



## Recipe of the Week

### Callaloo Soup

- adapted from CDkitchen.com

3/4 pound callaloo (substitutes: spinach, Chinese Spinach, or Swiss Chard)	3-4 ounces lean salt pork cut into 1/2-inch cubes
5 cups chicken stock	6-8oz fresh, canned, or frozen crab meat
1 onion, finely chopped	3-4 oz coconut milk
1 clove garlic, chopped	1/2 pound young okra, OR 10 ounces package frozen okra, sliced
3 scallions, chopped, using green and white parts	Salt and pepper to taste
1/4 teaspoon thyme	Pickapeppa hot pepper sauce, Tabasco, or any other similar sauce, to taste

Wash the greens and coarsely chop. Put the greens into a large heavy saucepan with the chicken stock, onion, garlic, scallions, thyme, and salt pork. Cover and cook at a gentle simmer until the pork is tender. Add the crab meat, coconut milk, and okras and cook until the okra is done, about 10 minutes. Season to taste with salt, pepper and hot pepper sauce.

### Syrian stuffed summer squash

-contributed by CSA member Rose Butman

Core summer squash and stuff with a mixture of (coked) rice and hamburger. Roast in a tomato sauce seasoned with Syrian pepper (Nutmeg and cinnamon can be substituted) Roast at 350 for about 45 minutes. This works equally well with yellow squash or zucchini. Variations: use ground lamb or tofu crumbles.

Answer: What's this? An onion scape—the flowering stalk of an onion. It's hollow!

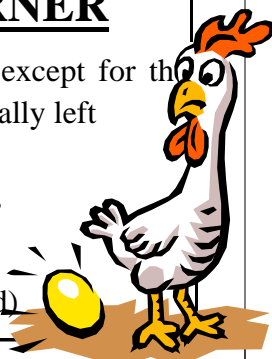
### Farmers Market season is now

*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— Dade, except for the farm, Beach (accidentally left behind last week!), Broward East & West, Big Pine Key, and Key West (New & Old)



### 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](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

We're approaching the end of the season. The last regular share pickup will be April 5th, so there are only 2 more weeks left after today. Those of you who suspended shares will have an additional one or two makeup weeks. Next week I will be sending out a list



**END-OF-SEASON  
POTLUCK  
Bee Heaven Farm  
noon-3pm  
SUNDAY,  
APRIL 20th**

- ♦ Bring a dish to share, preferably made with local foods
- ♦ Glean from the remaining crops
- ♦ Meet your fellow CSA members and local farmers
- ♦ Hang out & relax

to each pickup site. Please check the number of makeup weeks listed for you and notify us right away by email (to [office@beeheavenfarm.com](mailto:office@beeheavenfarm.com)) if there is any discrepancy.

We will be sending out renewal notices sometime in May, so please be sure we have your current email address on file.

### What's with the eggs?

Early in the season, we instituted a rotation with the egg shares in order to have everyone get an equitable distribution. As time went by and the hens began laying more eggs, we hoped that eventually production would increase to the point where we could send along additional eggs to help make up the shortage. That never happened. We have sent out every single egg those hens have laid (except for an occasional cracked egg), and it still hasn't been enough.

So what to do? Well, there's not a lot we can do— we can't make the hens lay better — we can't refund the money we've already spent on feed — 'cause they went right on eating while they weren't laying those eggs! The only thing we CAN do is send out eggs during the makeup weeks so that everyone at least gets one more chance to have eggs. After that, if you're willing to come to the farm, or pick up at Theine when we do summer orders, we can give you some eggs to help make up the shortage. Since the folks in the Keys and Broward County live furthest away and will most likely not be able

to pick up after the season is over, we will be giving preference to them as we finish up the season. My goal is to be sure that everyone got eggs at least 11 times (as of today, every site has received eggs at least 9 or 10 times).

I know some folks are upset — I'm upset about the eggs, too. Unfortunately, this is the type of risk we incur in a CSA setting — that's what the "share the risks with the farmer" is all about. Sometimes, it's simply beyond our control. There are no other local certified organic egg producers around to help us fill the gap, like we can usually do with the produce.

In the spirit of sharing, I wouldn't dream of taking any eggs away from the egg share folks. Here at the farm, we haven't eaten any of our eggs this season, so that you would get as many as possible. I'll eat my eggs in the summer, and in the meantime, I'm buying them at the store (yuck).

For the coming season, we are replacing two thirds of our flock with new (baby) birds. We already have a bit of head start with a new brood of 13 that just hatched from one of our wild hens (for those of you who know Henna, they're from one of her grown-up babies).



