



Recipe of the Week

Big Mouth Veggie Burger (adapted)

- from *The Accidental Vegetarian* 's blog

| | |
|---------------------------------|--|
| 5 cups eggplant with skin/cubed | 3 eggs (or egg substitute) |
| 1 large zucchini, cubed | 1/2 Worcestershire sauce |
| 1 onion, minced | 1 1/4 cups slivered almonds, 1/2 tsp garlic powder, 1/4 cup nutritional yeast, ground until resembling parmesan cheese |
| 3 cloves garlic | 1 cup gluten-free flour (can substitute regular flour) |
| 1 rounded tsp black pepper | 2 cups TVP, reconstituted with hot water (can use soy crumbles) - or substitute soaked, chopped walnuts |
| 1 tsp dried oregano | |

- (1) In a blender, grind 3 cups of the eggplant, zucchini, onion, garlic, black pepper, oregano and Worcestershire sauce until smooth..
- (2) Add the rest of the eggplant and blend until chunks the size of peas remain.
- (3) Add almond mixture, flour and TVP. Mix and let sit for ten minutes.
- (4) Line several baking sheets with parchment paper. Using a spoon and your hands, form the mush into burgers on the paper. Note the mixture will be soupy like oatmeal.
- (5) Dehydrate in the oven at 110°F for 6-8 hours, carefully flipping after 3 hours to ensure both sides are done. (You can also use a dehydrator for better temperature control.)
- (6) Fry in oil right before serving. The *Accidental Vegetarian* recommends coconut oil. Assemble burgers with your favorite buns and accompaniments and enjoy!

Farmers Market season is ending

Come see us—last two weeks of market!

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

EGG CORNER

This week— all except farm, North Miami and Gables



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

Looking back at the season, I wonder where the time went. It seems like just a few weeks ago we were planting seeds and tilling the soil in preparation for planting the crops. Now, things are winding down and I'm ready for a break before the summer avocado harvest begins in late June.



My reward— in a couple more weeks!

Every year brings surprises—this year was no different. While many of the greens and the basil had a terrible time, this season the tomatoes did well. The farmers market at Pinecrest has grown yet again — our best market season ever. We've had a lot of unsolicited publicity — just last week they did a cover story about me and Bee Heaven Farm in the Neighbors section of the Miami Herald (South Dade and the following Thursday in the Pinecrest edition).

Our school visit program has gotten off to a good start, with over 100 students visiting the farm in the past 3 months.

But the best is the feedback I get from you — our loyal CSA farm members. It never fails — when I feel over-

whelmed or frustrated, I'll get an email from someone with a cheerful little note telling me how much you've been enjoying your shares. I'm so glad to be able to offer a direct connection from farm to table. What a great feeling of real community.

TODAY IS THE LAST PICKUP FOR THE SEASON

Unless you have a makeup week. PLEASE CHECK THE LIST TO BE SURE— WE WILL NOT BE PREPARING SHARES FOR ANYONE NOT ON THE LIST. Makeup shares will be at your usual pickup site and the usual time.

You have two weeks to return all your boxes to us. Please do not return boxes after April 19th— hold the box until the start of next season, or bring it with you to our potluck on the 20th.

Our Farm Family

We, Chad and Rachel, have been wwoofing here, at Bee Heaven Farm, for about two months. We have learned a lot from Margie, spending time in the fields weeding and harvesting. It has been a great experience learning about all the different tropical fruits and seeing everything grow. It has also been great having access to all this wonderful organic produce. Chad has been cooking a lot of different



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

things with all of the leftover produce. I, Rachel, have especially enjoyed learning Spanish from Jesus. He is learning English as well, so it has been a good exchange. We have seen many wwoofers come and go during our stay here and have met many different people from all over the country. We hope the next farm we go to will be a positive experience, like Bee Heaven has been.



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



Featured Items

Strawberries! We've been waiting all season for strawberries to become affordable (pretty much anything less than \$4.50 per pint WHOLESALÉ!) - and finally, just in time for the last week.... They're very perishable, so enjoy these jewels from Jordan Farms in Dover (Plant City) right away.

Thyme: A versatile herb of Mediterranean origin— a main staple in Caribbean (e.g., Jerk seasoning) cooking. Also popular in Middle Eastern (a component of *za'atar*), French (ingredient in both *bouquet garni* and *herbes de Provence*), Italian and Spanish cooking. Often used to flavor meats, tomatoes, and eggs. Thyme keeps its flavor well dried, so if you don't plan to use it right away, hang your bunch upside down until the tiny leaves fall off and crumble when touched (put a bowl under it to catch them when you're checking. Store the dried thyme in a small, dry jar in a dark cabinet to maintain freshness and flavor.



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 |
| 165 | Radish (French Breakfast or Red Round) (WF) - Full / Half |
| 165 | Chives (WF) - Full / Half |
| 8 | Thyme (SunOF) - Full / Half |
| 8 | Mixed Color Tomatoes (SunOF) - Full: Quart / Half: pint |
| 165 | Mizuna (WF) - Full only |
| 165 | Baby Bok Choy (WF) - Half only |
| 120 | Summer Squash (zucchini/Yellow) (SOF) - Full: 7 / Half: 4 |
| 150 | Cucumbers (C&B) - Full: 3 / Half: 2 |
| 150 | Eggplant (C&B) - All: 1 |
| 250 | Strawberries (JF) - All: 1 pint |
| | ☺ Xtras - pick an item or two — |
| 0 | Eggs (BHF) are for EGG SHARE SUBSCRIBERS ONLY -F/H This week: all except NMiami, Farm & Gables |
| 0 | HONEY (BHF) - Honey Share subscribers ONLY |
| | <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; JF= Jordan Farms; SunOF*=Sunshine Organic Farms;

TSF*=Three Sisters Farm**;

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

*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