

## Recipe of the Week

### Mieng Kam

- adapted from importfood.com

Filling:	Sauce:	
3/4 c grated coconut (unsweetened)	1 tbsp shrimp paste, roasted until fragrant	1.5 tsp fresh ginger, sliced
2 small limes (thin-skinned), unpeeled, cut into small cubes	2 oz fresh galangal* (can substitute ginger), slivered & roasted	8 oz palm sugar, broken into small chunks
6 Tbsp shallots, finely chopped	1/4 c grated coconut, roasted	1 tbsp fish sauce
6 Tbsp small dried shrimp	4 oz small dried shrimp	Salt to taste
4-5 fresh Thai chile peppers, finely slivered	2 oz shallots, coarsely chopped	<b>Wrapper:</b> Betel Leaves (aka <i>cha-phloo</i> , <i>la lot</i> , <i>daun kadok</i> )
6 Tbsp roasted peanuts		

To prepare the sauce, pound together shallots & galangal\* with mortar and pestle until fine. Add roasted shrimp paste, ginger, coconut & dried shrimp and continue pounding until smooth. Put the mixture into a pot with 1 1/2 cups water. Bring to a boil over medium heat, add sugars, reduce heat and simmer until reduced to 1 cup. Salt to taste. Transfer to a small bowl.

Roast the coconut in a low-heat oven until lightly brown. Spoon it into a serving bowl. Arrange the leaves on a serving platter and the other filling ingredients in bowls around the sauce. With a fresh wrapping leaf in hand, fold it once across the bottom, then sideways to form a pocket. Place about 1 tsp roasted coconut in the leaf, together with a small amount of each filling to create a bite-sized quantity. Spoon sauce on top, pop in your mouth and enjoy!

\*if using dry galangal, place it in a dish of lukewarm water for a few minutes to reconstitute.

### Farmers Market Schedule

Sundays 9-2 PINECREST Gardens  
Red Road and Killian Drive

Mondays 2-6 HOMESTEAD Main Street  
Losner Park on Krome Ave

Wednesdays 1-4 OVERTOWN Roots in the City  
NW 2nd Ave & 10th Street

### EGG CORNER

This week: Group A gets the eggs!

Dadeland, SoMia, Gables,  
NoMia/Shores, BHF



**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

Local tomatoes are starting to come in, and beans are producing again! This week you'll find Red-

land-grown Sunshine Organic Farms grape tomatoes in your shares. Soon their Romas and red rounds will be ripening (pray for no more freezes). Along with the beans, oyster mushrooms, betel leaves, eggs and honey, that's half your food grown within a 10 mile radius of our farm. And the rest was grown within 150 miles, as the crow flies. Hard-core locavores rejoice!

Here's some long-overdue pictures from our Farm Day celebration back in December. Over 250 people came and enjoyed a gorgeous day, hay rides, great music from Grant Livingston, and awesome food from Sakaya Kitchen's *Dim Ssäm à Gogo* food truck. Chef Richard Hales used to be a

enjoyed (check out the lines in the picture above). We also set up our farm stand inside the barn, and folks made several cool scarecrows. We raffled off a composter and a box of produce, and folks bought lots of heirloom tomato plants for their gardens.

CSA member some years ago. That was before he moved up north, then later returned to launch his Midtown restaurant. Anyhow, he used some of our produce to create some great dishes that lots of folks



### Intern Corner

-by Tom Howe

I bin' thrown a'round an' beat up and mangled her' at Bee Heaven. It's bin' a Hell of a good time dough. I met some of the wild'est farmers anyones lik'ely to meet in all a southern Florida. I've slept outside and bin' wakin' at the crack a dawn wit the

roosters ever'y morn, but naw its time to go on, git back on dat ole bike and head on ova to New Orle'ans. An' Im excited as a racoon in a compostin pile ta get back on that road and see some more of this beautiful land we all a livin' in.

So fare thee well CSA members, it was a pleasure to pack your food for hours and hours each week, but hey I don' mind, hard labor's all I was hopin' to find. (Ed: Tom sets off on the next phase of his journey by bicycle next week. He's practicing that good ole Southern drawl...)



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



## Featured Items

**Piper Betel Leaf** We included these in the shares last year for the first time. Check out information and Robert's (Possum Trot) recipes for betel leaf here: <http://www.redlandorganics.com/newsletter/20091212.pdf>. This member of the black pepper family lends a strong flavor reminiscent of smoked sausage. Use as a wrap for Asian fried rolls, or try a small amount finely chopped in an egg scramble. Robert also makes a meatless lasagna using a single layer of leaves.

**White Asian Salad Turnips (Hakurei Turnips)** These Japanese turnips are so crispy and crunchy that they make a great raw snack. They don't have that 'turnipy' flavor that other varieties have. They are also very good, including the tops, simply prepared with olive oil, butter, or both, and salt & pepper to taste.



**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!... courtesy of Marian Wertalka, CSA member

**About the shares...** There are two sizes of box, corresponding to the two share sizes. And, no, **two half-share boxes do 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?
<b>From BHF</b>	<i>NOTE: A full share is NOT the same as 2 half-shares!</i>
2	Oyster Mushrooms (HS) - Full: 0.32# / Half: 0.2#
165	Kale (Russian Red or curly green) (WF) - Full / Half
165	Cabbage (WF) - Full only
165	Endive (WF) - Half only
165	Italian Dandelion (WF) - Half only
165	Asian Salad Turnips w/tops (WF) - Full / Half
165	Lettuce (WF) - All
2	Green Beans (HOF) - Full: 1# / Half: 0.5#
6.5	Grape Tomatoes (SOF) - All: 1 pint
8	Piper Betel Leaf (PT) - Full: 10 / Half: 5 *check out the recipe *
	☺ Xtras - pick an item or two — but don't be a piggy!
0;3;8	<b>Egg shares, Mediterranean Shares, Cheese shares, and Honey &amp; Pollen shares below are add-on items and are ONLY for those who paid for them!</b>
3	Mediterranean Share (HMO): Nammourah
3	Cheese share (HMO): Assorted Hani's cheeses
0;8	Egg Shares (BHF/PNS): Full/Half—A: Dadeland, SoMia, Gables, NoMia/Shores, BHF
0	Honey & Pollen Shares (BHF-MB) - This week!
	<i>Please remember to return your gently-flattened box each week—directions and a video on how to do it without ripping the box can be found at <a href="http://www.redlandorganics.com/CSAboxes.htm">www.redlandorganics.com/CSAboxes.htm</a>. Or bring a bag 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

WF\*= Worden Farm; BHF\*= Bee Heaven Farm; SOF=Sunshine Organic Farms; PT=Possum Trot; PNS=PNS Farms; HMO=Hani's Mediterranean Organics ; HS=Happy Shrooms

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

**REDUCE, REUSE, RECYCLE—send your CSA box back!**