



Recipe of the Week

Simple Strawberry / Sapote Dessert

-Bee Heaven Farm kitchen

A couple of very ripe black sapotes, seeds removed	A handful of walnuts, coarsely chopped
Several strawberries, washed & green tops removed	A touch of honey to taste

Blend all together until well mixed. Looks like a rich dark chocolate pudding– tastes heavenly. Eat!

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regularly making their own honeycomb (rather than being supplied with one) as a form of purification, and allowing them to swarm.

Supporting organic farms and orchards is one way we, as consumers, can help the health of honeybees through the reduction of pesticides (which have been found in samples of beeswax and pollen) and GMOs (genetically modified organisms). Also, to become aware of the beekeeper's practices when you buy honey. Some beekeepers extract too much of the hive's honey and then replace it with sugar syrup or corn syrup. Neither sugar nor corn syrups have the nutritional value of honey and don't contribute to the health of the bees in any way.

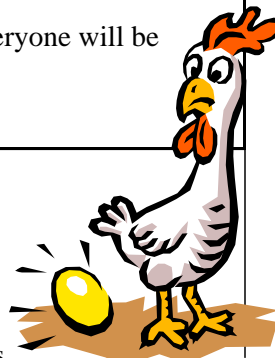
A beekeeper's state of mind when working with bees is also important. We shouldn't think of bees as just a way to make a profit, but see them as teachers. Bees collect what they need from the Earth and, in doing so, don't harm a single leaf or kill anything. They improve the world with their method of harvesting.

Products from the hive are very nutritive and therapeutic. Honey is an effective treatment for infections, wounds, and burns. Apitherapy (using the venom from the bee's stinger) has been shown to be beneficial for Arthritis, Multiple Sclerosis, and other degenerative diseases. Bee Pollen is rich in enzymes, vitamins and minerals and contains all the essential amino acids.

Recommended reading: [Towards Saving the Honeybee](#) by Gunther Hauk

EGG CORNER

This is the third of the makeup weeks for the standby egg share folks. Two more weeks, and everyone will be caught up! And then, we might even get to eat some eggs ourselves at the farm– yay!



Tidbits

Going out of town? Please make arrangements for someone to pick up your share.

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 local food blogs: www.miamidish.net; tinkeringwithdinner.blogspot.com; ladivacucina.blogspot.com; mangoandlime.net; sustainablesuppers.com; www.kththread.com Is there a blog we should add to the list? Let us know!



Farm News

This is the time of year when all the spring fairs and events begin. It's a crazy time for us. With the start of the Thursday market at Bayfront Park this week in downtown Miami, we're busier than ever. This will be the third season for that market. It's a fairly small market, which was started in anticipation of the increased residential housing from redevelopment in the area. The market only runs for 7 weeks, and we like to participate, not because of the money (there isn't any, really), but because of the educational exposure we provide by being there. The more people see what can be grown right here in South Florida, using organic practices, the more we hope to inspire an ethic of local, social and environmental responsibility.

There are calls for us to attend myriad other events, and we have to look closely at the calendars to see how many/if we can handle.

Last week we had a delightful group of Girl Scouts visit the farm. Their troop is sponsored by the Junior League of Miami, and the girls earned some badges as a result.

In the local media, there was an article published about our eggs in the current issue of Florida Table magazine. And in the Miami New Times "Short Order" blog, there was a series of postings last week about Meg and some of the farms she sources from, including Possum Trot (canistel, black sapote, caimito, and other tropical fruit), and us.

Some of you may remember Meg—she interned with us 3 years ago. She is a 'forager' for Michael's Genuine and other restaurants, driving out to the farms twice a week to see what may be had fresh off the farm.

It's funny— you'd think that a restaurant uses tons of food....well, they do use a lot of a few staple items, but they don't really use that much of most things. They may be perfectly happy with just two bunches of lemongrass, or 20 pounds of avocados. In contrast, we produce over 160 bushels of avocados at 55 pounds apiece during our 6 week season; it's just a drop in the bucket for items like these! So we are able to accommodate many of the restaurants' requests easily, without impacting the CSA in the least bit. And it's great, because it allows our food to reach out to even more people (it's that education thing again...)

