



## Recipe of the Week

### New Potato Salad

4 –6 New potatoes, boiled & quartered	1/4 cup Grape tomatoes quartered
a handful of green beans, cut into 1" pieces	2 Tbps vinaigrette
2 Tbps cilantro, chopped	Salt & pepper to taste

Toss all ingredients together. Let sit several hours to blend flavors. Enjoy!

### Bok Choy Saute

-from Worden farm

Bok Choy, chopped	Scallions, chopped
Mushrooms, diced	Olive Oil
Garlic, minced	

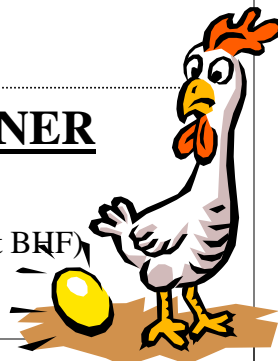
- 1) Sauté garlic and mushrooms in olive oil for a few minutes.
- 2) Add bok choy and cook until tender.
- 3) Top with chopped scallions and serve with rice.

### 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 Dade (except BHF)  
 And 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](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

Finally– the first purple martin scouts were sighted this past week. Normally, we start seeing scouts early in January, but this year it seems they've been quite delayed. I wonder if it's related to the reason our chickens moulted two months later than normal?

The cold spell Wednesday night was a little scary — some reports predicted close to freezing temperatures with strong winds, and others predicted much higher temperatures. The reality — higher temperatures with little wind— lucky for us. This late in the season, it would be too much trouble to cover all the frost-sensitive plants.

We took advantage of the cold evening and had a nice campfire — roasted some marshmallows and Zak strummed his guitar while Rachel P. experimented with her camera, taking pictures of us around the campfire — an enjoyable ending to a nice day.

The potato digging has begun. The Wordens will be very busy digging potatoes– they're estimating as much as 10,000 pounds are waiting to be harvested– them's a whole lot of potatoes!



Zak, Ryan and Margie packing eggs

### Our Farm Family

Another week, another Friday packing CSA shares, but this Friday was very different. We've got a well-oiled crew and were able to get all of the shares packed before noon. Hooray!

With a full house everyone has assumed different responsibilities here at the farm. Chad is our resident cook, bringing his skills to the communal farm kitchen and cooking up curries, malanga with mojo, and a mean thai stir fry. Rachel is our resident English teacher and spends many an evening helping Jesus improve his English skills. Zak is all about public relations, he's happy to give you the low-down on what's going down at Bee Heaven at anytime. Ryan, the most recent arrival, is taking us all to the Naranja strip mall carnival tonight, so we'll call him the driver for now.

Jesus, in addition to his new role as student, is the man all the chickens love to peck. And I get to feed the cat! Merlot waits every morning with a loud meow ready for me.

I also get to represent Bee Heaven farm at the Bayfront Park Farmer's market, which is really a treat. Every Thursday I pack up the van and head into Miami. A city girl at heart, I'm so happy to have at least one urban day a week. The business people and residents of downtown are really happy to have us! Everyone is very excited about the tomatoes and I field lots of questions about the CSA.

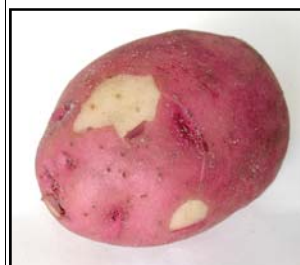
Unlike Zak, I'm not a big farmer's market person. But I love this one. With the breeze off the water, the live music behind me, and the fresh produce in front of me selling is a real joy. There are so many interesting characters who come around to chat. My favorite new friend is a fish-seller who came to Miami from New York; he's like a grandpa. We bonded the first week about our shared love of New York City and now he walks by and yells out to me "Hey farmer girl, you're still looking like a farmer girl!" I look at my tough work boots and dirty trousers and smile; so I am.



