



Recipe of the Week

Summer Squash Namul

-adapted from *Tess's Japanese Kitchen*

2 to 3 medium yellow summer squash	2 teaspoons sugar
1 carrot, scrubbed well	1 tablespoon sesame oil
1 Korean hot green pepper or jalapeno (optional)	Juice from 1/2 large lime
2 teaspoons salt, divided	1/2 teaspoon ginger juice (or finely grated ginger)
1/8 teaspoon white pepper to taste	toasted black sesame seeds

Cut the squash in half lengthwise and scoop out the seeds. Cut each piece crosswise into 2 to 3-inch lengths. Use a mandoline to julienne (or do it by hand— cut into matchstick-size pieces). Line a colander with a non-terry towel and put the shredded squash in. Salt lightly and let them drain for 15 to 30 minutes. Gently squeeze out the liquid.

Cut the carrot into 2 to 3-inch lengths. Julienne finely. Line another colander and salt the carrots. Let them sit, then drain and squeeze out liquid.

In a bowl, combine the pepper, sugar, sesame oil, and lime juice.

Toss in the vegetables and fluff them gently. Top with the sesame seeds.



End-of-Season

FARM Potluck and gleanng day

Bring a dish to share with CSA members & Friends and take home some veggies

Sunday, April 19th noon-3:00pm at Bee Heaven Farm

Directions: From anywhere, head west on Bauer Drive (SW 264th St). Go 1/3 miles west of Redland Rd (SW 187th Ave). Look for the BHF farm sign on your left. Park along the swale and walk on in all the way to the big metal barn at the back!



EGG CORNER

PNS Farms has joined our ranks as a certified organic egg producer. Alice will be working closely with us to fill demand. Welcome, Alice!

Did you know? Hens lay best when the temperature is between 45°F and 80°F.

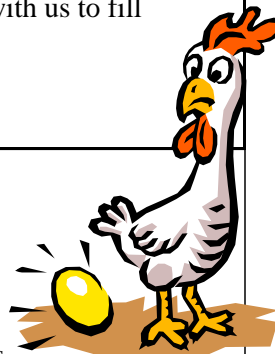
Tidbits

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

Last CSA share distribution will be April 18-19.

Please bring all boxes from home AND a bag with you NEXT WEEK (April 11-12) so you can leave your box behind. Then take your box with you on April 18-19. We will collect any boxes already there on the last day, but we won't be back for boxes left on April 18-19!!

portation energy costs, keeps food fresher (closer to the source), and helps support local economies by keeping jobs in the area. In localized, regional distribution systems, sources are known and close by. Should there be any problems, they are easy to identify, track, and contain quickly. Outbreaks would naturally be self-contained and easy to police. So, DO write your congressmen and object to the bill— just don't go over the deep end saying it will outlaw organic growing and backyard gardens!

Last Thursday was the last day of the Downtown Biscayne Park market. We'll be at the Pinecrest market for two more Sundays. April 12th (Easter Sunday) will be our last day there, although the market itself will continue for a couple more weeks past that date.

Many of you have received various alarming emails about HR875—the Food Safety Modernization Act. Its purpose is to provide a way to help ensure the safety of our food supply. However, it is seriously flawed in that, rather than address the distribution system which makes it next to impossible to track food contamination or contain outbreaks, it is trying to control food safety by making more regulations and additional onerous record-keeping. This won't address the source, but rather the effects. And it is too broadly written— open to potential abuse by regulators. But there is a natural solution which also helps reduce trans-



Ken in Tote

Intern Diary

On Community

- Ken D.

Have you ever been asked the question: What is most important to you? Or perhaps, what is the most important thing in life?

My answer is, in one word, community. I'm nearly obsessed with understanding communities. As the years of my life fly by, I find myself jumping from one community to the next.

The first "community" that I was ever a part of was my dorm in college. My floor, 3A Armstrong Hall, was an incredibly tightly knit bunch. We were from all over...while most of us were Michigan folk, we had guys from Maryland, New Jersey and India. We all ate dinner together every evening in the cafeteria at 5 pm. That might not seem like a big deal, but as far as I know, no other floor in our school of 45,000 did that...and the turnout was always incredible...usually 50 people on average. From family dinners to community cookouts, food is usually an important part of communal life.

Yes, we were college friends, but also more than that. We looked out for each other, like all communities do. No one on our floor EVER locked their door, and rarely ever closed them. Why bother? If anyone tried to steal our

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



Featured Items

Radicchio: It's hard to grow here, because it likes colder climates. This year was good because of the extended cool weather. Radicchio is a member of the chicory family and is a bitter salad green. It's good roasted and paired with a nice balsamic drizzle and a strong cheese.

