



Recipe of the Week

Curried Green Kale

1-2 Tbsp Canola oil	1/4 cup liquid: coconut 'milk' or broth
1 medium onion, chopped	2 small potatoes, diced
2 or 3 Diced plum tomatoes	1 bunch kale
1 Tbsp Curry powder	1/3 cup raisins (golden are especially good)
1/2" piece of fresh ginger, peeled & grated	Optional: cubed firm tofu
2 cloves garlic, finely chopped	Salt & pepper to taste
Optional: 1/2-1 tsp hot pepper flakes	Toasted slivered almonds

Sauté onions & tomatoes in canola oil over medium heat. Stir in liquid, curry powder, ginger & garlic. Add diced potatoes and cover. Cook until potatoes are almost tender— add finely chopped kale and raisins and optional tofu. Stir to mix well, cover and let cook until kale is tender, but not overcooked. Top with toasted slivered almonds. Serve as a side dish or over brown rice.

END OF SEASON IS APPROACHING

This season has gone by very rapidly. Here it is the end of March already! Just two more weeks left— then the two makeup weeks. I will be sending out a sheet to the pickup sites, hopefully next week, listing those of you with makeup shares. Please review the sheet and if you see a discrepancy, email me right away at(office@beeheavenfarm.com) so we can correct it.

Box News

Thank you for remembering to return your boxes. A reminder— please be careful when you flatten your box. Lately we've had to throw away a number of boxes with ripped flaps, and unfortunately, we'll have to buy some new boxes in order to finish the season with enough good ones. It's easy-just remember to 'fold on the dotted line'—really the crease, but it'll help you remember how to do it. For an illustrated refresher, visit www.redlandorganics.com/CSAboxes.htm.

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-April and Monday afternoons at Ocenan Reef. 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.



Keys Green Living Energy Expo

Come to the Keys GLEE event next Saturday, March 31st, from 9-5 This event is free to the public. Operating under the mantra that every thing we do can be made more sustainable, subjects addressed at the Expo range from organic eating, gardening and clean boating to alternative fuels to solar energy. The event will be held at the Stanley Switlik School, 3400 Overseas Hwy in Marathon (mile marker 48.5), 305-293-7658

*Workshops for consumers, businesses and building trades (including Continuing Ed).

*Product displays of more than 50 green products and services, including solar water heaters, alternative building materials and energy- and water-saving devices.

*Green Car Display: See hybrid, electric and bio-energy-fueled cars. Talk to owners and auto dealers.

*Farmer's Market: Locally grown foods, vegetables and fruits at an organic farmer's market— that's us!

*Live Entertainment

*Children's Activities

*Door Prizes: More than 60 prizes, ranging from life vests and compact fluorescent light bulbs to ceiling fans and shower heads. FREE.



A small bee swarm

Farm News

Congratulations, Arturo! Sunshine Organic Farms is now officially certified by QCS, the USDA- accredited certification arm of FOG— Florida Organic Growers & Consumers, located in Gainesville, FL. Although a grower can use any certifying agency, most Florida growers choose our locally-grown group (true to the spirit)- for convenience, reduced inspection costs (inspector's travel expenses), and because the local inspectors tend to be more knowledgeable about our local-and unique- growing conditions, especially here in South Florida.

HELP— we need HELP!

We're approaching the end of the season. We're down to three helpers, soon to be only two. A couple of volunteers who had made arrangements to come for 3 weeks or more, failed to show up, and two others canceled (at least they gave us some advance notice!). We are in desperate need of help during the next several weeks, particularly on Thursday mornings (picking & preparing orders), on Fridays (packing the shares & preparing orders), and on Saturdays (picking & preparing for farmers market).

Next week in particular, we will need extra help on Friday, as we must prepare 300 salads for the Keys GLEE event on Saturday. We will also need extra help on Saturday, when we must wo/man the event as well as deal with our usual farmers market preparations. If you are able to help out, please send Margie an email (office@beeheavenfarm.com) with your preferred day and amount of time you can spend. It will be greatly appreciated by all of us!



Bee Swarms

You may have seen recent articles about a new 'colony abandonment disorder' in bees. Luckily, we haven't seen that down here in South Florida. Our bees are pretty happy right

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

Featured Items

Green Kale

Curly, curly, extra-curly, green kale is sweet and chock-full of nutrition.

Baby Pak Choy

Tender, white-stemmed pak choy is one of many variations of the bok choy we all know from limp, overcooked, 'Chinese food'. Like overcooked broccoli and turnip greens, this crunchy vegetable deserves much better treatment. Chop it and eat it raw in salads, or lightly stir-fry it, so it stays crunchy. Throw it into soup at the last minute or two, so it doesn't lose its texture. (It's funny- it seems like I say almost the same thing for just about any leafy thing we grow...)

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now, and because of all the avocado blossoms and other wildflower blooms they're growing rapidly. When the colony gets big enough, a splinter group forms and leaves the hive to form a new colony. They do this by swarming— you'll see a huge mass of bees hanging off a tree limb. They collect there, while they scout for a likely new home. They may hang (literally!) around for a day or two, and if you provide them with a desirable place (or catch the whole swarm and put them in their own box), they will start a new hive. Miguel, our bee-keeper, has been busy lately catching swarms from our hives here at Bee Heaven Farm as well as at Paradise Farms. This is a nice change from last summer, when nothing much was blooming and the hives were greatly reduced in size.



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>
Lettuce(WF) -one of several different kinds, including heirloom Deer Tongue, Greenleaf, Red Deer Tongue, Red Boston, and Romaine	1	1
Green Kale (WF)	1 bunch	1 sm bunch
Arugula (BHF)	6 ½ oz	3 ¼oz
Baby Pak Choy (BHF)	1 bunch	1 bunch
Mixed Tomatoes (SunOF) - a great mix of sun-ripened heirlooms, grape and cherry tomatoes	1 quart	1 pint
Daikon Radish (WF)	2	1
Italian Basil (WF)	2 oz	1 oz
Cilantro (WF)	-	1 bunch
Scallions (WF)	1 bunch	1 sm bunch
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
 *Redland Organics founders & grower members