



### Recipe of the Week

#### Sun-ripened Tomato Salad

Assorted tomatoes	Salt & pepper, to taste
2 sprigs of cilantro OR dill, coarsely chopped	A small amount of a High-end Balsamic Vinegar
1 chopped scallion (tops and all)	Olive oil (optional, to taste)

Cut tomatoes into sections— small ones in half or quarters. Cut large tomatoes in half, then cut into quarters or eighths. Mix all ingredients gently together. Let marinate about 15 minutes and serve.

Note: It is well worth splurging on a bottle of really good balsamic vinegar. The 'Old' designation will get you a thick, sweet balsamic that's out of this world. You'll easily spend \$35-50 on it, BUT you only need a few drops! One bottle can easily last you a year—of course, if you become addicted, you might have to buy it twice a year... trust me— buy a bottle, then try this: pour about 1 teaspoon's worth into a shallow bowl, and dip fresh strawberries or other fruit into the balsamic. Or use it in the salad recipe above.

#### Kohlrabi Slaw

1 medium or 1/2 large kohlrabi	Juice of 1 lemon
1/2 carrot	1 Tbsp Mayonnaise (or Soy equivalent), or sour cream
cilantro	Salt & Pepper to taste

If using only a portion of a large kohlrabi, cut off the desired amount and wrap the remainder with plastic to store in the refrigerator for later use. (Note-Kohlrabi keeps very well for a long time). Peel kohlrabi and grate or cut into fine shreds. Wash and grate or shred carrot. Mix all ingredients together. Enjoy!

**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](http://www.redlandorganics.com), click on CSA, then Newsletters.

**Please share your recipes!** Please email your recipes to: [recipes@beeheavenfarm.com](mailto:recipes@beeheavenfarm.com).



#### Down-and-Dirty Spring Breakers

By Andrea Boyle

Three months ago my boyfriend and I promised we would meet somewhere exotic for spring break. As a pair of twenty-something graduate students, any breaks from the books are breaks sorely needed. Who wouldn't want that break to be tropical, exciting, romantic, and unique? Scott and I spent our undergraduate breaks being everything from outdoor therapy guides in Idaho to surfers in Baja California. This time, we set out to do something we had never done before and maneuvering this difficult task was up to me. I recalled my time in South Africa and how I had been able to experience rural life while learning and contributing... that experience was WWOOF (World Wide Opportunities on Organic Farms).

WWOOF volunteering is an entirely evolutionary way of integrating our culture's new Organic trend with the Organic originals before us. Spread across over 90 countries with more than 700 farms, this collection of activists welcomes conscientious volunteers to their acreage to learn, experience, and communicate Organics. Typically, a WWOOFer's stay is around one to three weeks; 28-30 hours a week of pulling weeds, packing boxes, feeding animals, and harvesting crops earns you a place to stay and two tasty, organic meals a day. Not only that, but concepts of sustainability become realities when you meet the farmers and their volunteers from around the globe.

WWOOF-USA has sites across the country, especially in tropical climates; there are farms in Key Largo, Southern Florida, all along

(Continued on page 2)



### Happy St. Patrick's Day!



#### Farm News

We're in a period of transition now. So late in the season, it's difficult to get people to stay for any length of time, so we have a lot of turnover. This week we had help from several great people (one of whom contributed the excellent article about their spring break adventures). Bryan arrived last week, Jessica is visiting here with Ben, Andrea and Scott are on spring break, and Mike is trying out the WWOOFer lifestyle, while Eric ended his stay with us last Sunday. What with all the extra help, we finished packing the shares in record time on Friday. In celebration, I took everyone to lunch at Rosita's, our favorite Mexican restaurant in Florida City (or maybe Aaron twisted our collective arms? And no, they don't give us a discount for promoting them, either...maybe they should). Now I have the luxury of working on the newsletter before dark!



Arturo  
Sunshine Organic

We're still waiting for Arturo's organic certification to be completed. QCS is reviewing the inspector's report and application, and they have already made a couple of requests for clarification of some items— a good sign. In the meantime, the tomatoes are ripening faster than we can pick them. We may have to hold a "tomato madness" day—keep your eyes peeled for an email.



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

## Featured Items

### Sun-ripened Tomatoes

There's something heavenly about sun-ripened tomatoes. They're soft and sweet and luscious. Add to that some awesome colors, and you have a mix that pleases the eye as well as the palate.

### Bok Choy

Baby bok choy is a crunchy Asian veggie. You see it most often in Chinese dishes, but don't let it stop there! Use it raw, instead of celery. Scoop dip with it. Chop some up into a clear soup. Be inventive— use it in a salsa. Put it in a stir-fry. Make a curry with it.

*(Continued from page 1)*

the Gulf Coast and in Southern California. You cannot get more tropical than picking your own avocados, watching sunsets in a mango orchard, and eating fresh salsa made from peppers and tomatoes you picked that morning. As far as exciting, Bee Heaven (our loving host) in Redland, FL is located directly between Miami and the Everglades. After a hard day's work and some delicious food, a nice nap on a sandy beach or an airboat-ride with the 'gators is Heaven. No one doubts the uniqueness of the trip, and one would be foolish to think there is anything more romantic than getting dirty in the mud with sweat pouring down your face while picking lettuce next to the one you love.

Many thanks to Margie and the Crew at Bee Heaven Farm for taking us on such short notice. Hope we were of some help! We hope to see you all again soon.

Visit [www.WWOOF.org](http://www.WWOOF.org) to find out more. *(Ed: Andrea and Scott were only able to be with us for less than a week, but they were a great help and are really cool people— we hope they'll be back again, with more time to spend with us and explore our area.)*



**Above: 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>
<b>Lettuce(WF)</b> -one of several different kinds	1	1
<b>Red Chard (WF)</b>	1 bunch	1 sm bunch
<b>Spring Mix (BHF)</b>	1 bag	1 sm bag
<b>Baby Bok Choy (WF)</b>	1	1
<b>Mixed Tomatoes (SunOF)</b> - a great mix of heirlooms, grape and cherry tomatoes, ready to eat and Oh! So yummy	1 quart	1 pint
<b>Kohlrabi (SunOF)</b> - the end of harvest- these big buys are considered a storage root- still crispy and tender inside- just PEEL them	1	1
<b>Radishes w/tops (WF)</b>	1 bunch	1 sm bunch
<b>Cilantro (BHF)</b>	1 bunch	-
<b>Dill (WF)</b>	1 bunch	1 sm bunch
<b>This NEWSLETTER</b>	✓	✓
<b>Xtras!! (Take a goodie, or put one in- FROM THE EXTRAS box)</b>	Yes!	Yes!
<b>REMEMBER</b> to return your flattened boxes for reuse!	✓	✓
<b>EGG SHARE SUBSCRIBERS ONLY</b>	1 dozen	1/2 dozen

### Which farms supplied this week's bounty?

BHF\*= Bee Heaven Farm      WF\*=Worden Farm

SunOF=Sunshine Organic Farms\*\* (certification requested)

\*Redland Organics founders & grower members

\*\*pesticide-free, not certified organic