



## Recipe of the Week

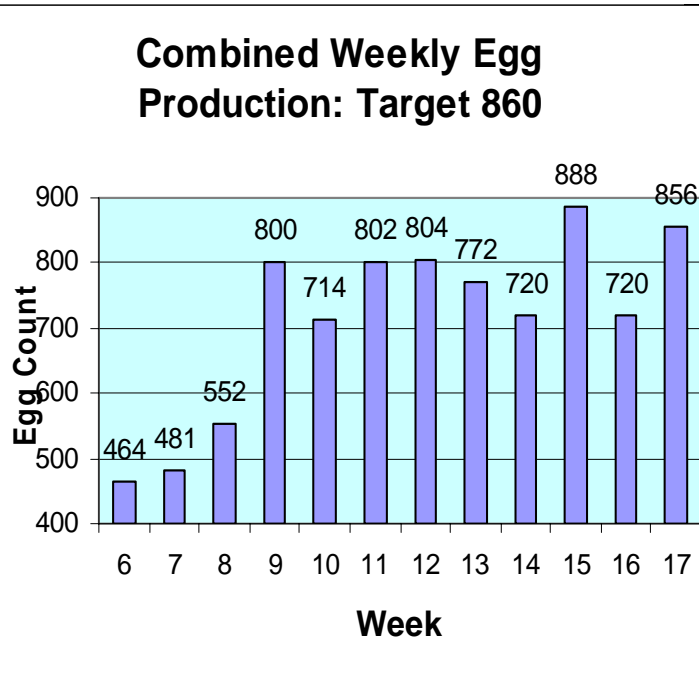
### Roasted Beets

Heat the oven to 375°F. Rinse the beets, trim off any leafy tops (save for another use). Wrap beets in aluminum foil and place in the oven on the middle rack. Roast until tender and easily pierced with a knife. This usually takes about 1 hour. Remove from the oven and let cool.

When the beets are cool enough to handle, peel using a paring knife or by pushing off the skin with your fingers.

Quarter or slice the beets, drizzle with olive oil, and season with salt and freshly ground black pepper. Roasted beets pair up very well with a nice gorgonzola cheese, served on top of a bed of spring mix.

Leave extra roasted beets unsliced, in the fridge (or even on the counter). Eat straight out of the skin for a wonderfully sweet snack.



### EGG CORNER

#### EGG SHARE UPDATE

Production is back on track at PNS this week, so everyone will get eggs.

We're still hoping to be able to do some makeups before the season ends. We're trying to work out a strategy where we can get eggs to the farther pickup sites while we're still delivering shares, and then do a couple extra deliveries to the closer sites after the season is over (or maybe have some at the farmers market for pickup). We'll keep you posted!



**Tidbits** **Going out of town?** Please make arrangements for someone to pick up your share. If you must abandon it that week, please let your site host know so they can find a home for it before it spoils.

**Find past newsletters online!** Go to [www.redlandorganics.com](http://www.redlandorganics.com), click on CSA, then Newsletters. Use the search box to search 8 years of information on crops & recipes.

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

Visit our **blogs**: [www.redlandrambles.com](http://www.redlandrambles.com), and [www.beeheavenfarm.wordpress.com](http://www.beeheavenfarm.wordpress.com). In those blogs, you'll find links to other interesting CSA member blogs. Tell us about yours, so we can include it.



## Farm News



The Line: Kenna, Kenna, Jamie, Jamie, Muriel, Lindsay, Margie, Muriel, Andrew and Muriel packing this week's shares

Wow— only 3 more weeks left in the shares—didn't we just get started? Seriously, this season has flown by, and summer is just around the corner.

Lately the cardinals have been doing their mating calls, the mockingbirds are serenading us with their varied tunes, and the catbirds are busy building nests. The avocados are in full bloom—look across the grove, and you'll see a haze of yellow. With the weird weather, it'll be interesting to see how the fruit sets.

The Roots in the City Farmers Market at Overtown is off and running! Our first market on Wednesday was filled with excitement and enthusiasm from the folks that stopped by to shop. We're happy to be part of this effort to bring fresh, local, organic produce to the food deserts of the city.

And speaking of markets, the Pinecrest Market is scheduled to run through the end of April. If you haven't stopped by lately, head on over on Sunday, between 9 and 2. You'll be in for a treat. Come hungry—there's plenty of good things to

eat, and the park, set in a jungle/hammock setting, is really nice (and it's free admission).

### Working at the farm

—by Daniel M.

I'd like to provide a short testimonial on what a pleasure it has been being in some way related to these hard-working farmers and quirky but lovable customers they serve.

