



Recipe of the Week

Radish Top Soup

-from Worden Farm

2 tablespoons olive oil	4 cups water or soup stock
1 large onion, diced	optional, to make the soup creamy: 1 can white beans, or 1 cup cream
2 medium potatoes, sliced	salt and pepper to taste
4 cups raw radish greens	1 radish, sliced

Melt oil in a large saucepan over medium heat. Stir in the onion, and sauté until tender. Mix in the potatoes and radish greens, coating them with oil. Pour in stock, and bring the mixture to a boil. Reduce heat, add optional beans or cream, and simmer 30 minutes. Allow the soup mixture to cool slightly, and transfer to a blender. Blend until smooth. Return the mixture to the saucepan. Add salt and pepper to taste. Cook and stir until well blended. Serve with radish slices.

Tropical Fruit with Mint Drizzle

-adapted from Burt Wolf's *Local Flavors, Miami, Florida*

Several types of tropical fruit, approx 3 lbs total	1/2 cup mint leaves
1 cup sugar	1 Lime cut into wedges
1/2 cup water	1 Tbsp Asian 5 spice powder

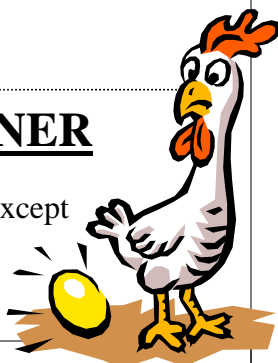
Cut up a variety of tropical fruit such as banana, mango, carambola, caimito, papaya, saposilla. Make a mint drizzle by boiling 1/2 cup sugar in the water until sugar is dissolved. Cool and puree together with mint leaves in a blender until smooth. Toss together fruit & mint drizzle. In a separate bowl mix together 1/2 cup sugar with the 5-spice powder. Serve fruit with a wedge of lime and 5 spice powder mix on the side.

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- All except Beach, N Miami, Pompano & BHF



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 makeup 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

The organic movement in South Florida has become hot news! This past Thursday, the Miami Herald Neighbors section for Pinecrest as well as South Dade included a cover story mentioning us, complete with several pictures of our Sunday farmers market booth!

On Friday a Miami Herald reporter came out to interview me about our farm. She also had the opportunity to speak with some of our farm staff and CSA member Marian, who was taking the weekly share pictures.



Miami Herald reporter Priscilla Greear interviewing Farmer Margie

Last Thursday was also the first farmers market at Bayfront Park. It was well-attended, along with some nice music, a place to sit and eat, and some good food. If you're in the neighborhood on

Thursdays around lunchtime during the next 6 weeks, come see us.

Well, after the unexpected squash last week, this week we have the opposite problem— we expected green peppers from C&B Farms, but they got rained out and weren't able to harvest them. "So," we thought, "OK. We'll substitute tomatoes". Somehow, the message didn't make it to the loading dock, and the tomatoes didn't get loaded on the truck. Qué wahhh!

You could say this week is 'radishing'— both the more commonly seen red radishes and the daikon radishes were ready to harvest all at once. Radish tops are edible. Daikons especially have very nice juicy tops. We've provided a recipe for radish top soup from Worden Farm's recipe collection. Check out their website at www.wordenfarm.com for additional recipes using items commonly found in your CSA shares.

Finally, a tip on reviving wilting basil. Cut off the bottom 1/2" of stems and stand it up in a glass of water. Don't let the leaves get wet. Keep on the counter, not in the fridge.

Our Farm Family

Dear CSA members,

My name is Céline and I'm a philosophy student from New York City and Paris, France. I first thought of volunteering on an organic farm during my senior year of college. After four years of intense intellectual activity I longed for fresh air and physical exertion: the WWOOF program, which connects volunteers with organic farms worldwide, seemed like the perfect opportunity for me to reconnect with my body and the world at large in a meaningful way.

I'm very grateful for my experience WWOOFing at Bee Heaven Farm. Under Margie's guidance, I've learned much about vegetables and tropical fruit and have been able to explore the workings of a CSA. I'm also thankful to all of the wwoofers whom I've met here. Thanks, Zak, for sharing your knowledge of Indian cooking; Chad and Rachel, for your tales of travels throughout Central America; and Keisha, for showing me around and being a great teacher!



