



## Recipe of the Week

### Sesame Pasta Salad with Mizuna

-from Greens, Glorious Greens

2 cups mizuna leaves, washed and stemmed	1 8-oz package udon noodles	1 teaspoon fresh ginger juice (optional)
1 carrot	2 tablespoons light sesame oil	2 tablespoons tamari
1 red pepper, cored and seeded	1/4 cups scallions, thinly sliced	2 tablespoons toasted sesame seeds

Chop mizuna into pieces about 1 inch long. Shred carrot. Slice the scallions on a diagonal. Thinly slice red pepper.

Boil large pot of water and cook udon noodles according to package directions. Drain pasta and rinse under cold water until totally cooled. Drain again.

Place pasta in a large mixing bowl and toss with vegetables. Mix in oil, ginger juice, soy sauce, and sesame seeds.

Taste and adjust seasonings. Serve.

(Continued from page 1)

It's so much fun having her around and talking about Simone de Beauvoir as we weed. Celine will be leaving us at the end of February.

Nicole comes here from Canada. She is a quiet, hard worker, and has become our resident bean picker. At night Nicole can be found surrounded by agricultural books from Margie's library. I am picking her brain on where to find what! Today she pointed me to a good book on seed saving. Thank you Nicole.

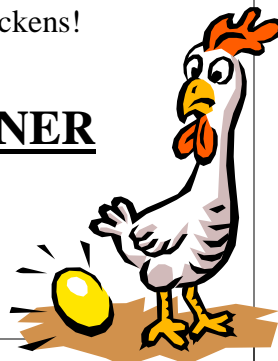
Last but not least there is Seth. Seth is convinced that the state of Florida does not want him to drive. After having his car towed and winding up on a six hour detour on his way here from Maryland, Seth arrived at last! The night he was supposed to arrive we thought he would never make it. It was 10pm and he still wasn't here. We all went to bed and when we woke up Seth was helping Jesus feed the chickens!

### 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—  
Dade & Pompano



### 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](mailto: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.

**Find past newsletters online!** Go to [www.redlandorganics.com](http://www.redlandorganics.com), click on CSA, then Newsletters.

**Share your recipes!** Email your recipes to: [recipes@beeheavenfarm.com](mailto:recipes@beeheavenfarm.com)

Visit our **Member blogs:** [www.miamidish.net](http://www.miamidish.net); [www.criticalmiami.com](http://www.criticalmiami.com); [tinkeringwithdinner.blogspot.com](http://tinkeringwithdinner.blogspot.com); [mangoandlime.net](http://mangoandlime.net)



## Farm News

Somebody shoot it, please! Put the truck out of its misery....



Sheesh! Just when we thought things were getting back to normal, the reefer unit up and quit again on the way back from Worden Farm Thursday night. I'm so glad we have Homestead Organic Farm's packing shed and walk-in coolers available to us—thanks again, Dan! We owe you big-time... and our crew are such troopers—they rose to the challenge and we got the shares packed before dark. Kudos to Keisha, Celine, Seth & Nicole! Hang in there, Victor—this too shall pass...

On another note...the weather has been extremely dry, as of course we all know, and we haven't had much in the way of cold weather this season (except that one nasty freeze). Our avocados are starting to bloom now. The mangos began blooming early. There are little mangos forming, but this is the time of year when the "vientos de cuaresma" blow (the "Lenten winds"). This part of the world gets

pretty strong daily winds during the time roughly corresponding to the 40 days of Lent, observed in the Catholic religion, following Fat Tuesday and culminating in Easter week. These winds are traditionally known to help prune mango fruit. Without this natural pruning, mangos might set way more fruit than they could possibly support, so it's not altogether a bad thing. Sometimes, though, the winds 'prune' too much, and we end up with little or no crop. We shall see, but prospects so far look good

I've been seeing some of the migrating birds, but no sign of purple martins yet. Normally, by now we'd be seeing scouts staking out territory. One sign for me to start looking is when the giant flocks of blackbirds, starlings and redwing blackbirds start congregating in shopping mall parking lots and perching on powerlines. They remind me of Alfred Hitchcock's movie "The Birds". I love to see them, and call them the "chreep chreep birds" because of the noise they make.

We want to bring some sweetness into your life. Valentine's Day is coming up this week, so we're including honey in the shares.

## Our Farm Family

by Farm Intern: Keisha Knight

Our farm family changes all the time. Before you blink we have a whole new one! The bright side of this phenomenon is that those of us that stick around for the entire season (like me!) get to meet a whole bunch of new faces and learn a whole bunch of new things.

Jolie was with us for a short but extremely productive ten days. Jolie is a serious organic farmer in the making and her presence in the fields made harvesting a breeze. She left on Friday for Panama where she will be working for an international non-profit that helps promote sustainable farming around the world. Jolie got me very excited about urban farming which is what she'll be doing when she returns to her home in the Northeast.

Last week also brought in Celine, Nicole, and Seth. Celine recently graduated from college in Boston with a major in philosophy. She came here to Bee Heaven to reconnect with the earth after four years in the airy world of ideas.

