



Recipe of the Week

Honey-Dill Dressing

- by BHF WWOOFer Ken D.

3 Tbsp Honey	4 tsp Fresh dill
3 Tbsp Mayonnaise/Vegannaise	

Simply stir all ingredients together! This goes great over a bed of CSA salad greens or atop an avocado. Add some thinly sliced radishes or more fresh dill to your salad for more flavor and some vibrant colors! Makes about 1/2 cup dressing.

Stuffed Bell Peppers

-- by BHF WWOOFer Ken D.

1 Large bell pepper	1 small tomato, diced
4 oz ground beef (or equivalent amount of tempeh/veggies)	1 clove garlic, minced
1/2 cup cooked rice	salt and black pepper, to taste
1/4 cup finely chopped onion (feel free to use your onion tops here)	crushed red pepper, to taste (or Worcestershire sauce, omit for vegetarian recipe)

Preheat Oven to 375° F

-Cut bell pepper in half, lengthwise through the stem. Remove seeds. Steam pepper halves on a rack over boiling water, until nearly tender, about 10 minutes.

-In a large skillet over medium heat, add a splash of oil, beef, onion, and garlic. Break up beef with a spoon until it is lightly colored, about 10 minutes. Remove from heat. For a vegetarian option, substitute tempeh or a mix of your favorite vegetables.

-Add rice, tomato, and flavorings to your beef mixture and stir. Stuff this filling into pepper halves. Bake peppers until the filling is hot and firm, roughly 25 minutes.

-For a richer alternative, grate cheese and cover your pepper halves with it. Or steam your peppers for a bit longer, and fill with raw Tabbouleh (using your CSA parsley!) Serves 2.

EGG CORNER

This is the LAST of the makeup weeks for the standby egg share folks. Next week we'll be back to your regular share amount. (and starting next week, our family and crew can enjoy some eggs too-- hooray!)

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



harvest our little test patch of tropical dent corn ('maiz criollo'), followed by Adri & Rachel (Mise en Place) who will teach us how to make our own fresh tamales! Look for an email in the next few days to sign up for this great workshop.

We recently welcomed new WWOOFer Ken, who has graciously provided the recipes in this week's newsletter. Ken enjoys preparing food, and has jumped right into the farm activities.

In the next few weeks there are all sorts of events happening. First is the Asian Festival at the Fruit & Spice Park this weekend, March 7 & 8. Though we don't sell there, we love to go-- it's the best festival at the park. Next is a Women's History Month presentation at Miami Dade College on March 18th about CSAs, followed by the second Ag & Cattle Show at Tropical Park on March 20-22. It's an interesting show. (We won't be there-- they raised the vendor fee too high for us to return this year.) Then, the following weekend are both the Keys GLEE and Fairchild Tropical Garden's new Food & Garden Festival. Not to mention, of course, the 3 farmers markets that run every Sunday (Pinecrest), Monday (Ocean Reef) and Thursday (downtown Miami) all this month! Though the season is beginning to wind down, things are hopping!

And, continuing our workshop series: **Cuban Tamale Workshop**, Tuesday, March 24 at 10:30am. Join us as Adri's auntie shows us how to

Intern Diary

What makes you happy?

Before I came here, I didn't really know what I was looking for. I only knew that I had to go somewhere far far from home. I've been living in Germany in the little village of Schmachtenhagen, two hours from the colorful city of Berlin. My family has a small cattle ranch. It's the most beautiful place in my world (even though I haven't seen much of the rest of the world) and it's the center of my life. But one day, I stopped being able to see it. I couldn't see the beauty or the happiness around me. While I was thinking about my life and what was going on with me, I found, hidden on the world wide web, Bee Heaven Farm. In that moment I knew this was the place where I could



possibly get back my spirit of life. It was my fate to fly to South Florida and to live for 3 months under the bluest sky and fluffiest clouds I've ever seen. And now as I am sitting here and trying to take stock of all that I've seen and learned, I have to say it was more than just volunteering on an organic farm. All the friends and experiences I've gotten here I wouldn't want to have missed in my life. Thanks so much, guys, for the perfect moments I will take these home and never forget.

Moreover I've gotten an idea of what it means to live healthy and to eat organically grown food that I've picked myself (which is the best). It really makes me happy! And so I would like to ask you as you consume these tasty nutritious foods from the CSA - what makes you happy? In particular, the question is: does organic food make you happy? Or are you just a happy person eating organic food? Actually, this is the question I would like to ask you for the master's thesis that I am currently writing. The main objective of the survey is to prove a correlation between both the consumption of organic food and your self-reported well-being. If you are interested in participating in this study, you will be getting a link for an electronic questionnaire in the middle of April so you can choose whether you want to take part in it. It will be all anonymous! I would very much appreciate your interest and participation.

Bee-ing heaven, Steffi

Steffi will be returning to Germany at the end of the month, to continue work on her Masters degree. Look for an email from us when her survey is ready!



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

Featured Items

Carrots: Don't miss trying the carrot top soup recipe included in last week's newsletter. (Threw yours away, or worse- didn't take one? You can view the newsletters online. Go to www.redlandorganics.com, click on CSA, then Newsletters to access the archive.)

Arugula: Most of the time these days you see baby arugula in clamshells or packages. Arugula in its full-grown glory is a wonderfully pungent green. Lightly wilted in olive oil, lots of garlic, some chopped red pepper, and seasoned to taste, it makes a great topping for pasta. Grate some fresh parmesan/romano on top, and you have a quick, awesome meal.

Callaloo: If you still haven't tried the callaloo, cook it! It's getting to the end of the season for this (and many other) greens. In fact, it's time to start thinking about blanching and freezing some of these CSA items to use later in the summer when there isn't much greenery available here (except for madly-growing grass...)



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>
2	Callaloo (TSF) - Full only
165	Carrots w/tops (WF) - Full only
165	Radishes w/tops (WF) - Full only
165	Assorted head Lettuce (WF) - All
165	Arugula, bunched (WF) - All
165	Kale (curly green or Toscano) (WF) - All
165	Spring Onions w/tops (WF) - All
100	Green Peppers (C&B) - All: 2
165	Parsley (WF) - Full / Half
165	Dill (WF) - Full only
100	Strawberries (C&B) - Full / Half
	☺ Xtras — pick an item or two, but be considerate of others —
0	Rachel's Eggs (BHF) - Full / Half * FOR EGG SHARES ONLY*
0	Honey (BHF) - *FOR HONEY SHARES 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

BHF*= Bee Heaven Farm; WF*=Worden Farm; TSF*= Three Sisters Farm**;

C&B= C&B/Little Cypress Organics; *Redland Organics founders & grower members; **not certified, naturally-grown

TIP: You know, everything we give you is edible. ALL the tops of the root veggies and the onion family- beets, carrots, radishes, turnips, onions, scallions, and the leaves and stems of callaloo, cauliflower & broccoli, to name a few, ARE EDIBLE. Don't throw them away— eat them.

Get more value from your food!