



Recipe of the Week

Baby Asian Greens Stir-fry

This is a flexible recipe– vary it according to available ingredients.

Canola or Peanut Oil	Fresh or dried hot pepper, to taste
2 cloves chopped garlic	Baby asian greens (tatsoi, mizuna, etc)
1 piece ginger, finely chopped	1 Tbsp Bragg's Aminos OR Soy Sauce

Fry garlic, pepper and ginger in oil. Add greens and stir-fry briefly, until just limp. Add Bragg's or soy sauce, stir and serve immediately.

Helper Corner



Meet Aaron. He's worked at the farm for 3 seasons over the past 4 years. He's also the creator of the Kohlrabi story (see Week 11 newsletter). Aaron has a passion for the outdoors and growing things. He loves the radish babies, the salad greens, the Asian turnips, and especially Rosita's (a local Mexican restaurant in Florida City), for their 'tacos de barbacoa'. Aaron has a degree in art, and he plays a mean banjo, too! In the summertime, Aaron trims Christmas trees up north. In between, he travels and works at interesting places. Prior to coming to Bee Heaven Farm this season, he spent time in Guatemala learning Spanish, which he now speaks fluently.

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.



NATIVE PLANT DAY

Saturday, March 17, 2007, 9am-4pm, Bill Sadowski Park at Old Cutler Hammock, located at 17555 SW 79 Avenue, Palmetto Bay, 33157 , (1/2 mile west of Old Cutler Road on SW 176 Street in South Miami-Dade County)

Free! Programs, nature walks, displays, activities for kids, plant and book sales. For a complete schedule: 305-255-6404 or www.fnps.org and click on Chapters Dade. Sponsored by the Dade Chapter Florida Native Plant Society and Miami-Dade Parks.

Learn about native plants, natural areas, environmentally-friendly landscaping, wildlife and lots more. Bring your questions and cuttings to the Master Gardeners' plant clinic!

Additional information:

Programs:

- Conserving Water in the Garden - Why and How. Christian Miller, Miami-Dade Extension.
- Egg to Imago: A butterfly's life cycle (thanks to native plants). Miami Blue Chapter, North American Butterfly Association.
- Good Bugs and Bad Bugs in Your Garden. Adrian Hunsberger, Miami-Dade Extension.
- Rare Native Plants of South Florida: Why are they rare and why does it matter? Kristie Wendelberger, Fairchild Tropical Botanic Garden.
- Gardening for Pollinators. Suzanne Koptur, Fl. International Univ.
- Steven's Eleven: Top eleven native trees and shrubs for the S. Fla. yard. Steve Woodmansee, The Inst. for Regional Conservation

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Farm News

Postharvest handling-it's a fancy term for how vegetables are treated after they're harvested. Last week was a good example of how quality of produce is affected by conditions such as high (or low) temperatures, rough handling. The young squashes and zucchinis have very tender skins, and are easily bruised. Normally, the shares are packed directly into the truck, and the boxes unloaded at your pickup site. Instead, they were loaded into the truck, unloaded into the cooler at Farm Share, reloaded the next morning, and finally unloaded at the pickup site. That's a lot of jostling! Next, the temperature was much higher than ideal for several hours, and again during delivery. The result is that the veggies age prematurely, shortening their shelf life. Some things are not affected much by the warmer conditions- tomatoes, for example, are perfectly happy. In contrast, things like collards and broccoli prefer to be sitting on ice, and suffer greatly from the heat. Needless to say, the longer the veggies hang around waiting for you to pick them up, the longer they will be exposed to less-than-ideal conditions. Bottom line: we try (and normally do) chill down the freshly-harvested veggies as soon as possible and we keep them that way, up until they are out of our hands--then it's up to you to continue the chain.

JUST 4 MORE WEEKS LEFT IN THE SEASON

Time flies- 4 weeks (plus the two make-up weeks), and the season will be over. Signups for next season will begin sometime in May- please make sure we have your current email address, and put us in your 'good address' list.

Time flies like an arrow.

Fruit flies like a banana. *Groucho Marx*



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

Featured Items

Spring Mix

Tender young lettuces are always associated with spring. Our mix contains many different kinds of lettuces, chosen for their color and their ability to handle warm conditions. We also may include arugula, frisee, and sometimes other greens in the mix.

Strawberries

Organically-grown strawberries are becoming more available now. This is the peak of the strawberry season in Florida. The strawberries in your share this week come from Jordan Farms. The Wordens planted strawberries this year, but the yield was not sufficient for both their west coast CSA and ours. Perhaps next year they'll be able to increase their planting. Harvesting is another issue—strawberries must be harvested pretty much on a daily basis, and you need a LOT.

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- Making and Using Compost in Your Florida Garden. George Fitzpatrick, Univ. of Florida.
- Natives of the West Indies: Plants we share with our neighbors. Joy Klein, Miami-Dade DERM.
- Creating Your Own Pine Rockland. George Gann, The Inst. for Regional Conservation.
- Plants Behaving Badly: The consequences of planting the wrong plant in the wrong place. Gwen Burzycki, Miami-Dade DERM.
- Walks will focus on exploring Old Cutler Hammock; spotting birds, butterflies and other insects; plants to use in landscaping; West Indian plants; and geology.



Above: This week's Full share box

Other activities include woodturning, sun viewing, how to plant trees, habitat restoration, displays by environmental and nature organizations and agencies, raffles, a huge plant sale, books and other items for sale, and activities for kids.

Drinks and light lunch available while they last - or bring your own picnic!

(Note: most vendors will require cash or checks for purchases.)

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>
Lettuce(WF) -one of several different kinds	1	1
Yellow Squash (SunOF)	-	2 squash
Mesclun Mix (BHF)	1 bag	1 bag
Green Beans (SunOF)	0.6#	0.3#
'Jolly Elf' grape Tomatoes (SunOF) - let 'em finish ripening!	1 pint	1 pint
Broccoli heads (WF)	1 bag	-
Arugula (BHF)	1 bag	-
Cilantro (WF)	1 bunch	1 sm bunch
Stir-fry Mix (WF) - baby tatsoi & mizuna- great for salads, too	Lg bag	Small bag
Strawberries! (JF)	1 pint	1 pint
This NEWSLETTER	✓	✓
Xtras!! (Take a goodie, or put one in- FROM THE EXTRAS box)	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 JF=Jordan Farms

SunOF=Sunshine Organic Farms** (certification requested)

*Redland Organics founders & grower members

**pesticide-free, not certified organic