(Continued on page 4)



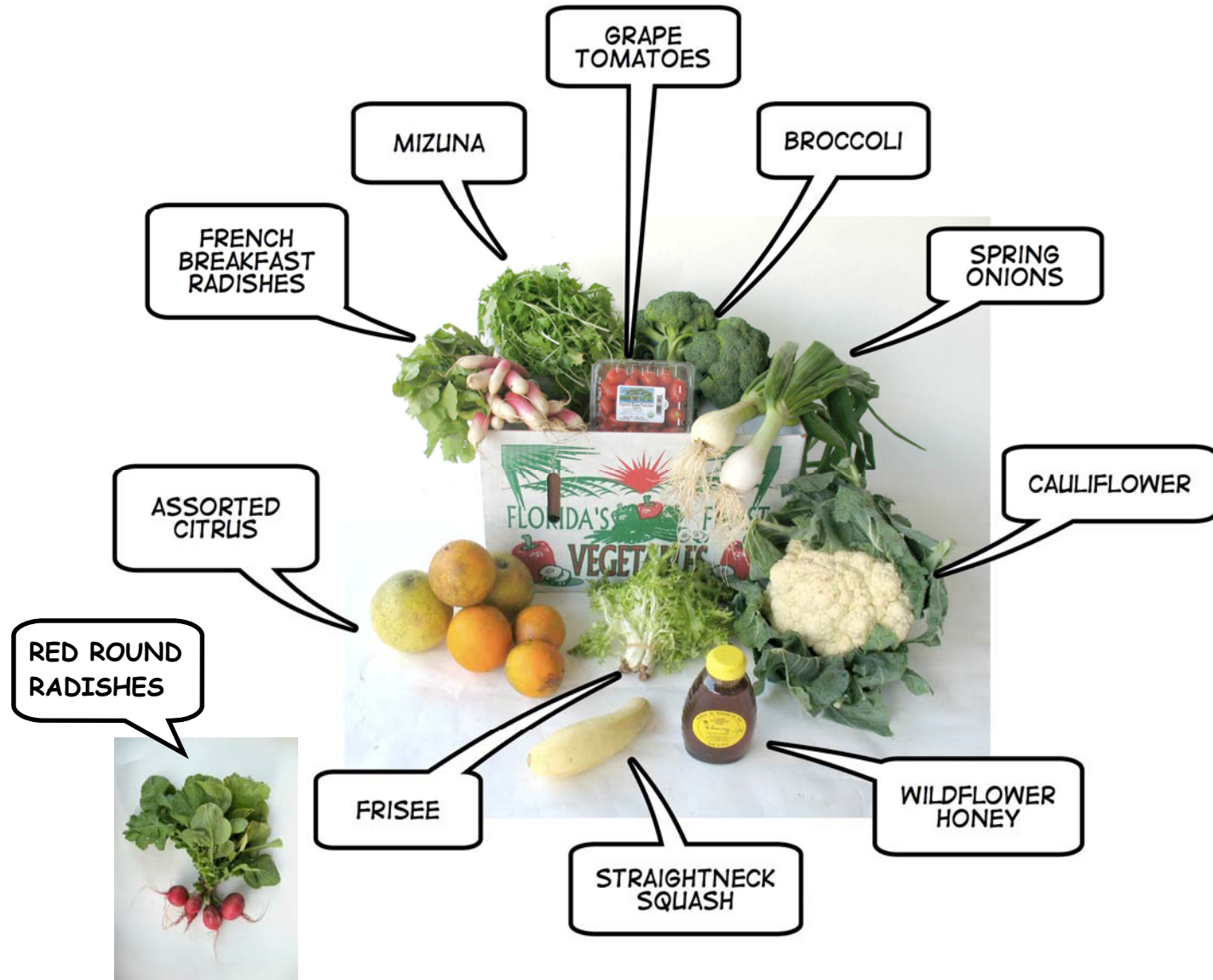
It's rich, "organic", down-to-earth, user-friendly, and nourishing!

## Featured Items

**Mizuna:** It's the bad-hair-day green! We've featured this tender, mild Japanese vegetable before, but it bears repeating — this is a great all-purpose green. It's wonderful in salads, good in stir-fry dishes, and briefly steamed makes a great side dish with a bit of sesame oil and sesame seeds.

**Honey:** Our raw farm honey is a blend of whatever the bees are finding. It mainly consists of wildflowers, though at times it will be heavy on avocado, or perhaps lychee—whatever happens to be blooming in the neighborhood. Bees can range pretty far, so, in order to be certified organic, the USDA requires that there be no possible contaminant within a 5 kilometer radius of the hives. That pretty much totally eliminates Dade County. Our honey is raw, unfiltered, and our bees have been healthy, thanks in large part to the expert care of our Beekeeper, Miguel.

People who have allergies tell us that eating locally-produced honey helps them. What a sweet way to medicate yourself! Enjoy our honey in teas and other drinks. Use it instead of sugar in recipes (check out a conversion table, though— it's not a direct substitution). Make a simple salad dressing with lime juice and honey.



**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) - Half only</b>
165	<b>Radishes –Red Round or French Breakfast (WF) - Full / Half</b>
165	<b>Mizuna (WF) - Full: 0.5# / Half: 0.3#</b>
165	<b>Young spring onions (WF) - Full:2 / Half:1</b>
0	<b>Frisée (BHF) - Full only</b>
100	<b>Straightneck Yellow Squash (C&amp;B) - All: 1</b>
100	<b>Grape Tomatoes (C&amp;B) - All: 1 pint</b>
165	<b>Broccoli <b>**OR**</b> Cauliflower (WF) - Full only</b>
165	<b>Assorted Citrus (BJR) - Full: 6 / Half: 3</b>
0	<b>Honey for your honey (BHF) -Full: 1# / Half: 8oz</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: Dade & Pompano.
0	<b>HONEY SHARES SUBSCRIBERS</b> get honey 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;

C&B= C&B Farms (Little Cypress Organics); BJR\*\*=Broken J Ranch

\*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