



Recipe of the Week

Roasted Kale

- from healthycoolking.suite101.com

4 cups firmly-packed kale	1 tsp. good-quality sea salt
1 Tbsp. extra virgin olive oil	

Preheat oven to 375 degrees F. Wash and trim the kale: Peel off the tough stems by folding the kale leaves in half like a book and stripping the stems off. Toss with extra virgin olive oil. Roast for five minutes. Turn kale over. Roast another 7 to 10 minutes until kale turns brown and becomes paper thin and brittle. Remove from oven and sprinkle with sea salt. Serve immediately. Makes 2 servings.

Read more: Roasted Kale: One of the Tastiest Kale Recipes You'll Ever Find - http://healthycoolking.suite101.com/article.cfm/roasted_kale#ixzz0CEaOcQIt

Eggplant Lasagna

-by BHF intern Ken D.

1/2 container large lasagna noodles	Breadcrumbs/Panko Flakes
2-3 cups Marinara sauce	Oil
1 Large Eggplant	Basil, Oregano, salt to taste
2 eggs, beaten	2 cups cheese of choice (mozzarella?). shredded

This is one of my favorite and most well-received dishes. Usually when I make it, I'm all over the kitchen, with many pans and pots going at once, fresh made marinara sauce bubbling, with fantastic smells pouring out. Our version today will be a bit simplified.

Precook your noodles (most recipes call for uncooked noodles (feel free to play with that if you want- this is just the way I learned it). Also, prepare the eggplant the same way that you would prepare fried squash (in last week's newsletter!). Basically, slice the eggplant into 1-inch slabs, coat in eggs, and roll in bread until they are breaded. Then fry in a bit of oil until both sides are golden brown. For a slightly healthier and less messy version, you could instead bake the breaded eggplant, but this creates an end product that is a bit dry.

Preheat oven to 350. In a large casserole dish, create a layer with a bit of the sauce. Add a full layer of noodles, followed by more sauce, then eggplant, and end with a layer of cheese and herbs. Repeat these noodle-sauce-eggplant-cheese layers until you run out of ingredients. Be aware you will run out of eggplant first- the eggplant is a meaty inner-layer, and you really only need a layer or two of it to get its flavor and consistency. Bake in the oven for about 20ish minutes (longer if the noodles were uncooked), or until the cheese is beginning to crisp. With everything pre-cooked, all you're really doing at this point is reheating and blending flavors. Let stand 10 minutes before serving.

EGG CORNER

Did you know? In 1474, legal proceedings were instituted at Basel against a rooster accused of laying an egg for purposes of witchcraft. The prosecutor pointed out that roosters' eggs were very valuable for mixing magic potions, and that Satan was known to employ witches for brooding these eggs. The magistrates were convinced, and the rooster was convicted as a sorcerer in the form of a bird and burned at the stake together with his egg. -adapted from "The Book of Incredible Information"



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

It's hard to believe that the season is nearly over! Just one more week left. Look for a renewal email in May.

It's starting to look like there may not be much of an avocado crop this year. There are mangoes of every size, including blooms (still!), though many are falling off. The lychees and longans are blooming together, and it remains to be seen what actually happens. Usually, they bear about a month apart. The ciruelas (mombins/hog plums) already have baby fruit.

Plan to join us for a Mother's Day Family Brunch at the farm, featuring nearly 100% local products (oil, flour, salt and pepper excepted!). Mise En Place Chefs Adri & Rachel will be creating a wonderful menu featuring our Redland Organics locally-grown food items. Keep your eyes peeled for the email with the menu and reservations soon! Attendance will be limited.

Things happen.... This week's share was supposed to have Roma tomatoes, but no strawberries, because it has been too hot for the strawberries to fruit properly. When driver Victor arrived at the farm Thursday

evening to pick up the tomatoes, there were none- of any kind! BUT, there were strawberries, thanks to the cold snap of the last few days. So, last minute change, and you get to enjoy strawberries one last time. Then, there were a LOT more cabbages than we expected, as they're on the small side. So, grab an extra cabbage from the XTRAs box and start yourself a colorful sauerkraut jar or two.

Intern News

Everyone is leaving soon- many have already gone to farms up north. Muriel, who's been with us since last summer, is on her way to the farm in New York State where she will intern for the summer.

Jon will be heading to Vermont next week, after a full season here.

Ariel is finalizing her summer plans. Our more recent arrivals, Ken, John, and just-arrived WWOOFers Tanja and Pernille will help us finish out the season and prepare the land for the summer cover crop. Then all will be quiet, with only Jesus and our family remaining. We'll swing into summer mode- try to work only early in the morning and late

**End-of-Season
FARM Potluck and
gleaning 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!

in the afternoon, except on picking or packing days, and WEED, SWEAT, WEED, SWEAT, MOW, SWEAT, WEED, SWEAT, WEED, SWEAT, MOW, SWEAT, WEED, SWEAT, WEED, SWEAT, MOW, SWEAT, MOW, SWEAT, WEED, SWEAT...you get the picture!



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

Featured Items

Strawberries: The last of the season. Carefully wash & drain well, trim off the green caps, and either slice or freeze whole for later use. A frozen strawberry, slightly thawed, makes a great snack.

Green Beans: The last of Dan's fields has been harvested, and these beans are it! Freeze some to enjoy later in the summer. Wash, cut off tips, and leave whole or break into smaller pieces. Briefly blanch (put in boiling water for 3 minutes) and then IMMEDIATELY remove beans and put into either a potful or a sinkful of ice cold water (this means with lots of ice floating around in it). The cold stops the cooking action so the beans aren't overcooked. Swirl around until the beans are chilled, drain and pack into heavy-duty freezer bags. Exclude all air, seal and freeze. Keeps best in a deep-freeze, but in your refrigerator's freezer they'll keep for a few months.

Red Cabbage: This is a long-keeping vegetable. A cabbage will keep for a loooong time (months) in a dark cool place (your refrigerator's vegetable drawer). The outer leaves will get ugly— just tear them off. The inside will blanch over time, but is still good to eat. Cut off the portion you want to prepare and carefully wrap the remaining cabbage in plastic wrap. When you want to eat more, slice off a thin layer of the cut edge, and you're good to go! Cabbage is great cooked or raw, and especially good in a natural ferment— aka sauerkraut. It's very, very easy to make and lasts for months— if you can keep from devouring it sooner. Any good kimchi recipe will work (see this season's Week 15 recipe for root kimchi: www.redlandorganics.com/newsletter.htm).



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>
100	Eggplant (C&B) - All: 1
165	Kale (WF) - Full / Half
3	Green Beans (HOF) - Full: 1.5# / Half: 0.75#
165	Leeks (WF) - All: 1
100	Cucumbers (C&B) - All: 1
100	Red Cabbage (C&B) - All: 1
100	Green Peppers (C&B) - All: 1
0	Chinese (Seasoning) Celery (BHF) - Full / Half
100	Strawberries (C&B) - Full: 1 lb / Half: 1 pt
	☺ Xtras — pick an item or two, but be considerate of others —
0	Rachel's Eggs (BHF) - Full / Half * FOR EGG 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;

HOF*= Homestead Organic Farms; C&B= C&B/Little Cypress Organics;

*Redland Organics founders & grower members; **not certified, naturally-grown

Please leave your empty box today.
NEXT WEEK, please don't bring us any boxes,
and TAKE your box with you. We won't be
back to pick up the empties.