What's this-can you guess? Answer p.4

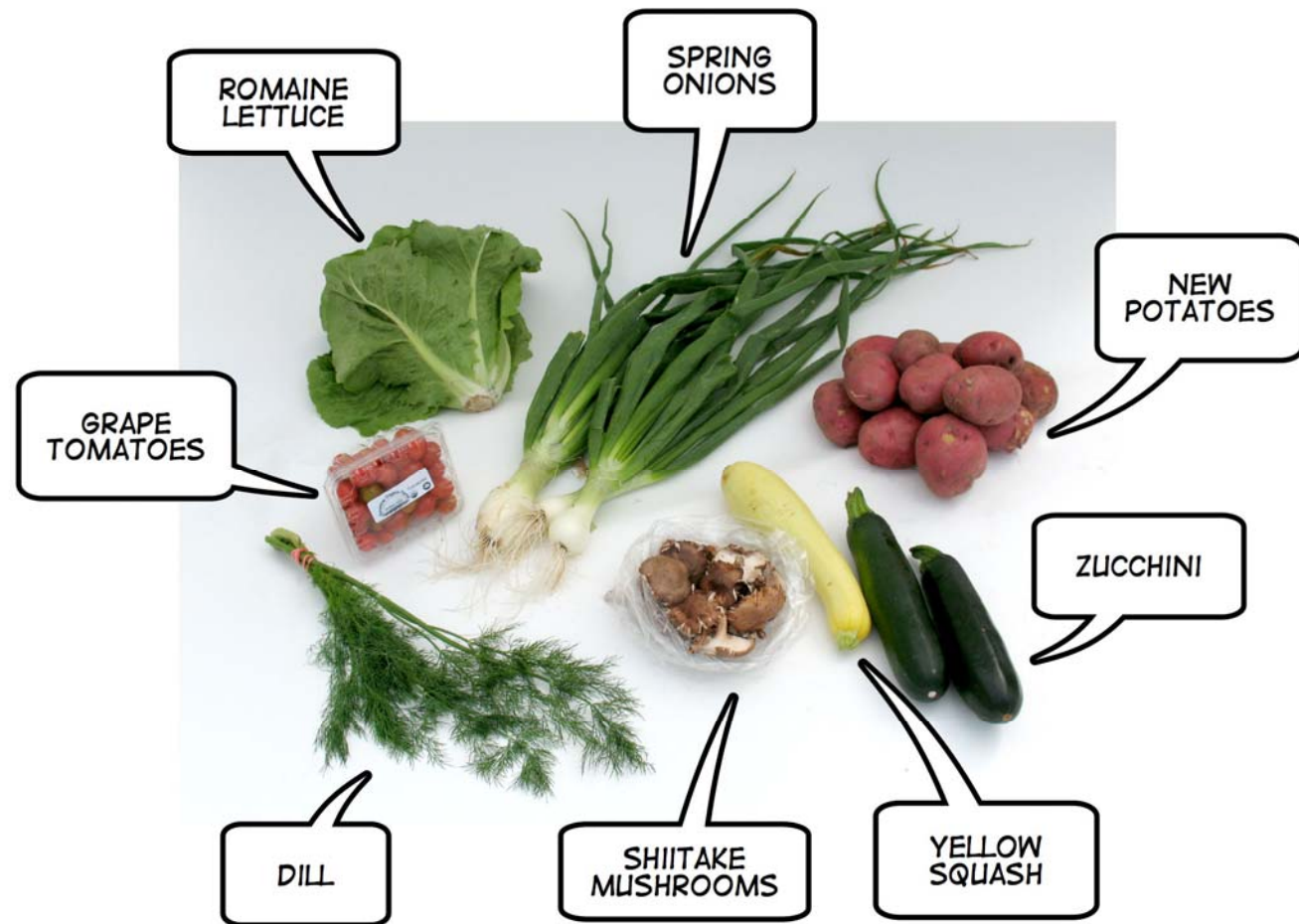


*It's rich, "organic", down-to-earth, user-friendly, and nourishing!*

## Featured Items

**Spring Onions:** Young onions are a treat you hardly ever see at the grocery store. With their tops still green, they are something like a cross between a storage onion and a scallion. You can use the tops in soups, stews or any cooked dish, so don't throw them away!

**New Potatoes:** . Enjoy these freshly-dug new potatoes. Their skins are tender and mild- don't peel them and you'll enjoy the benefit of the nutrition just underneath the skin.



**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	Shiitake Mushrooms (OM) - Full only
165	New Potatoes (WF) - Full: 5 lb / Half: 3 lb
165	Spring Onions (WF) - Full : 3 / Half: 2
165	Assorted Lettuces (WF) - All
150	Yellow Squash & Zucchini (C&B) - Full: 3 / Half: 1
8	Grape Tomatoes (SunOF) - All: 1 pint
2	Callaloo (TSF) - Half only
165	Dill (WF) - All
	☹ Sorry, it's getting near the end of the season—there are no Xtras this week!! ☹
0	<b>Eggs are for EGG SHARE SUBSCRIBERS ONLY (F/H)</b> This week: Dade except for the farm, Beach (accidentally left behind last week!) , Broward East & West, Big Pine Key, and Key West (New & Old)
0	<b>HONEY SHARES SUBSCRIBERS</b> get the last honey share on Apr 5
	<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\*=SunshineOrganic Farms; TSF\*=Three Sisters Farm\*\*;

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