



Recipe of the Week

Socca

-from *eatdrinkbetter.com*

1 1/2 cups room temperature water	1-2 tsp freshly ground black pepper
1 cup chickpea flour	3-4 Tbsp extra virgin olive oil (plus more as needed)
1 tsp salt	

Socca is a chickpea pancake that's a classic in France. It's fast and easy to make. You can find chickpea flour at health food stores and larger grocery chains or order it online. Bob's Red Mill is a popular brand (look for their Garbanzo Bean Flour). Socca is wonderful as an appetizer or as a savory, gluten-free "crepe" (try filling it with braised meats or veggie stews). It's also great for breakfast with some jam.

To make the batter, pour the water into a mixing bowl and sift the chickpea flour into it using a fine-mesh sieve or a sifter. Add the salt, black pepper, and 2 tablespoons of the olive oil. Whisk the mixture together, cover the bowl with a towel, and let the batter sit on the counter for at least 5 minutes and up to 12 hours.

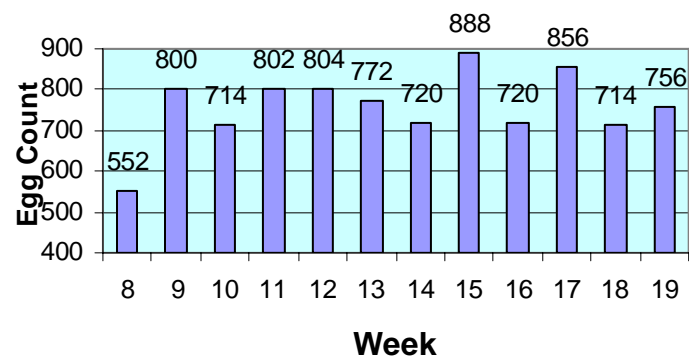
For smaller pancakes, heat a skillet over medium-high heat. Add 1 tablespoon of olive oil. Pour 2-inch circles of batter into the pan and cook until small bubbles appear on the top of the pancakes and the bottoms are browned (1-2 minutes). Flip the pancakes and cook until the other side is browned (about a minute). Serve hot.

To make one large, more traditional pancake, heat the oven to 450 degrees. Pour 2 tablespoons of olive oil into a 12-inch oven-proof skillet or pizza pan. Bake the batter for about 15 minutes, or until the pancake is set. Heat the broiler, brush the top of the pancake with a bit more olive oil, and then set the socca a few inches away from the broiler until it browns a tad (1-2 minutes). Cut into wedges and serve hot.

Variations: Add half of a small, thinly sliced sweet onion and one tablespoon of fresh rosemary to the batter before cooking.

For an Indian version of socca, add half of a small, thinly sliced onion, 1 tablespoon of minced fresh ginger, 2-4 minced hot green chilies (such as jalapeno), 1 tablespoon of minced garlic, 2 tablespoons of shredded coconut, 1/4 teaspoon of ground cumin, 1/4 teaspoon of ground coriander, and 2 tablespoons of chopped fresh cilantro to the batter.

Combined Weekly Egg Production: Target 860



EGG CORNER

While we're still skipping some of the folks closer to home (you'll get special delivery of eggs after the season!), we're also making up others. Everyone will finish the season, after makeups, one short.

Check inside to see whether you are being skipped, due a double, or a normal share.



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, 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

Visit our **blogs**: www.redlandrambles.com, and 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

LAST SHARES OF THE SEASON: 4/17-18

Please bring back your boxes next week.

End of season potluck and gleaning day: Sunday, May 2nd, 11:30-2:00

Look for your renewal email in May.

will actually grow out and how many will fall off., but we're hoping for a good mango season — I miss those suckers... I don't know if I'll be able to resist buying one of the foreign mangos already on the market. I'll just have to steel my willpower.

Volunteer Diary

-Christina M.

I'm here at Bee Heaven Farm, getting my little slice of heaven from the abundant loquats and mulberries on the farm. A forty minute drive from Miami was well worth it for the moment I saw the Monarch Butterfly fluttering by the barn, and my fingers dyed fuschia from the mulberry juice. Trapped in the city, we definitely miss out on a whole other side to life, the simple pleasure of seeing food grow, picking it, and feasting with all the other critters who love the berries as much as you do!

I came to volunteer and helped pack the boxes for the CSA which featured an awesome variety of vegetables, including fresh mushrooms from another local farm, Paradise Farms. I thought of how packing the boxes was like a farewell to the vegetables that were now off to where they were meant to be, nourishing bodies and fami-

lies, bringing people together and making connections.

I'm so glad Be Heaven Farm is here to help perpetuate those connections in our communities.

Here's our schedule for the next few weeks:

Last day at Pinecrest Market: Sunday, 4/11

Overtown Market: Wednesdays 1-5, thru the end of April, and perhaps into May.

EarthFest at Crandon Park Visitors & Key Biscayne Nature Center, Sunday, 4/18, 12-6

The Food & Garden Festival at Fairchild Tropical Botanic Gardens, Saturday & Sunday, 4/24-25, 9:30am-4:30pm.

CSA member potluck & gleaning day at the farm, Sunday, 5/2, 11:30-2



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

Featured Items

Spring Onions: Before the onion bulb is completely filled out and tops die back, it's known as a spring onion. Spring onions are like giant scallions. The entire thing is edible, so don't throw those tasty tops away! Trim the bad parts and chop up the tops to use for onion flavoring with green color. If they're already flopping over, that means the onion is as big as it's going to get. The next step, if they were left out in the field, would be to let those tops die down completely, then allow them to 'cure', until the outer skins are dry.

One way to prepare spring onions is to cut them lengthwise or in wedges, brush the cut edges with olive oil, sprinkle your favorite seasonings on top, and grill or broil until soft. Sweet!

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 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>
2.5	Green Beans (HOF) - Full: 0.73# / Half: 0.37#
4	Oyster Mushrooms (PF) - Full: 0.35# / Half: 0.2#
165	Assorted Topless Beets (WF) - Full / Half share portion
165	Assorted Lettuce (WF) - All: 1
0	Lacinato Kale (BHF) - Full only
165	Cabbage (WF) - Full only
8.5	Grape Tomatoes (SOF) - Full: 2 pts / Half: 1 pt
165	Spring Onions (WF) - All: 2
1	Sunflower Sprouts or Peashoots (HHF) - Half only
	☺ Xtras - take something! ☺
	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!
0,8	Egg shares (BHF, PNS) - Full: 9-pak / Half: 4-pak DOUBLE THIS WEEK: CHURCH, KENDALL, BEACH; SKIPPED THIS WEEK: SOMIA, GABLES, GROVE; NORMAL quantity: everyone else
3	Mediterranean share (HO): Baba Ghanoush Cheese share (HO): assorted Hani's cheeses
0	Honey & Pollen Shares are over!
	<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 www.redlandorganics.com/CSAboxes.htm.</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; PF*=Paradise Farms; SOF=Sunshine Organic Farms; HOF*=Homestead Organic Farms; PNS*=PNS Farms
*Redland Organics founders & grower members; **not certified, naturally-grown