



Recipe of the Week

Martha's Carrots

carrots	cilantro
2-3 Garlic cloves, sliced	Lemon juice

Wash and slice (don't peel) carrots. Boil together with half the sliced garlic, until carrots are soft. Drain and toss with remainder of garlic, cilantro and lemon juice. Serve.

Margie's Carrots

carrots	1/4- 1/3 cup Orange Juice
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Wash and slice (don't peel) carrots. Boil gently in orange juice, until carrots are soft. If needed, deglaze the pan, pour over the carrots, and serve.



Tidbits See us at the So Fla Farmers Market on Sundays 8-1. SW 124th St, east of US1 @ Gardner's Market in Pinecrest., from January-March. Or, visit us at the downtown Miami Bayfront Park market Thursdays 11-3. from Feb 22nd thru April 5th.

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.



Farm News



Above: Our avocados are in full bloom

Next weekend (March 3 & 4) is the Asian Festival at the Fruit & Spice Park. If you haven't visited the park yet, this is the best time to do it. The festival is great fun, and the park has the most interesting fruit trees from all over the world.



Above: rows of arugula

(Continued on page 2)

Those of you who work in or near downtown Miami can come see us at the new Bayfront Farmers Market, every Thursday from 11-3. Since it started late in the season, it will run for a total of 7 weeks. There's a great entertainment lineup— yes, live music every week! There are 10 vendors to start with. The market features produce, fruit, orchids, potted herbs, custom made jewelry, tropical fruit ice creams. This past Thursday was the first week, and everyone was very excited about it!

The last cold spell caused some frost damage—not much, but enough to burn leaves and scare many growers into harvesting whatever they could beforehand. Consequently, you'll find many baby veggies in your share this week. For example, Arturo harvested many baby squashes in anticipation of possible loss. Thank goodness, nothing major happened. And boy, are those tender squashes yummy!

Signs of spring: the Purple Martin scouts have arrived, and are busy checking out the housing situation. Soon they will be calling for females. When they find a mate, they will build their nest and raise their young. Later on, in mid-summer, they will leave for South America, where they spend the fall and winter months. Purple Martins eat prodigious amounts of insects, and they are very entertaining with their smooth flying antics and their calls. You can learn more about these great birds by visiting the Purple Martin Conservation Association's website— www.purplemartin.org.

More signs of spring: our avocados are in full bloom. The bees are loving it! Don't know yet how much fruit will set— we'll be able to tell in a few more weeks.

We've been taking out the spent crops and starting the last major plantings of the season. Pretty soon, the only things we'll be able to plant is very short-term crops like radishes.

A group from the Homestead High School TMH (Training Mentally Handicapped) program been coming on a weekly basis to help out and practice work skills. The group is great—they are attentive, work hard, and are eager to learn. We hope the farm experience will help them gain job skills that will help them to get jobs when they grow up.



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

Featured Items

Little Finger and colored Carrots

Our baby carrots are a mix of heirloom varieties. The long orange ones are Little Finger, a Nantes-type, the white ones are 'Snow White', the stubby orange ones are Oxheart, the red ones are "Red Dragon" and there are a few 'Yellowstone'. They are sweet and tender, and you don't need to peel them.

Chinese, or Seasoning, Celery

Chinese Celery is a wonderful seasoning plant. The stalks do not thicken. But the flavor is concentrated and really good. Use the leaves and stalks for seasoning soups, or chop them in salads. Use as you would 'regular' celery.

(Continued from page 1)

Our esteemed photowoofer, Marian, had to work at her day job Friday, so we were left on our own to take a picture of this week's share box. Needless to say, it's lacking that professional touch (the Photoshop expert touchup).

Right:
This
week's
Full
share
box



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>
Baby Fennel (WF)	1	1
Zucs 'n Squish (SunOF) - a mix of young zucchini and yellow squashes	1.2#	0.7#
Baby Cabbages (SunOF) - many of these aren't fully headed up, but they're great for stuffed cabbage leaves!	1	1
Green Kale (WF)	-	1 bunch
Orphan White Turnips (WF) - just a few left of these- caught'em before the freeze to save something- most are baby	3	2
Color Carrot Mix (BHF) -	1 bag	-
Broccoli (WF, SunOF, BHF)	1 bunch /bag	-
Herb Mix (BHF) - Chinese Celery for all, plus scallions for full shares	1 bunch	1 bunch
Radishes w/tops (WF, BHF) - French Breakfast or Red Round radishes	1 bunch	1 sm bunch
Red Tomatoes (LMF)	5	3
Ruby Red Grapefruit (PG)	4	2
This NEWSLETTER	✓	✓
Xtras!! (Take a goodie FROM THE EXTRAS box) <u>This week:</u> assorted goodies (it's first-come, first-served! not every box has everything!) <u>Note:</u> 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 WF*=Worden Farm PG=Pressley Groves
 LMF=Lady Moon Farm SunOF=Sunshine Organic Farms** (certification requested)
 *Redland Organics founders & grower members **pesticide-free, not certified organic