



### Recipe of the Week

#### Chicken with Scallions, Shiitake & Tomatoes

-adapted from an epicurious.com recipe

2 Tbsp olive oil	2 thyme sprigs plus 1 Tbsp fresh thyme leaves, OR 1 tsp dried thyme	1 ½ cups chicken broth
3 boneless chicken breasts, halved	2 Tbsp white wine vinegar	1/2 bunch of scallions, split lengthwise and cut crosswise into 1-inch pieces
Salt & pepper to taste	¼ pound shiitake mushrooms, sliced	2 ½ teaspoons arrowroot (or corn starch)
1 Tbsp minced garlic	½ cup dry white wine	2 tomatoes, seeded and finely diced

Season chicken with salt & pepper. Cook 3-4 minutes, skin side down, over moderately high heat until golden. Turn and continue cooking over moderate heat for another 7-8 minutes until cooked through. Put aside and keep warm. In the skillet, sauté garlic & thyme. Add vinegar and boil until almost evaporated. Add mushrooms, stirring, cooking for 1 minute. Add wine and continue until almost evaporated. Add 1 1/4c of the broth & scallions– simmer 1 minute. In a bowl whisk together the remaining broth with the arrowroot. Add mixture to the skillet, with the tomatoes and fresh thyme leaves. Simmer sauce until thickened. Add salt & pepper to taste. Spoon sauce over the chicken & serve.

#### Lettuce Soup - Save your wilting lettuce!

-thanks to Worden Farm member Sue Pollaro for this wonderful recipe.

1 onion; 1 clove garlic	all the slightly wilted lettuce and non-bitter greens in the fridge, coarsely chopped (6+ cups)
4 cups chicken broth or vegetable stock	Garnish: cream, sherry, sprigs of parsley

Coarsely chop onion and garlic, sauté with a bit of olive oil. Add to chicken/veggie stock in large saucepan and simmer for 40 minutes. Stir frequently during first 5 minutes as greens wilt and reduce in volume. Puree in food processor, season to taste. If there is red lettuce in the mix, or red onion is used, the soup can be a very dark green. In this case, it is nice to add a little cream and sherry to each bowl.

#### Farmers Market season is here! Come see us

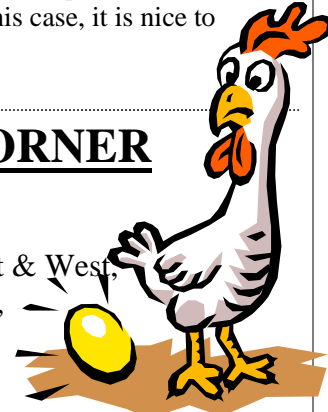
Sundays 8am-1pm (thru Mar 30) @ Gardner's Market parking lot, in Pinecrest, on SW 124th St just east of US1

Mondays 1pm-5pm @ Gardner's Market in Ocean Reef Club

Thursdays 11am-3pm (Feb 21-Apr 3) @ Bayfront Park, Downtown Miami

#### EGG CORNER

This week– Broward East & West, North Miami, the Keys



#### Tidbits

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 makeups weeks at the end to redeem your credits.

Find past newsletters online! Go to www.redlandorganics.com ,click on CSA, then Newsletters.

Share your recipes! Email your recipes to: recipes@beeheavenfarm.com

Visit our Member blogs: www.miamidish.net; www.criticalmiami.com; tinkeringwithdinner.blogspot.com; mangoandlime.net



### Farm News

#### Things you MAY or MAY NOT know about cabbage

#### Cabbage Factoids gleaned off the Web

-compiled by Bee Heaven Farm intern Keisha Knight

Are you feeling a bit overwhelmed with all the lettuce? It's prime lettuce-growing time in South Florida. You're either in salad heaven right now, or wondering how to keep up with the lettuce accumulating in your fridge. **Don't throw it out, even if it's wilting.** Check out the lettuce soup recipe on the back page.

We're happy to report that 36 of 64 trial share members are continuing for rough the remainder of the season. That's over 50%, which is pretty good, considering all the tribulations of the past few weeks! Trial shares are designed to allow people who are unsure about the entire concept a chance to try it out. We've heard from several folks who plan to sign up next season, but are doing too much traveling now to be able to take advantage of the shares.

The packing went well this week– although our crew is very small at the moment, Keisha and Jolie (who has joined us for a short time, on her way to Panama) have done a great job. Eli, who helped us at the farmers market last year, has been working 3 days a week on the farm. She's been a great help. This week we also had Rachel's help, along with her friend Nicole, so we were able to finish packing the shares quite early for a change!

- The botanical name for cabbage is Brassica oleracea capitata.
- The name 'cabbage' is derived from the French term 'caboche', which means 'head'.
- Northern European farmers developed the many varieties of head cabbages during the Middle Ages.
- A French navigator named Jacques Cartier brought cabbage to the Americas in the year 1536.
- Other related cruciferous cabbage cousins include broccoli, Brussels sprouts, kohlrabi, cauliflower, and kale.
- In 1984 the Food and Agriculture Organization of the United Nations listed cabbage as one of the top twenty vegetables considered an important food source sustaining world population.
- Cabbage grows to its full harvestable size within three months.
- The largest cabbage the world has

ever seen weighed in at 123 pounds. This cabbage weight was recorded in England in 1865.

