

Recipe of the Week

Please share YOUR recipes with us!

We love to know what you're doing with your food. We especially love simple ways to prepare your veggies that either take few ingredients, or are quickly made. No matter how humble your recipe, we want to hear about them, and publish them in the newsletter. Send your recipes to: recipes@beeheavenfarm.com

Garlic Green Beans

-adapted from allrecipes.com

1 Tbsp butter	1/2-1 lb green beans
3 Tbsp olive oil	Salt & pepper to taste
1 med head garlic, peeled & sliced	1/4 cup grated Parmesan cheese

Wash beans and pinch off the stem end. Break into smaller pieces or leave whole. In a large skillet over medium heat, melt butter with olive oil; add garlic, and cook until garlic is caramelized, stirring frequently. Stir in green beans, and season with salt and pepper. Cook until beans are just tender, but not overdone. Remove from heat, and sprinkle with Parmesan cheese. Serve.

Farmers Market Schedule

Sundays 9-2 PINECREST Gardens
Red Road and Killian Drive

Mondays 2-6 HOMESTEAD Main Street
Losner Park on Krome Ave
Demos/fun every Monday! Check out the schedule at:
www.kristinjayd.com/market-mondays-2011.html

Wednesdays 1-4:30 OVERTOWN Roots in the City
NW 2nd Ave & 10th Street

EGG CORNER

This week: **Group B** gets the eggs!
**Palmetto Bay, Grove, Beach,
all Broward & Keys**



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

We're two weeks into the second half of the season. The weather has been considerably warmer and the crops have been growing (some crops are already bolting). It's not too early to start thinking about preserving some of the veggies in your share, to help you get through the summer. It's easy to freeze many fruits & vegetables, and some things lend themselves very well to pickling. I'm not talking here about vinegar pickling, but rather, natural fermentation with brine. You can also consider dehydrating, or preserves, even for some things you might not normally associate together. Take tomato jam, for example. It's pretty good!

We finally scored our first



Strawberries

strawberries of the season—from Jordan Farms in Dover. It's about 200 miles northwest of us, a little farther than I'd like, but still in the southern half of Florida! Sometimes, there are items that we can't get directly from one of our partner farms, and we must use the local distributor to bring them to us. For the past couple of years, we've gotten our strawberries (along with squashes, peppers, red round tomatoes, eggplant and certain herbs) directly from C&B. However, they didn't grow strawberries (and many other crops) this year. So, in order to get you strawberries at least once this season, we had to resort to Plan B. What does this mean? It means we paid a higher price, and the strawberries were a couple of days older by the time we got them. And, the delivery logistics are a bit complicated. It's still better than the store, but not something we'll do very often.

Intern Corner

Hi, I'm Mike. Check. One. Four.... Seven;

I can't really count but you can count on Bee Heaven to bring me back again after a year, with a little more knowledge and a bee in my ear. No, really, weeding too close to the hive, but my feet move fast enough to keep me alive to write an article. Just a particle of the paper but forgive me as I taper off the subject of produce in a box

that was produced by sweat, heavy lifting, and hard knocks to the shin.

Where to begin? Weekend morning and it's that time again. To pick through the treasure, weigh and measure, trade with a neighbor, savor the flavor of seeds plus hard labor—that's the equation; foods, the solution.

Don't panic, it's organic; we do it without pollution. We're not factory farms, we're small like Lil-liputians. So grab your box, friend, and pop the top, then ease through the leaves and the roots and stems and when you get to the end look at the recipes we recommend.

Now I'm at the bottom, too far from the top. Much more and the copy cop takes my hip hop to the chop shop, so I'm gonna stop; if you're getting a full share you'll hear it when I let the BeetDrop.

(Ed: Many of you may remember Mike D, who was with us, along with his sidekick Jade, for the first half of last season. We're fortunate that he's returned for the last half of this season, though Jade is elsewhere, at a yoga internship. As you may infer from his rap, Mike is an accomplished musician. We're trying to convince him to have his saxophone shipped down, so we can enjoy some of his music live at the farm.)



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

Featured Items

Beets: Grand jewels of the vegetable kingdom, beets add sweetness and color like no other veggie. The beet tops are great too (think chard, simply a glorified bottomless beet selection). Try them boiled, roasted, lightly pickled, shredded, in soup (borscht!), or candied.

Strawberries: If you still have a black Sapote hanging around, or if you froze the ripe pulp for future use, here's a great and very simple dish that tastes wonderful. Scoop the flesh out of a black Sapote into a bowl. Slice some ripe strawberries, and mix them in, together with a handful of walnut pieces. For a decadent look, put a dollop of whipped cream on top. Garnish with a bit of nutmeg. Eat!



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?
<i>From BHF</i>	<i>NOTE: A full share is NOT the same as 2 half-shares!</i>
2.5	Green Beans (HOF) - Full: 1# / Half: 1/2#
165	Beets (WF) - Full only
165	Arugula (WF) - Half only
165	Lettuce (WF) - Full only
165	Spring (Green) Onions (WF) - Full / Half
165	Komatsuna (WF) - Full only
165	Yukina Savoy (WF) - Half only
165	Collards (WF) - Full only
165	Cilantro (WF) - All
8	Grape Tomatoes (SOF) - All: 1 pt
200	Strawberries (JF) - All: 1 pt
	☺ Xtras - pick an item or two — but don't be a piggy!
0;3;8	Egg shares, Mediterranean Shares, Cheese shares, and Honey & Pollen shares below are add-on items and are ONLY for those who paid for them!
3	Mediterranean Share (HMO): Fool Moudamas (NoMia/Shores has a makeup too)
3	Cheese share (HMO): Assorted Hani's cheeses (NoMia/Shores has a makeup too)
0;8	Egg Shares (BHF/PNS): Full/Half— B: Palmetto Bay, Grove, Beach, all Broward & Keys
0	Honey & Pollen Shares (BHF-MB) - Next share March 5-6
	<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 www.redlandorganics.com/CSAboxes.htm. 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; PNS=PNS Farms; HMO=Hani's Mediterranean Organics; SOF=Sunshine Organic Farms; HOF*=Homestead Organic Farms; JF=Jordan Farms

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

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