



Recipe of the Week

Cucumber & Dill Salad

- contributed by wwoofer Casey G.

1 cucumber	1 sm. onion
1 garlic clove	1 sm. bunch fresh dill
1/3 c. plain yogurt	Salt and freshly ground black pepper
2 tsp. lemon juice or vinegar	

Cut cucumber into thin slices. Place cucumber slices in a salad bowl.

Crush garlic.

In a small bowl, beat together yogurt, lemon juice and garlic. Grate or dice onion and put into yogurt mixture. Chop fresh dill. Stir salt, pepper and dill into yogurt mixture. Pour yogurt mixture over cucumber.

2 Tbsp of olive oil can be used as substitute for yogurt if desired

Fried Squash

- contributed by intern Ken D.

1-2 Squash/Zucchini	Oil for Frying
1 Egg, lightly beaten	Chili Powder, Paprika (optional)
1/4 Cup breadcrumbs (or Panko...my personal favorite!)	Salt and Pepper to taste
Flour	

Wash, Dry, and cut the squash into 1/4 to 1/2 inch slices. Sprinkle some flour on the squash.

Separately, prepare a breading for the squash. I like to use Panko (Japanese style bread crumbs, found cheaply in the ethnic food isle of most grocery stores), mixed with salt, black pepper, chili powder, and paprika...but feel free to try other herbs and spices, like the rosemary in today's share!

Dip the floured squash slices in your egg (or ground flax+water for a vegan alternative), enough to coat them; this is your adhesive. Then dip the squash in your breadcrumb mixture, enough to coat them again.

Place a frying pan on the stove at medium-high heat. Pour some oil in the pan (peanut is my choice for this). Fry the squash until golden brown, flipping as needed. Serve warm.

EGG CORNER

Did you know? A fresh egg put into cold water will sink, because it contains little air.

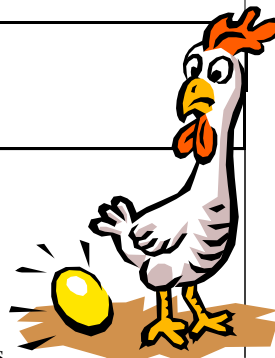
Tidbits

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.kthread.com Is there a blog we should add to the list? Let us know!



Farm News

Well, it finally rained— and rained— and rained— for the better part of 3 days. This past week, our neighbor's pineland behind us caught fire, we think sparked by a passing group of ATVs, shortly after which smoke was observed rising from near the canal bank just behind the property. And only 10 minutes later, it had grown to heavy smoke. Visible flames erupted shortly after. The fire and forestry departments came and brought the fire under control. The next day, though, some smoldering underground roots flared up in the heat of the day and they had to return— this time to start a backfire. That continued to smolder, until the rains came. But it took until the second day of rain for the fire to be completely extinguished.

The soil and underlying bedrock was so parched that even with heavy watering, Dan lost a bean field that was scheduled to be picked this week. Then, our tomatoes began to crack right after the first rains. They took up water so fast and their skins were so tight, they couldn't expand rapidly enough. So we lost a lot of tomatoes. Black cherry seems to have fared the worst. Lemon drop is another one that cracks easily, and some of the really big ones started cracking too. We started dehydrating them as fast as we could, and making sauce with the rest.

We're really happy that it rained so much here. It's amazing

just how quickly the grass starts to green up. The dust has washed off everything. However, it's not nearly enough rain to make up for the water deficit. That will probably have to wait until summer.

Speaking of summer—there are only 4 more weeks remaining in the season! The last share distribution is scheduled for April 18-19, with our CSA member potluck and gleaning day that Sunday, April 19.

In the meantime, we're still at the farmers markets in Pinecrest, Miami Bayfront Park, and Ocean Reef.. These are winding down soon.

Next week is the Keys GLEE event in Marathon, as well as Fairchild's Food & Garden Festival. We'll be represented at both places on Saturday, March 28, so come check us out at the one nearest to you.

Now on to this week's share. This is the CONFUSION SHARE—a test of your vegetable and herb knowledge. The full shares have beets with tops, most of which are white beets. These are not to be confused with the white Asian salad turnips, also with tops, which are in both shares. Similarly, the Chinese celery should not be confused with the flat parsley, which is in most shares (some have curly parsley). Check out the contrast points listed above the share picture on page 2.

We've had a sudden abundance of yellow squash and zucchinis. They've really gotten out of control... we caught them fraternizing with the calcu-



lator—we think they were planning an eating binge... Seriously, enjoy them while you can— soon they'll be finished too. The larger ones can be stuffed. Ken offers us a fried squash recipe which you can vary by using different herbs.

Oh, and now that we mention herbs—it's easy to dry rosemary—just hang it up in a dry spot in your kitchen. Check it periodically, and when the leaves are crumbly, you can store it (or leave it hanging for a decorative look).

TIP: Chinese celery (aka seasoning celery) gives great celery flavor to anything. This plant never gets really big thick stalks, but packs a ton of flavor. The leaves are especially good chopped into salads, soups, stir fry dishes—pretty much anything!



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

Featured Items

White Beets vs White Turnips: Yikes– how do I tell them apart???

Beets: slightly pointed roots
 Turnips: more rounded roots with smoother skin
 Beets: succulent (thick), slick feel to the tops
 Turnips: softer, floppier leaves, a bit lighter color
 Beets: though OK raw, best cooked
 Turnips: THESE roots are best raw– cook the tops

Chinese Celery vs Flat Parsley: Yikes– how do I tell them apart???

Chinese celery: slightly ribbed, thicker stems
 Parsley: more rounded, thinner stems
 Chinese celery: lighter green
 Parsley: darker green
 Chinese celery: strong celery flavor
 Parsley: strong parsley flavor



Callaloo



Kale

Beets w/tops

Yellow Squash

Asian Turnips w/tops

Zucchini

Chinese Celery

Dill

Cukes

Rosemary

Parsley

Green Pepper

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

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) - Half only
100	Green Peppers (C&B) - All:1
165	Beets w/tops– assorted white & red (WF) - Full only
100	Yellow Squash (C&B) - All:2
100	Zucchini (C&B)- Full: 3 / Half: 2 or 3
165	White Asian Salad Turnips w/Tops (WF) - Full / Half
165	Green Kale (WF) - All
100	Cucumbers (C&B)- Full: 2 / Half: 1
165	Dill (WF) - Full / Half
165	Parsley (WF) - Full / Half
0	Chinese Celery (BHF) - Full / Half
100	Rosemary (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	Next (& Last) Honey Shares will be distributed April 4-5
	<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
 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

The last share distribution of the season will be April 18-19— mark your calendars!