



Recipe of the Week

Frittata with Red Potatoes and Dandelion Greens

- from *Vegetables Every Day*, by Jack Bishop

4 small, red-skinned potatoes (or substitute turnips)	Salt and pepper to taste
1 bunch dandelion greens that have been washed, stemmed, and chopped	6 large eggs
2 Tbsp extra virgin olive oil	1 tsp chopped fresh tarragon
1 medium onion, sliced into thin crescents	Freshly grated Parmesan cheese
2 garlic cloves, minced	Optional: shiitake mushrooms added into step 4

- (1) Preheat oven to 350 F.
- (2) Scrub & steam potatoes in a steamer basket until tender when pierced with a fork, about 20 minutes. Remove potatoes from water and set them aside.
- (3) Bring 2 cups water to a boil in a medium-sized saucepan. Add dandelion greens and cook briefly, 3 to 4 minutes. Set aside.
- (4) Heat 1 tablespoon of the oil in a medium-size skillet over medium heat. Add onion and cook until soft and translucent, about 10 minutes. Add garlic to onion and cook for 1 to 2 minutes longer. Remove mixture to a bowl and set aside.
- (5) Remove skins from potatoes. Cut in half and slice each half into quarter-inch pieces. Warm the remaining oil in the skillet and add the potato slices. Toss to brown lightly over medium-high heat, about 5 minutes. Season with salt and pepper.
- (6) Lightly oil a 9-inch cast-iron or other oven-proof skillet. Layer the onions, potatoes, and dandelion greens in the pan.
- (7) Using a fork, beat the eggs with tarragon, salt, and pepper. Pour over the potato mixture and sprinkle with Parmesan cheese. Bake, uncovered, for 20 to 30 minutes, or until eggs are set. Serve hot.

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— Beach, NoMia, Broward, Keys, Farm



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

Extending the Season Workshop

Everything Tomatoes

Learn to prepare and 'put up' your tomatoes, sauces, and salsas.

This workshop will be run by Kyra White, proprietor of Theine Tea Salon. For those of you who don't know Kyra, she was cofounder of the Miami Slow Food Convivium, and hosts our Coral Gables pickup site at her shop.

The workshop will be repeated 3 times.

When: April 8th, 15th and 22nd, from 7-10pm.

Cost: \$65 per person, which includes all materials and something to take home.

Location: Theine Tea Salon, 119 Madeira Ave in Coral Gables.

Attendance is limited. Refunds only with 48 hour advance notice.

To enroll, call Kyra at 305-774-0228.

(In the interest of full disclosure please note that these workshops are not being held at the farm, so these proceeds don't benefit BHF's internship training program— but still worth attending!)

Next week, April 5th, is the last regular week—

boy, how time flies! Please make sure you check the list to see how many makeup weeks I have down for you, and notify me right away by email (to office@beeheavenfarm.com) if there is any discrepancy.

Renewal notices will go out in mid-May. Please be sure we have your current email address on file.

The vegetables are definitely winding down. You can tell — less greens and more roots in the shares. Although it has cooled off nicely, and the rain was really welcome, the week of super hot weather caused everything to react like the start of summer. I heard the other day that this winter was the second warmest on record. Up around Punta Gorda and Devils' Garden, it's been a little cooler, so things are still looking pretty good there.



Come see Keisha at the Bayfront Park Market — this is the LAST WEEK!

The caimitos are peaking now, so we've included them again this week.



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

There are signs promising to be a fruitful summer. We'll send out an email approximately every 3 weeks listing whatever is available then, and take prepaid orders for pickup that Saturday at either the farm or the Gables pickup site.

We got behind with the workshops this season, what with all the truck breakdowns and staff turnover, but we're getting back on track now.