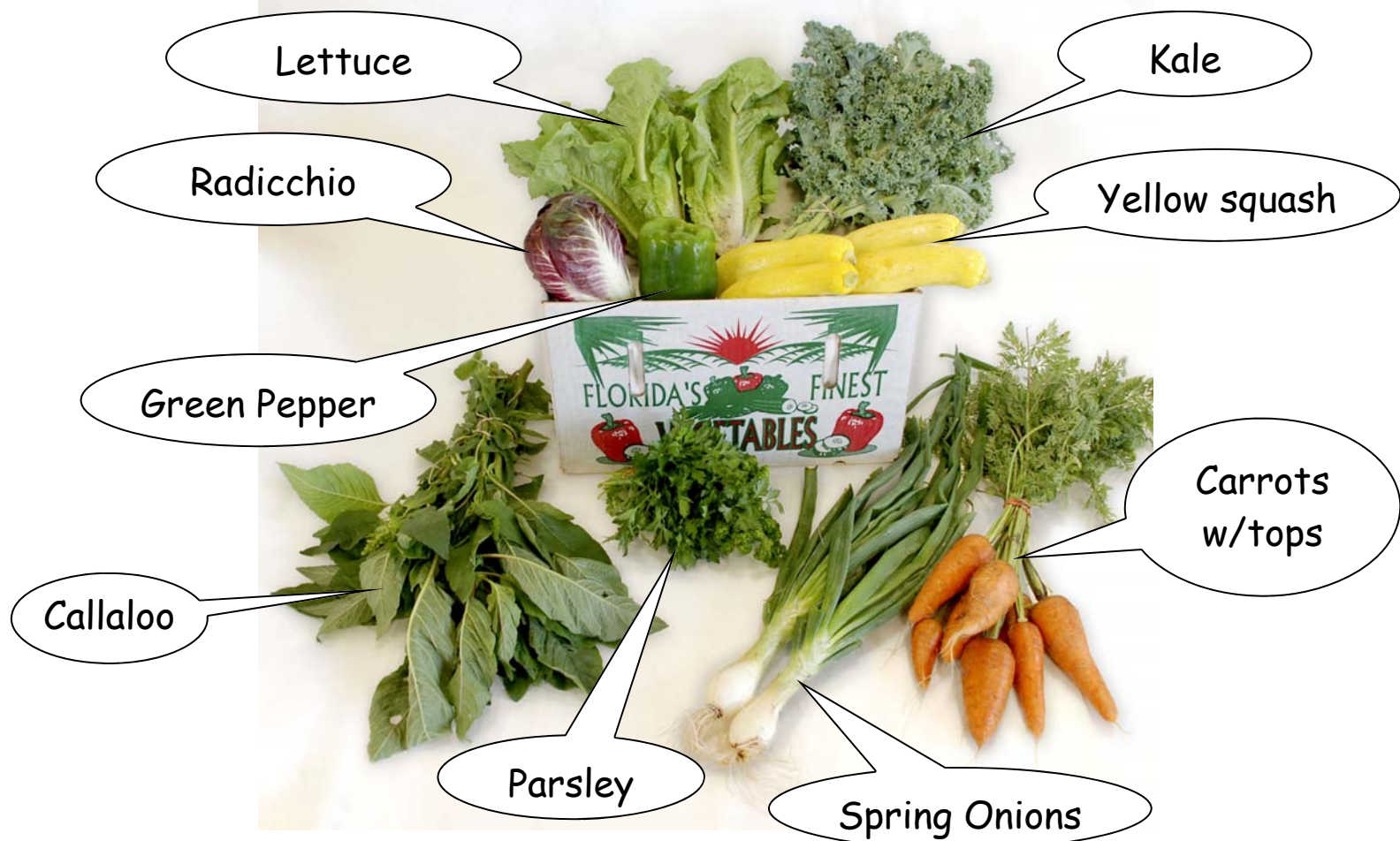
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things, they would have a whole hall of people to deal with. This is one incredible thing about living in community; it's safe.

Yes, we had epic parties. In fact, I heard rumors about our parties when I attended class, over a mile away. This is another aspect of living in community, it's fun. It's exciting. And you get to know some incredible people, and REALLY get to know them. You learn a lot from each other.

Another aspect of community life is power-associated. Banded together, communities hold an ultimate power. Since my college days, I've been part of many different communities, some that I've enjoyed, some I have not. I've seen a stay-at-home dad unite all of his neighbors in community merely by having people over for a cookout...turning a neighborhood of strangers to a group of close friends. I've been told that I need to be strong in myself, a solo, self-sufficient person (isn't that what we're all supposed to be?). But I'm not a single being in an ocean, I'm a hippie that loves living with others, supporting them, and being carried by them. I'm a social creature, who has no desire to live on my own.

And, currently, I'm part of the Bee Heaven community. We live on the farm together, pick weeds together, and pack these neat little boxes for you. I hope this food goes to your community and helps it grow strong!



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	Green Kale (WF) - Full only
100	Yellow Squash (C&B) - Full: 4 / Half: 3
2	Callaloo (TSF) - Full only
165	Carrots w/tops (WF) - Full / Half
165	White or Red Beets w/tops (WF) - Half only
165	Lettuce (WF) - Full only
165	Raddichio (WF) - Full only
165	Parsley (WF) - All
100	Green Peppers (C&B) - All: 1
165	Spring Onions (WF) - All
100	Grape Tomatoes (C&B) - Half only: 1 pt
	☺ Xtras — pick an item or two, but be considerate of others —
0	Rachel's Eggs (BHF) - Full / Half * FOR EGG SHARES ONLY*
0	1 lb Wildflower 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



Please bring your boxes back April 11-12th, and plan to take your box on the last day.