Intern Diary

This is an adaptation of an article written by Shannon for the ACORN (Atlantic Canadian Organic Regional Network) after attending a beekeeping course with Ross Conrad, one of North America's leading natural beekeepers and author of [Natural Beekeeping: Organic Approaches to Modern Apiculture](#) (published by Chelsea Green).

"For the bee, honey is the ultimate reality. It represents the fulfillment of her life mission, the triumph over her enemies, the continuity of the hive, the justification for working herself to death. Honey is to bees what money in the bank is to people—a measure of prosperity and well-being. But there is nothing abstract or symbolic about honey, as there is about money, which has no intrinsic value. There is more real wealth in a pound of honey, or a load of manure for that matter, than all the currency in the world. We often destroy the world's real wealth to create an illusion of wealth, confusing symbol and substance."—Wm. Longgood, [The Queen Must Die](#)

To paraphrase Charles Dickens, right now is "the best of times and the worst of times for beekeeping." The best of times because there has become a renaissance in beekeeping, more people than ever before are getting involved in beekeeping. People want to do something to help the honeybee. Which brings us to the reason it is also the worst of times for beekeeping. Diseases among the honeybee population have increased dramatically, and the treatments commonly being used are no more than a temporary crutch.

There are ways we can honour the hive as a whole organism to increase their long-term health and allow them to deal with pests themselves rather than becoming overwhelmed and diseased. Some of these include allowing them to fully express themselves by

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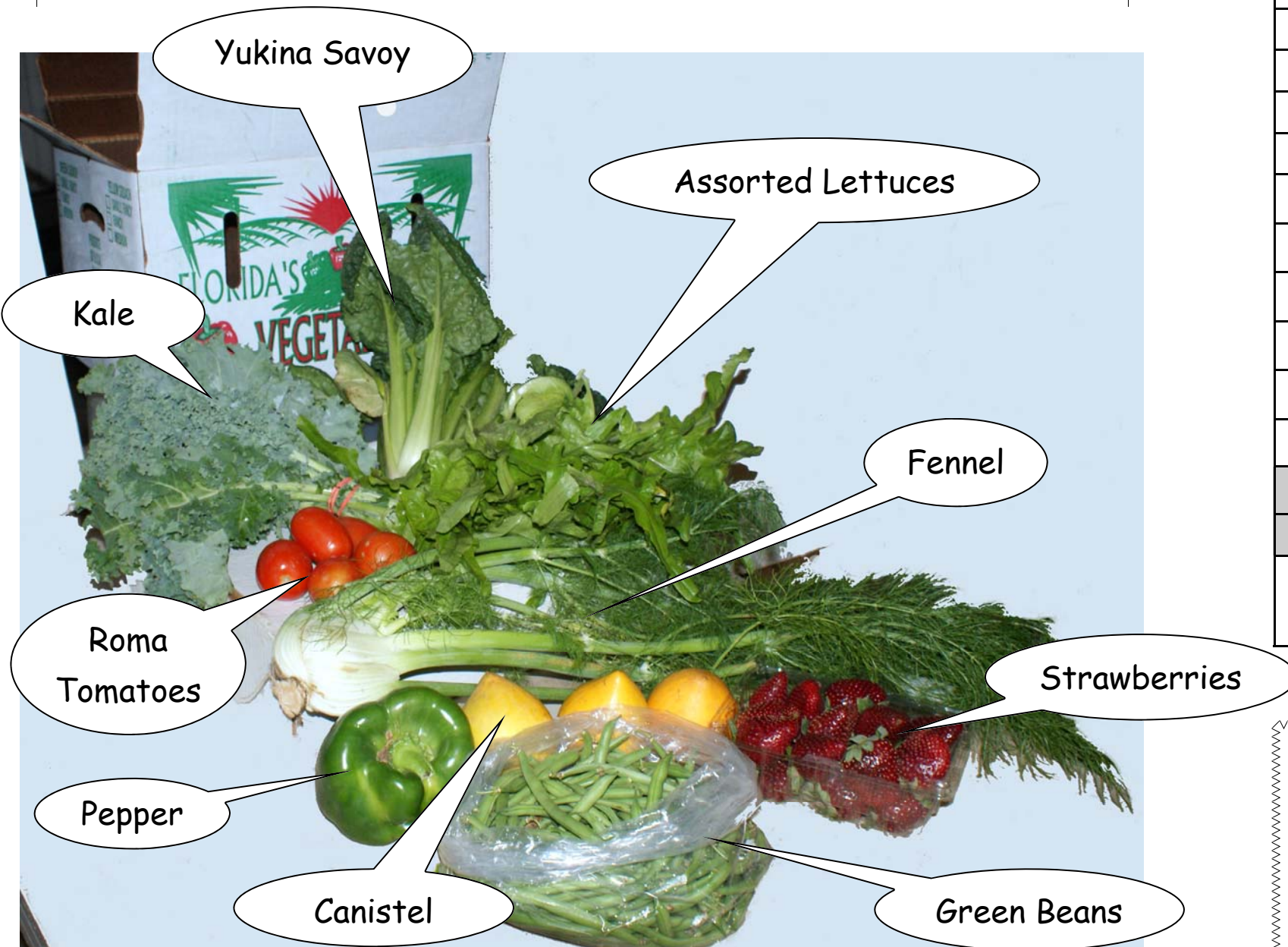
It's rich, "organic", down-to-earth, user-friendly, and nourishing!