I have worked a few months for Margie but known her for much longer via her daughter (*Ed: Daniel is Rachel's boyfriend.*) In that time I've come a long way; for example, I didn't know nearly how many types of tomatoes existed outside of Publix before seeing them at the Pinecrest market. I have learned, imitated, counted, smelled, tasted and struggled to name what greens exactly there are in that confounded Asian mix. But above all I've enjoyed immensely the journey beyond Kendall subdivisions into the Redland. I've taken the time to smell the flowers recently (and indeed

learned their names and tasted their petals).

It seems to me now that I've been slightly spoiled by the wealth of knowledge I've been exposed to: a sort of study abroad program before high school graduation, where I could ask any question and have it answered by an expert, and serve a purpose and watch my efforts bloom.

### WWOOFer Diary

—by Lindsay A.

My first few days here at Bee Heaven Farm have been filled with picking, eating and sorting all kinds of wonderful organic fruits and vegetables, many of which are completely new to a Massachusetts girl like me. I don't know how my taste buds were ever happy without loquats in their life before! I can't wait to continue learning about new produce and filling my belly with delicious farm foods! (*Ed: Lindsay has been visiting for the past week with her boyfriend, farm intern Andrew.*)



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

## Featured Items

**Piper Auritum:** Also known as “Root Beer Plant”, Mexican Pepperleaf, False Kava, and Hoja Santa, this member of the pepper family is used chopped for flavoring as well as a wrap for meats, cheeses, and tamales. Hoja Santa is native to tropical America, ranging from Mexico to Colombia. “Pescado en Hoja Santa” is a typical dish from Veracruz.

**Dill:** This herb is the perfect accompaniment to Matzoh ball soup, a chicken-soup based Passover staple. For those who are not purists, try including some chopped dill in the matzoh balls. Yummy!

**Tip:** Use the search box on the newsletter archive index page to find tips and recipes for share items published in previous newsletters. Go to [www.redlandorganics.com/newsletter.htm](http://www.redlandorganics.com/newsletter.htm) and click on the search button.



**What does it look like?** Every week, we include pictures to help you identify everything in your shares, especially those strange things you never saw before! *Photograph by Marian Wertalka*

**About the shares...** There are two sizes of box, corresponding to the two share sizes. And, no, **two half-share boxes does NOT equal one full-share box.** If you're sharing with someone, or if your full share box is missing (hopefully not!) please DON'T take two half-share boxes if you paid for a full share. We also have an eXTRAs box, with goodies to rummage through and exchange with others—but they go fast!

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, so don't be tempted to take the wrong thing!</i>
165	Collards (WF) - Full / Half portion
100	Yellow Squash (C&B) - Full: 3 / Half: 1
165	Assorted Topless Beets (WF) - Full / Half share portion ( <b>The bright red ones are NOT turnips!</b> )
165	Assorted Lettuce (WF) - All: 1
2	Bok Choy (TSF) - All: 1
165	Topless Carrots (WF) - Full / Half share portion
0	Asian Mix (BHF) - Full only
100	Dill (C&B) - All: 1
100	Chives (C&B) - All: 1
165	Spring Onions (WF) - Full: 2 / Half: 1
8	Piper Auritum (aka Root Beer Plant) (PT) - Full: 10 / Half: 5
	☺ Xtras - take something! ☺
	<b>NOTE: Egg shares, Mediterranean Shares, Cheese shares, Honey shares and Pollen shares are ONLY for those who paid for them-check the sign-in sheet!</b>
0,8	Egg shares (BHF, PNS) - Full: 9-pak / Half: 4-pak Everyone gets eggs this week
3	Mediterranean share (HO): <i>Foule Mudammas</i> Cheese share (HO): Hani's cheeses
0	Next (and last) Honey & Pollen shares of the season: April 3-4
	<i>Please remember to return your gently-flattened box each week-directions and a quick video on how to do this without ripping the box can be found at <a href="http://www.redlandorganics.com/CSAboxes.htm">www.redlandorganics.com/CSAboxes.htm</a>.</i>

**Which farms supplied this week's shares?** -all the farms are located in the South Florida area

BHF\*= Bee Heaven Farm; HO\*=Hani's Mediterranean Organics\*\*; WF\*=Worden Farm; C&B=Little Cypress (C&B Farms); PT=Possum Trot\*\*; TSF\*=Three Sisters Farm\*\*; PNS\*=PNS Farms  
\*Redland Organics founders & grower members; \*\*not certified, naturally-grown