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

Featured Items

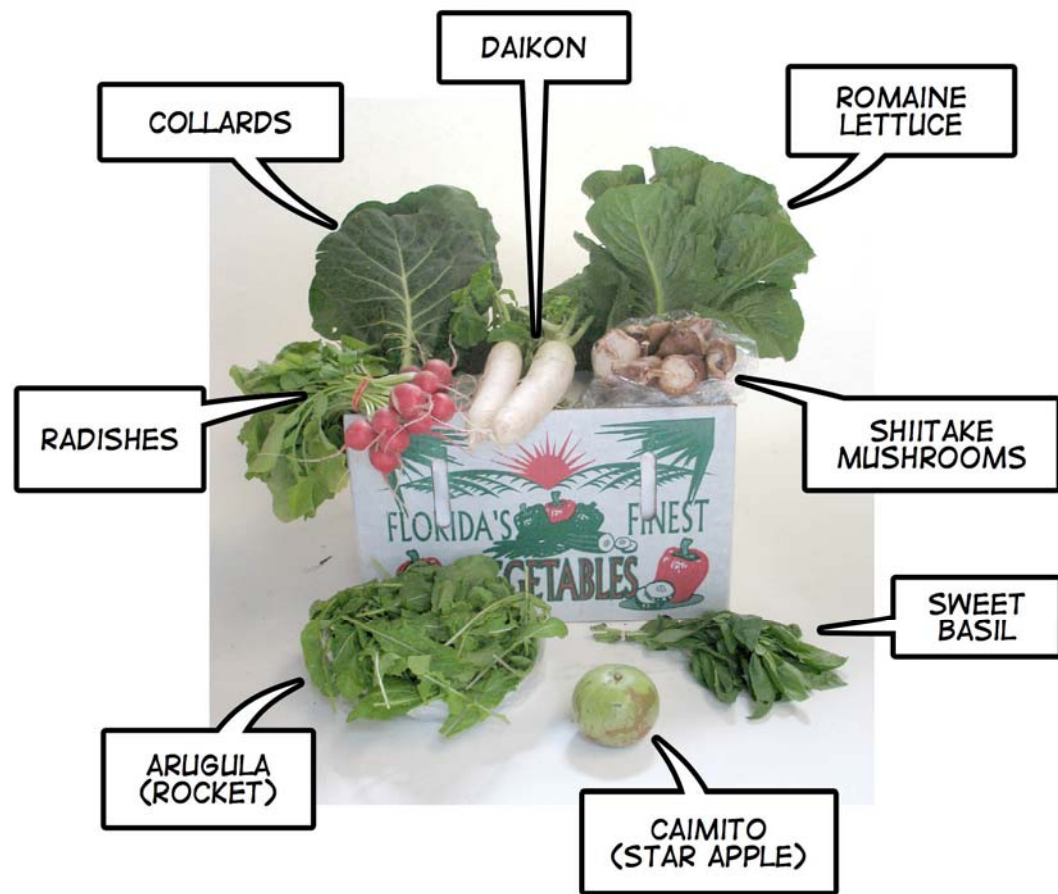
Daikon Radish w/tops: This Oriental radish is fairly mild, but can have a bit of a kick to it. The tops are smooth and great to use in stir-fry or soups. A 3 ounce serving contains only 18 calories, and packs in 34% of your recommended daily allowance of vitamin C. For something uniquely different, make a pickle as follows: slice up enough daikon to densely pack a small jar. Fill with honey (yes, really!) to cover all. Screw on the top and let sit on the counter for 24 hours— then refrigerate. You will notice that the daikon shrivels, and the honey gets diluted by the juices drawn out of the daikon. The pickled slices are good, and the ‘juice’ is a Japanese folk remedy for respiratory problems. You can use any radish or turnips for this pickle.



Green & Purple Caimito



Caimito (Star apple): This tropical fruit from Central America is a member of the Sapotaceae family, and is closely related to our native satin-leaf tree and does very well here. It’s a very pretty tree. The leaves have a coppery underside. Best enjoyed as a fresh dessert fruit, when soft to the touch. Eat the insides but leave the outer skin alone—it has a sticky sap. Caimito comes in green and purple varieties. Those of you who hail from Cuba or other Caribbean countries may remember this fruit from your childhood.



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

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>
165	Daikon radish w/tops (WF) - Full:2 / Half:1
165	Collards (WF) - Full / Half
165	Assorted Lettuces (WF) - All: 1 head
165	Red Round Radish (WF) - Full / Half
100	Green Peppers (C&B) - Full:2 / Half:1 Sorry – harvest rained out!
0	Arugula (BHF) - Full only
240	Shiitake Mushrooms (OM) - Full only
8	Sweet Basil (SOF) - Full / Half
7	Purple or Green Caimito (PT) - All: 1
	Xtras!! (Take it or leave it...) 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	Eggs are for EGG SHARE SUBSCRIBERS ONLY (F/H) This week: All except Beach, NMiami, Pompano & BHF
0	HONEY SHARES SUBSCRIBERS get honey next on Mar 3 (& Apr 6)
	<i>Please remember to return your gently-flattened box each week—directions can be found at www.redlandorganics.com/CSAboxes.htm. 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; SOF=Sunshine Organic Farms; C&B= C&B Farms (Little Cypress Organics); PT**=Possum Trot Nursery

*Redland Organics founders & grower members; **not certified, naturally-grown