- The Romans and Greeks placed great value and significance on the healing abilities of cabbage.

- Egyptian Pharaohs used to consume immense quantities of cabbage before setting out for a night of merriment and drinking. They believed that consuming the cabbage gave them the freedom to drink more alcoholic beverages without fear of its adverse side effects.

- In 1769, Captain Cook was documented to swear on the healing properties of the Sauerkraut, which is a fermented cabbage dish. He is said to have used the dish as a compress for the wounds of soldiers in the war. Apparently cabbage prevented the soldiers from getting gangrene infections.

- From ancient times in China to the present day, cabbage leaves have been dried and stored for winter. Rehydrated in water, they come to life again and offer nourishment when added to soups or stir-fried. The Chinese also prepare pickled cabbage, often served as an accompaniment to their meals.

- Cabbage is high in Dietary Fiber, Vitamin C, Vitamin K, Folate, Potassium, Manganese, Vitamin A, Thiamin, Vitamin B6, Calcium, Iron and Magnesium



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

### Featured Items

**Shiitake mushrooms** : It's that time again...our mushroom grower is located in Palmetto— by Bradenton, south of St. Petersburg, approx 245 miles from Bee Heaven Farm (we exceed our reach here a bit, but these mushrooms are special). Omega Mushrooms is certified organic, and Japanese shiitake mushrooms is what they do. This week, only the full shares get them, but soon the half-shares will have them too. Shiitake mushrooms have a 'meaty' quality and full, unique flavor that helps them stand up (and out) in a dish. A couple of mushrooms, chopped up small and included in the water when cooking rice, will add a very nice flavor to the rice. They are, of course, good in the ever-versatile stir-fry dish, where you can add virtually anything.

**Cabbage:** Poor, lowly cabbage— a peasant vegetable. We've forgotten the reason why it's a staple in many countries— not only is it full of stuff that's good for you (it's a cruciferous vegetable), but it's fairly easy to grow, keeps very well, and is a vegetable of many uses. Cabbage is great in soups. It's good shredded into slaws. It makes a great pickle. Stuffed cabbage is a comfort food. You can stuff leaves with a rice base (or any other whole grain), or a meat base (try tofu, too). And there's corned beef and cabbage, of course!

**A few ideas for lettuce:** Use lettuce as a bed for a scoop of tuna or similar salad. Make lettuce soup. Use a large leaf as a wrap & stuff it with whatever's handy. Shred it à la fast-food 'restaurant' style, and make a 7-layer salad with alternating layers of lettuce, refried (or I prefer home-smashed) beans, chopped tomatoes, sliced black olives, sour cream, guacamole, shredded cheddar cheese. Save some black olives & shredded cheese for the top layer. Assemble it all on a large platter. Serve with your favorite tortilla chips. Great Super Bowl noshing!



**About the shares...** There are two sizes of box, corresponding to the two share sizes. And, no, **two half-share boxes does NOT equal one full-share box**. If you're sharing with someone, or if your full share box is missing (hopefully not!) please DON'T take two half-share boxes if you paid for a full share. We also have an eXTRAs box, with goodies to rummage through and exchange with others—but they go fast!

Food Miles	What's in my share box today?
<i>From BHF</i>	<i>NOTE: A full share is NOT the same as 2 half-shares!</i>
245	<b>Shiitake Mushrooms (OM) - (Full: only)</b>
3	<b>Green Beans (HOF)- (F:1.5# / H: 0.75#)</b>
165	<b>Chard (WF) - (Full / Half)</b>
100	<b>Romaine Lettuce (C&amp;B) - All</b>
0	<b>Lacinato Kale aka Black Kale, Dinosaur Kale, Blue Kale, Toscana Kale (BHF) - (Full only )</b>
100	<b>Cabbage (C&amp;B) - (All: 1 )</b>
100	<b>Red Peppers (C&amp;B) - (Full: 2 / Half: 1 )</b>
165	<b>Scallions (WF) - All</b>
195	<b>Ruby Grapefruit (PG) -(Full: 4 / Half: 2)</b>
	<b>Xtras!! (Take it or leave it...)</b> Take a goodie from the Xtras box, or if there's something in your share that you won't use this week, donate it to the box —someone else will be happy to have it.
0	<b>Eggs are for EGG SHARE SUBSCRIBERS ONLY (F/H)</b> This week: Broward East & West, North Miami, the Keys.
0	<b>HONEY SHARES SUBSCRIBERS</b> get honey <b>TODAY</b> -next on (Mar 3, Apr 6)
	<i>Please remember to return your gently-flattened box each week—directions can be found at <a href="http://www.redlandorganics.com/CSAboxes.htm">www.redlandorganics.com/CSAboxes.htm</a>. Better yet, buy one of our tote bags and transfer your share when you pick it up— then flatten your box and go!</i>

**Which farms supplied this week's shares?** -all the farms are located in the South Florida area  
 WF\*= Worden Farm; BHF\*=Bee Heaven Farm; OM=Omega Mushrooms; PG=Pressley Groves;  
 C&B= C&B Farms (Little Cypress Organics); HOF\*=Homestead Organic Farms  
 \*Redland Organics founders & grower members; \*\*not certified, naturally-grown

**What does it look like?** Every week, we include pictures to help you identify everything in your shares, especially those strange things you never saw before!... pictures by CSA member Marian Wertalka