



## Recipe of the Week

A ton of cooking greens recipes and ideas!

Maritquita Farms CSA has a great section on cooking greens: <http://www.maritquita.com/recipes/cookinggreens.html>

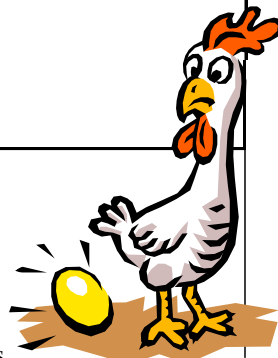
Seasonal Chef also has a section on greens: <http://www.seasonalchef.com/greens.htm>

The following extract is from "How to Cook Mouthwatering GREENS", published in the [Vegetarian Journal](#), May, 2001 by Cynthia Lair

"To quick-boil greens, bring two quarts of water to a boil. Do not chop the leaves, but submerge them whole into the boiling water. Use a wooden spoon to move them from top to bottom. To tell when they are done, use your senses. The leaves should begin to lose their perkiness and wilt slightly, but the bright green color will still be present. At this point, bring a leaf up with your spoon, tear off a piece, and chew it. If the flavor is bitter, let them cook more. The greens are just right when chewing a piece releases sweet juices in your mouth. If the color is gone or there is no flavor left when you chew it, they've cooked too long. The amount of time depends on the maturity of the green and the amount of leaves you're cooking. For something like tender mustard greens, it should be a thirty- to sixty-second dip, while mature collard greens can take about five minutes. Once you test the green and get a sweet flavor, pour the contents of the pot into a colander. Save the water, which is called pot-likker. Many cooks like to drink this nutrient-filled broth, but I like to use it to water my plants. Gently run cool water over the greens to halt cooking. Once they are cool enough to touch, gather them into a ball and gently squeeze out the excess water. Chop them on the cutting board and they are ready to dress and serve."

### EGG CORNER

Did you know? To have fertilized eggs, you need 1 rooster for every 8-12 hens..



#### Tidbits

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

**Find past newsletters online!** Go to [www.redlandorganics.com](http://www.redlandorganics.com), click on CSA, then Newsletters.

**Share your recipes!** Email your recipes to: [recipes@beeheavenfarm.com](mailto:recipes@beeheavenfarm.com)

Visit local food blogs: [www.miamidish.net](http://www.miamidish.net); [tinkeringwithdinner.blogspot.com](http://tinkeringwithdinner.blogspot.com); [ladivacucina.blogspot.com](http://ladivacucina.blogspot.com); [mangoandlime.net](http://mangoandlime.net); [sustainablesuppers.com](http://sustainablesuppers.com); [www.kthread.com](http://www.kthread.com) Is there a blog we should add to the list? Let us know!



## Farm News

The season is winding down. We're experiencing a last flush of great greens, due to the recent rains and fairly cool weather. We have only 3 more weeks to go, so if you haven't been doing it already, start stocking up for those lean summer months.

What to do? For greens, wash, cut and briefly blanch. Then plunge into ice cold water to stop the cooking, drain and freeze in heavy-duty plastic bags. Many other things can be easily pickled- beets, carrots, cucumbers, squash, cabbage. None of these things require a pressure canner, whether you prepare them by natural fermentation or by a cooked vinegar (and sugar) pickling. Many fruit freeze well- strawberries can be washed, caps removed, and frozen whole or sliced. Black sapote, canistel, and mamey are three fruits that freeze extremely well when fully ripened. Juices (lemon, lime, orange, grapefruit, passionfruit, carambola) can be frozen in ice cube trays. The cubes can be stored in plastic bags in the freezer and the desired amount removed when you're ready to use some. You can also make preserves easily, which again, do not require pressure canning (just a 'water bath' method). Don't know how to can? There are lots of resources online, books, and your local Extension office will happily provide you with information.

 End-of-Season FARM Potluck and gleaning day, for CSA members & Friends Sunday, April 19th noon-3:00pm at Bee Heaven Farm

### Intern Diary

Hello CSA subscribers. This is Shannon and Brittni Jones. We are sisters from Canada who have been wwoofing here at Bee Heaven. By the time you read this, we will have left to go back home (*ed: they left very early Thursday morning*). So, we would like to say our goodbyes.

**Shannon:** I have been here since the end of December. It has been such a pleasure to help provide you with fresh, organic produce. I have spent the past 5 years working on different organic farms in different parts of the world. I love it so much and want

to continue farming for the rest of my life. Because it has brought me so much fulfillment, I have wanted the people I love to experience it as well. So, I've always wanted one of my sisters (I have 3) to wwoof on a farm with me. I am so grateful that Brittni decided to do it this time. During her time here, I have seen her grow so much and become more open and adventurous. And I have loved spending so much time with her and feel closer to her. She is one of my best friends and her presence has been such a gift to me. The other interns have become like sisters and brothers to me and I hope to reunite with them soon and often. I have loved every day that I've been here and I've met so many wonderful people. Thank you.

**Brittni:** I arrived at Bee Heaven on Feb. 10. This is the first farm I've worked at. I came here to spend time with my sister and be someplace warm for the winter. When I first arrived, I wasn't sure how I would survive being here for a month and a half. Now I'm not sure how I will survive going back to my regular life. I have changed in so many ways and met so many friends that have affected my outlook on life and who I hope will be in my life forever.



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

### Featured Items

**Valencia Oranges:** Sweet, juicy oranges— great for eating or juicing. Cut them in half, then cut into wedges crosswise to release all the juices.



**What does it look like?** Every week, we include pictures to help

**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>
165	Collards (WF) - Full only
100	Romaine Hearts (C&B) - Full: 2 / Half: 1
2	Bok Choy (TSF) - Half only
0	Cooking Greens Mix (BHF) - Full only: 3/4 lb (tatsoi, pei tsai, red kale, black kale, mustard, arugula, frisee, seasoning celery, parsley)
165	White Asian Salad Turnips w/Tops (WF) - Full
165	Red New Potatoes (WF) - Full / Half
165	Daikon radish w/tops (WF) - All
165	Italian Dandelion Greens (WF) - Full / Half
165	Spring Onions (WF) - Full:3 / Half: 1
100	Strawberries (C&B) - Full: 1 lb / Half: 1 pt
180	Valencia Oranges (PP) - Full: 5 / Half: 3
	☺ 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 <a href="http://www.redlandorganics.com/CSAboxes.htm">www.redlandorganics.com/CSAboxes.htm</a>. 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\*\*;

UM= Uncle Matt's Frostproof); 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!**