



Recipe of the Week

Kohlrabi-Carrot Bake

- from *cooks.com*

| | |
|--|-----------------------------------|
| 2 c. cubed kohlrabi (you can add turnips, too) | Dash of pepper |
| 2 c. sliced carrots | 1 1/2 c. milk |
| 1/4 c. chopped onion | 1/4 c. parsley, snipped |
| 2 tbsp. butter | 1 tbsp. lemon juice |
| 2 tbsp. flour | TOPPING: 3/4 c. soft bread crumbs |
| 1/2 tsp. salt | TOPPING: 1 tbsp. butter, melted |

Cook kohlrabi and carrots until tender. Drain. In saucepan cook onion in butter until tender but not browned. Blend in flour, salt and pepper. Gradually add milk. Cook and stir until thick and bubbly. Stir in vegetables, parsley and lemon juice. Put in 1 quart casserole. Sprinkle moistened bread crumbs around edge. Bake 20 to 25 minutes in 350 degree oven.

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Farms. WWOOFing is a great opportunity to see the world and to learn a lot about organic farming. The basic set up is that you work for a farm about 4 hours a day in exchange for room and board. What a deal!

Now, don't think because you're a little older that you can't do it. I heard of a gentleman WWOOFer who was 74 years young. As you can tell, I'm an avid fan of the program and I just found out about it last summer. Most of the sites that I have been to were in a family setting. The more the word gets out about the program the more successful it will become, and we will all be much healthier for it. Consider WWOOFing for your next vacation. Be adventurous! Margie and other farms can use your help and support. Thanks, Margie, for the wonderful food and for being a host. Life is great — so get out there and enjoy it!

Check out where I work in the summer on Warren Island State Park:

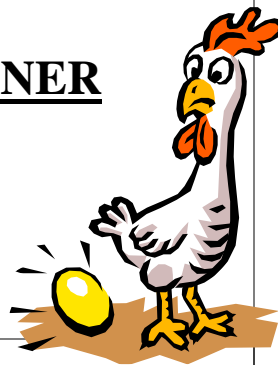
<http://www.maine.gov/doc/parks/parksinfo/warrenisland/index.html>

Farmers Market season is here **Come see us—note extended end-date!**

Sundays 8am-1pm (thru April 13) @ 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—
Beach & NoMia,
Bwd & 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 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

Who's my site host?

Don't know who your site host is? After all these weeks? You received an email at the start of the season with your pickup site information. That email has your site host's name, address, contact telephone number, AND email address, along with a note to print and save it for future reference. So, what'd'cha do with it???

Calling stray boxes...

PLEASE return your used boxes. I'm not getting back nearly enough of them and I've had to throw away many torn ones each week. Please be careful how you open and flatten your boxes. The flaps tuck in, and you can't open them by yanking or pulling up— you need to slide them out of the locking slots.

Boxes are expensive— they cost over \$1 apiece. Treated well, they should last a full season. This season I've already replaced everyone's box at least twice over— that's a lot of boxes that have gone missing or into the trash or recycling bin, mostly pretty new except for rips. So, let's work on getting those boxes back in good shape! My personal goal: reduce the waste to 5%. What's yours?

Crop news

Potatoes are coming in nicely— onions, too. Expect some next week. This week we were supposed to get eggplant from C&B, but that didn't happen. Here at BHF, we've planted the last possible crops to harvest before the season ends— some quick greens. Most crops need at least 40-50 days, or longer, to produce, with a few exceptions such as radishes and some salad greens. If the weather is favorable (doesn't get too hot too fast), we should be able to supply some nice salad mix right at the end.

The martins are here!

Finally, we've sighted martin scouts in the area. They're checking out our gourds. Soon, the females will be arriving and the courting will begin. Purple martins are amazing masters of flight. They're delightful to watch, as they unerringly glide full-speed right into the nest.

Sonic Distress, again — is it terminal?

Well, everything was back to normal, hunky-dory, truck running smoothly, so Victor decided to paint the floor of the truck bed, and gave the truck a nice bath. Now, how does the truck repay this kindness?? ...by blowing a radiator, followed by a total loss of oil pres-

sure— TBA what the actual damages might be. Hopefully, something simple like a gasket or a seal...

Thank goodness for small favors— it happened close to Worden Farm. So, we're back to Dan's packing shed, since our walk-in cooler is not big enough to accommodate all the shares. This week's delivery, and probably next week's, will be a split one using the cargo van and a small trailer. The season is ending soon— just three more weeks, followed by the 2 makeup weeks, and we're done. Why couldn't it wait until the end of the season? Murphy is much too active around here — never mind that Saint Paddy's Day is coming right up!

OUR FARM FAMILY

Hello, readers of the COMMUNITY POST!

My name is Sunshine. I'm WWOOFing here at Bee Heaven Farm. If you read Zak's article last week you will quickly learn that I am no poet, but I do enjoy volunteering. For those of you who don't know about WWOOF, it stands for World Wide Opportunities on Organic Farms. In Australia, where it's really popular, it's fondly called Willing Workers on Organic

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



Featured Items

White Asian Salad Turnips: Throw away all your preconceived notions about turnips. These are best eaten raw, sliced into a nice salad, or with a light dip. The greens are awesome, too. They do not have those prickly hairs that 'regular' turnips have, so are easily used in a simple stir-fry.

Purple Kohlrabi: Another cabbage relative (kohl), with a completely different taste and texture. These are crispy, crunchy, and very mild in flavor—another thing to eat raw, to fully enjoy the taste. You can also eat the tops on these—use them like collards or kale.



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 | Mizuna (WF) - Full / Half |
| 165 | Harukei white Asian salad turnips w/tops (WF) - Full / Half |
| 165 | Arugula (WF) - Full only |
| 8 | Baby Kohlrabi (SunOF) - Full: 2 / Half: 1 |
| 150 | ☹ We planned for Eggplant from C&B but it didn't happen-sorry ☹ |
| 8 | Grape Tomatoes (SunOF) - All: 1 pint |
| 3 | Green Beans (HOF) - Full: 1.5# / Half: 0.75# LAST of the SEASON! |
| 8 | Rainbow Chard (SunOF) - Full only |
| 180 | Valencia Oranges (UM) - Full: 6 / Half: 3 |
| | ☹ Sorry, this was a lean week—there wasn't a lot to go around— most sites do NOT have |
| 0 | Eggs are for EGG SHARE SUBSCRIBERS ONLY (F/H) This week: Beach and NoMia, Bwd & Keys |
| 0 | HONEY SHARES SUBSCRIBERS get the last honey share on 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; SunOF*=SunshineOrganic Farms; HOF*=Homestead Organic Farms;

C&B= C&B Farms (Little Cypress Organics); BHF*= Bee Heaven Farm

*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