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

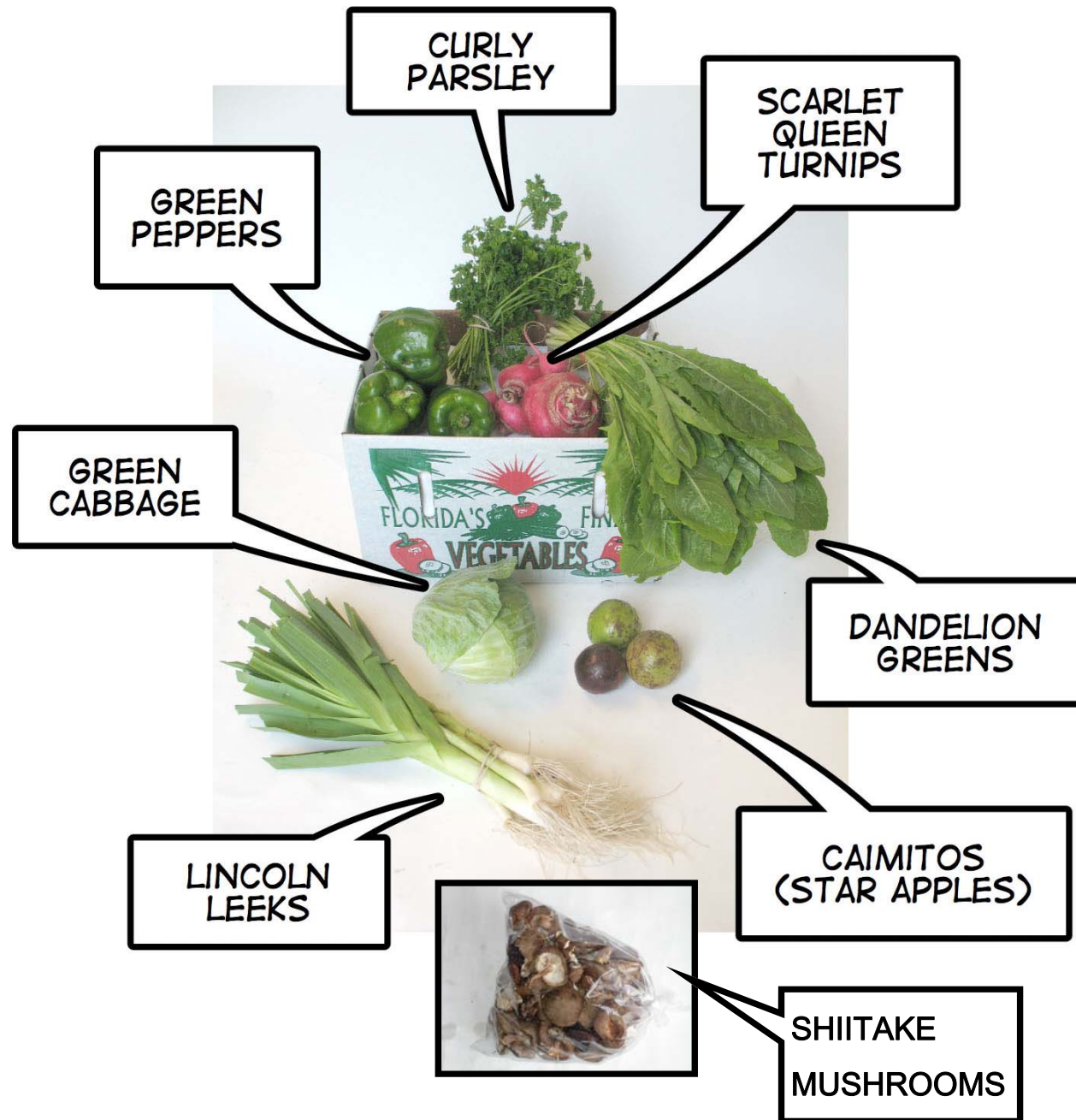
Featured Items

Dandelion Greens: A harbinger of spring, dandelion greens are full of nutritious. Their bitter flavor is usually toned down by cooking, often with a sweet ingredient. Though these are not the wild dandelions, they are a favorite Italian substitute, in the chicory family.

Scarlet Queen Turnips: These colorful turnips are sweet and tasty, a bit creamier than the white Asian (Harukei) turnips. They're great in a roasted vegetable mix or a stew. They're also good mashed together with potatoes.

CALLING ALL BOXES HOME!

Here, boxy, boxy, (or is it boxie, boxie)? Come home to mama before the season ends!!



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) - Half only
165	Scarlet Queen Turnips (WF) - Full / Half
165	Curly Parsley (WF) - Full / Half
165	Dandelion Greens (WF) - Full / Half
150	Green Cabbage (C&B) - All: 1
165	Lincoln Leeks (WF) - Full only
150	Green Peppers (C&B) - Full: 4 / Half: 2
8	Caimito (PT) - Full: 3 / Half: 2
	☺ The Xtras are back!! - pick an item or two — there are plenty of extra turnips and extra cabbages this week
0	Eggs (BHF) are for EGG SHARE SUBSCRIBERS ONLY -F/H This week: Beach, NoMia, Broward, Keys, Farm
0	HONEY SHARES (BHF) SUBSCRIBERS get the last honey share on Apr 5
	<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; PT*= Possum Trot**; OM= Omega Mushrooms
 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