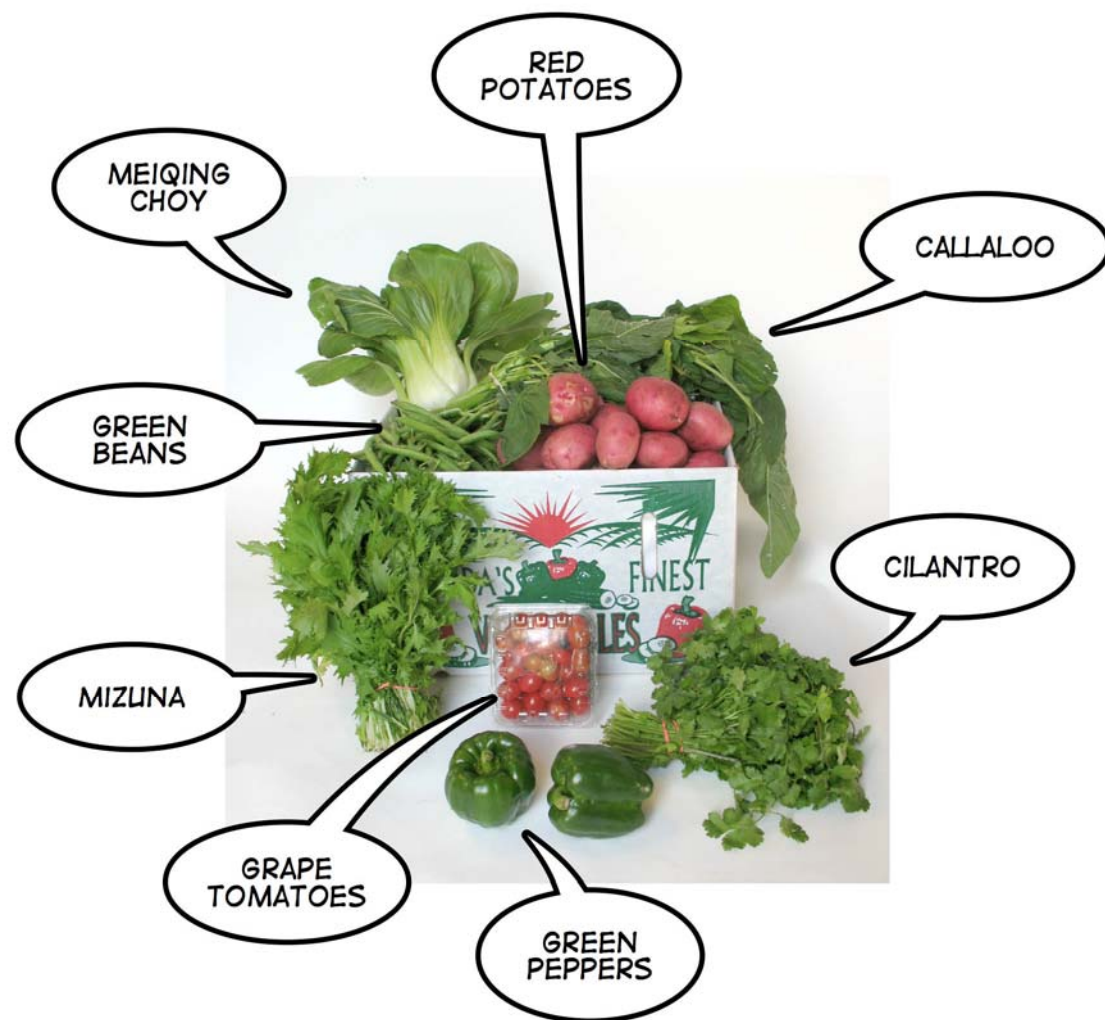
*It's rich, "organic", down-to-earth, user-friendly, and nourishing!*

### Featured Items

**Mei Qing Choy:** This smaller cousin of Bok Choy has pale green stems. Choys are high in calcium and make great snacks—making an interesting alternative to celery sticks. Of course, it's wonderful in traditional Chinese stir-fry dishes.



**Potatoes:** There's nothing like freshly-dug potatoes. There's a great crop this year, and this is the first digging. Roasted, or simply boiled and tossed with a bit of butter or olive oil just before serving—yum!



**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>
2	Callaloo (TSF) - Full only
3.5	Green Beans (HOF) - Full: 1# / Half: 0.5#
165	Mei Qing Choy (WF) - All: 1 head
165	Potatoes (WF) - Full:~ 4.5# / Half: ~ 2.5#
90	Green Peppers (SOF) - Full:2 / Half:1
165	Mizuna (WF) - Full / Half
240	Shiitake Mushrooms (OM) - Half only
8	Cilantro (WF) - Full / Half
7	Grape Tomatoes (SunOF) - All: 1
	<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: All Dade (except BHF) and the Keys
0	<b>HONEY SHARES SUBSCRIBERS</b> get honey <b>TODAY</b> (& 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; SunOF\*=Sunshine Organic Farms; SOF=Somerset Organic Farms;

C&B= C&B Farms (Little Cypress Organics); HOF\*=Homestead Organic Farms; TSF\*=Three Sisters Farm\*\*

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