



## Recipe of the Week

### Escarole with Beans

- adapted from allrecipes.com

2 tablespoons olive oil, divided	1 (16 ounce) can cannellini beans, undrained
1 large heads escarole	2 sprigs fresh parsley, chopped
1 pinch crushed pepper flakes	Option#1: 1/2 c chicken broth, parmesan cheese
1 clove garlic, minced	Option#2: 1/2 c tomato sauce

1. Heat 1 1/2 tablespoons olive oil in a large skillet over medium heat. Toss in escarole, turning to coat with oil. Season with salt and pepper to taste, and crushed red pepper flakes. Cook, stirring occasionally, about 10 minutes, or until tender.

2. In a separate skillet, heat remaining 1/2 tablespoon olive oil over medium heat. Stir in garlic. Pour in beans with juices, and simmer until creamy, about 10 minutes. Stir in escarole and parsley; simmer 10 minutes more.

Variation #1: Drain and simmer the cannellini beans in chicken broth, then mix into a baking dish with chunks of day old bread.

Variation #2: Add tomato sauce and sprinkle parmesan on top when serving.

SHARE YOUR FAVORITE RECIPE, ESPECIALLY SIMPLE ONES!

Email to the address show below.

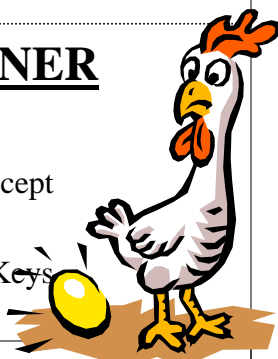
### Farmers Market season is here!

#### 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 (thru Apr 3) @ Bayfront Park, Downtown Miami

### EGG CORNER

This week—  
Broward, Dade except  
Beach & NoMia,  
Upper & Middle 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

On Tuesday, Marian (our Photo-WWOOFer and CSA documentary producer) and I had the opportunity to visit Michael's Genuine Food & Drink in the Design District. Chef Michael Schwartz treated us to some awesome food.



Michael Schwartz with Farmer Margie

While waiting for our table, we were served an heirloom tomato salad. I recognized some of our tomatoes steeped in balsamic vinaigrette, with our lemon basil and homemade croutons. The wood stove shiitake pizza and the pulled pork sandwich both had a wonderful blend of flavors. And the desserts, prepared by his dessert chef, Hedi, were to die for.

No, I'm not a restaurant reviewer, and I've had his dishes before at some of the Dinners in Paradise, but this lunch was memorable. Michael has been a firm supporter of our farm. Now that he's had his

own restaurant for a year, we've finally figured out a way to get our farm produce to him, at least during CSA season.

Stop in for a great treat, and you may partake of more of our produce (often things we don't grow enough of to give to the entire 400+ CSA members, but enough to supply a restaurant or our farmers market stand). I know — you're thinking "I can't even eat everything I'm already getting in my shares — and you want me to go pay to eat more of your stuff?" Ah, but it's worth every penny and more.... Yum.



Zak arranging eggs for egg shares

## While my prostate is small

By Zak H Stern

While my prostate is small....

I will travel the world,  
Take long bus trips with no ac  
And not stop fifty times to pee  
While my prostate is small....

I will sleep through the night,  
Drink a milkshake before bed

Without a hint of fright.

While my prostate is small....

I will enjoy my youth,  
Smooth skin, sharp eyes,  
A mind looking for truth.

While my prostate is small....

I will learn how to live,  
How to love, how to listen,  
How to take, how to give.

While my prostate is small....

I will withdraw from school,  
Go live on a farm,

and learn how to live off the fat of the land.

While my prostate is small....

I will live my life to the fullest.

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Zak is apprenticing at Bee Heaven Farm