Featured Items

Fennel: We have had fennel in the shares before, but it's always a treat. Reminiscent of licorice, and often called 'anise', fennel has a mild flavor that is great both cooked or raw. Slice the bulb very thinly into a sort of slaw, and include it in your salads. Use the tops as a garnish on soup or pasta, or chop it into your salads, like dill but with another flavor.

Yukina Savoy: Another chance to have this 'tatsoi on steroids', a crispy Asian green great for crunching raw or cooking in a stir-fry.

Callaloo: If you passed over the callaloo, you're missing a treat. Cook EVERYTHING— yes, even the hard stalks— put them in first. Callaloo turns sweet when cooked. Look in past newsletter for recipes.



What does it look like? Every week, we include pictures to help you identify everything in your shares.

About the shares... There are two sizes of box, corresponding to the two share sizes. **Two half-share boxes does NOT equal one full-share box.** We also have an eXTRAS box, with goodies to rummage through and exchange with others—but they go fast! **If your share is missing, please DON'T make things worse by taking someone else's share—report it, and check with your site host at the end of the day.**

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>
3	Green Beans (HOF) - Full: 1 1/2 lbs / Half: 3/4 lbs
165	Kale –curly green or Toscano (WF) - All
165	Fennel (WF) - Full only
165	Lettuce (WF) - All
2	Callaloo (TSF) - Half only (sweet when cooked!)
100	Roma Tomatoes (C&B) - All: 5
165	Yukina Savoy (WF) - Full only
165	Dill (WF) - Half only
100	Green Peppers (C&B) - Full: 1
100	Strawberries (C&B) - Full: 1 lb quart / Half: 1 pint
7	Canistel (PT) — Full: 3 / Half : 2
	☺ Xtras — pick an item or two, but be considerate of others —
0	Rachel's Eggs (BHF) - Full / Half * FOR EGG SHARES ONLY*
0	Next Honey share will be March 7-8
	<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

DOES YOUR BOX BOTTOM TEAR WHEN YOU FLATTEN IT? When that happens, we have to throw out the box, and it costs \$1.30 to replace (and it's NOT recyclable). Don't pull up on the flap – **squeeze** the flap open away from the center, **sliding** it out of the slots.

