waiting for the baby greens to get big enough to harvest. Pretty soon we'll be cutting the young salad greens.

The arugula is almost, but not quite enough by itself yet, so this week Worden Farm is giving us a mix of arugula, mizuna and tatsoi. Sunshine Organic Farms is having their certification inspection this coming week- we're all excited, because this means that hopefully very soon, they'll be receiving their certification! In the meantime, we continue to harvest. This week we have collards and chard from them. We got a peek at what's almost ready, and it looks like there's some broccoli and some interesting baby cabbages, plus perhaps enough zucchini and yellow squash coming within the next week or two.

This week, the children from Sunrise School of Miami began their farm program. They will be preparing and maintaining their own planting area while learning about the farm and growing your own vegetables. They will also help with feeding the chickens and egg-collecting during their weekly visits.

Asi has just arrived from Israel, and has jumped right into packing shares. We hope he will find his stay with us enjoyable and informative, as he learns about our CSA operation.

In other news, we just had a surprise delivery of horse manure from a nearby stable. We'll be spreading it in the grove, where we won't be harvesting until late June/early July. Since the waiting period for applying 'raw' manure to tree crops is 3 months (a requirement for organic certification), there won't be any problems. In the meantime, our wild chicken residents have decided that this is their mountain heap. The rooster claimed it immediately, climbing on top to announce his dominion to the world.



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



Featured Items

Sprouts

Sprouts are a concentrated form of nutrition, jam-packed with lots of nutrients that a baby plant needs to grow. They grow very quickly— we started these one week ago from seed. In order for everyone to get a half-pint box (321 boxes), we began with 8 1/2 pounds of seeds. In the space of just 6 days, they grew to 34 1/2 pounds of yummy sprouts!

Bi-Color Corn

It looks like some of the big growers have figured out how to grow corn organically here in South Florida. The corn in this week's shares is from Alderman Farms in Boynton Beach. And it is really yummy! I wish we could get more (and a bit cheaper). Even more, I wish we had the land on which to grow it. Ah, well, we dream, and in the meantime, we encourage our fellow growers by taking all we can!

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But, being that I lack the vocal cords to pronounce that, I called them Kohlrabi. The Kohlrabi and I flew all around the galaxy having laughs, discovering new places, and telling stories and jokes.

I ended up spending most of my young life with them. By the time they finally dropped me back off on Earth, we had become good friends. They had to get back to their planet, so they flew off. But they left me with a message: "Hello, Earthling. You are a strange being; nonetheless, we are sad to say goodbye. But never fear, we will return to you someday. And as repayment for all of your good jokes (*"Why did the chicken cross the road? Haaa a Haaa Haa!!!"*) and the time you saved us all by fixing our spaceship with your sticky grey stuff (duck teep??) we have decided to show our gratitude by returning to Earth as food for you humans. We are rich with vitamins and very tasty as well. So, we think that you will enjoy us.

"But beware!! We have very evil cousins who would like to destroy planet Earth. The problem is, they look and taste just like us! If you leave them alone, they will escape out of your refrigerator and invade the minds of your politicians in order to take over the world! However, there is a way to stop them. You must rub them on your forehead while jumping around in a circle three times. It will deactivate their evil minds and turn them into good, harmless vegetables. Good luck!" (the KORAWOWOOBISKATIKATICIC *aka* Kohlrabi).

I have spent my life searching the world for fields of kohlrabi. And, finding them, rubbing them all on my forehead and jumping around three times to keep the world safe. But, let's face it—it is an immense task for just one person. So, if you see any kohlrabi out there, or if more end up in your house via your CSA share box, please deactivate them. Most of them are very good, but you NEVER KNOW!!

Thank you. Aaron.

(Ed: Aaron's fertile imagination helps our veggies grow— we estimate the output to equal that of two or three horses!)



What's in my share today?

<i>NOTE: shares are not interchangeable—two half-shares does not equal one full share.</i>	<u>FULL</u>	<u>HALF</u>
Green Beans (HOF) - 'string'(less) snap beans	1 1/4#	3/4#
Arugula, Tatsoi & Mizuna (WF) - this mix is similar to last weeks, but with a significant difference- the piquant taste of arugula!	1 bag	1 sm bag
Collards (SunOF) -soul food for cooler nights, chock-full of nutrition	1 bunch	1 bunch
Sprouts (BHF) - this is our broccomix, a yummy combination of cruciferous veggies we sprouted just for you	1/2-pint	1/2-pint
Chard (SunOF) - 'Bright Lights' mix	1 bunch	1 sm bunch
Round Red radishes with tops (WF) -crunchy & tender	1 bunch	1 sm bunch
Bicolor Corn(AF) —We scored some again!!	3	1
Kale (WF) - another great, nutritious dark leafy green	1 bunch	1 sm bunch
Honey (BHF) - our own farm honey	1 # jar	8 oz jar
Tomatoes (LMF) - enjoy these	2	1
This NEWSLETTER	✓	✓
Xtras!! (Take a goodie FROM THE EXTRAS box) This week: assorted goodies (it's first-come, first-served! not every box has everything!) Note: If there's something in your share that you won't use this week, donate it to the extras box —someone else will be happy to have it.	Yes!	Yes!
REMEMBER to return your flattened boxes for reuse!	✓	✓
EGG SHARE SUBSCRIBERS ONLY	1 dozen	1/2 dozen

Which farms supplied this week's bounty?

BHF*= Bee Heaven Farm AF=Alderman Farms WF*=Worden Farm
HOF*=Homestead Organic Farms LMF=Lady Moon Farm SunOF=Sunshine Organic Farms**
(certification requested)

*Redland Organics founders & grower members

**pesticide-free, not certified organic