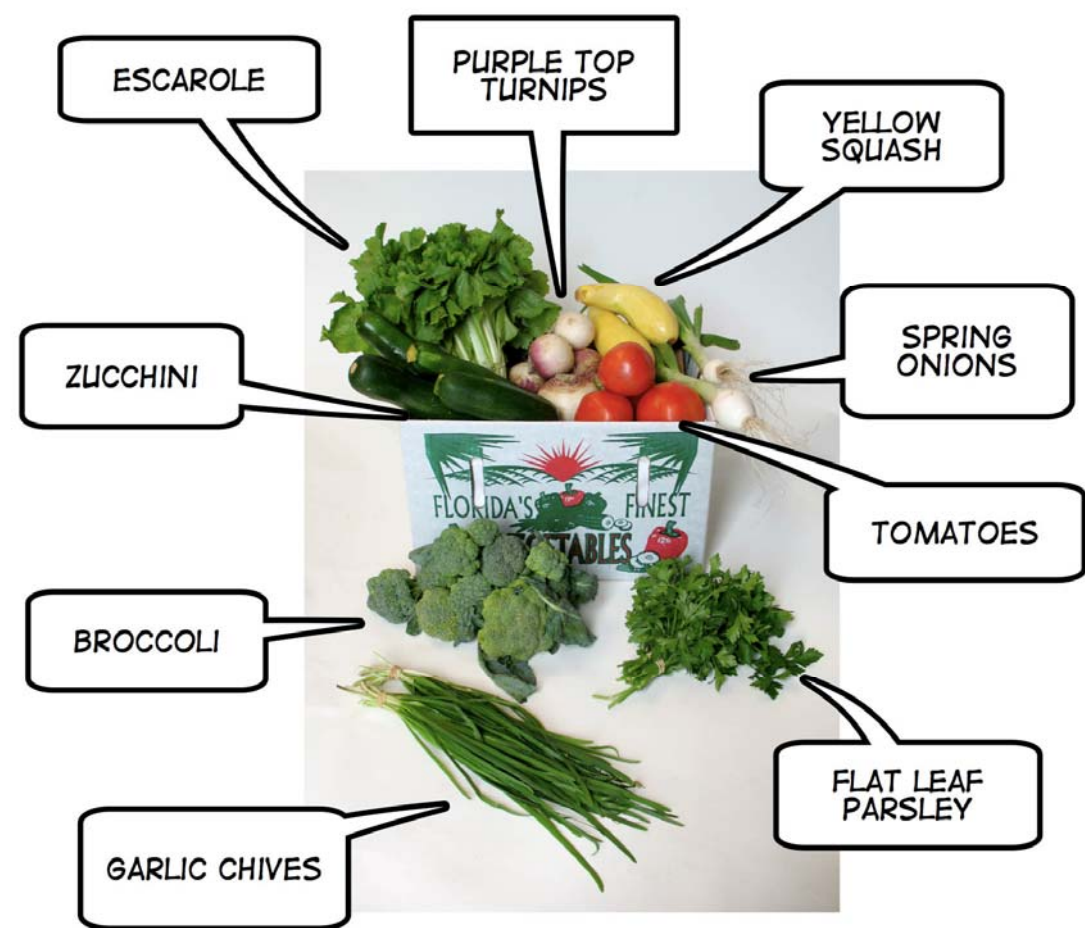


*It's rich, "organic", down-to-earth, user-friendly, and nourishing!*

### Featured Items

**Escarole:** This vegetable is an Italian favorite. It comes in many variations — endive, escarole, frisee, chicory, witloof, radicchio. Its uses are just as varied — from coffee substitute (chicory root) to salad ingredient (frisee) to soups, stuffed, baked, and side dishes. It is in general a bitter green, and often served in a creamy sauce to offset the bitterness. Escarole is high in fiber and especially rich in Vitamins A & K.

**Summer Squash (yellow squash and green zucchini):** Summer squashes are tender, soft-skinned relatives of pumpkins and winter squash. They can be eaten raw or lightly cooked. They tend to fall apart if overcooked. Summer squash is low-calorie, low-fat, and high in manganese and Vitamin C.



**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	“Natacha” Escarole (WF) - All
165	Turnip roots (WF) - Full / Half
165	Broccoli (WF) - Full / Half
100	Red Tomatoes (C&B) - Full:4 / Half:2
165	Onions (WF) - Full:2 / Half:1
120	Yellow Squash (SOF) - Full: 2 / Half: 1
120	Zucchini Squash (SOF) - Full: 4 / Half: 2
165	Parsley (WF) - Full / Half
0	Garlic Chives (aka Chinese Leek) (BHF) - Full / Half
	<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: BHF, Broward, Dade except Beach and NoMia, Key Largo, Islamorada, Marathon
0	<b>HONEY SHARES SUBSCRIBERS</b> get the last honey share on 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; SOF=Somerset Organic Farms;  
 C&B= C&B Farms (Little Cypress Organics); BHF\*= Bee Heaven Farm  
 \*Redland Organics founders & grower members; \*\*not certified, naturally-grown