

## Recipe of the Week

### Steamed Taters 'n Beans

-contributed by CSA member Bill D.

1/2 lb potatoes or sweet potatoes	Freshly ground black pepper & (optional) Salt
1/2 lb green beans (Heirloom snap beans are great too)	EVOO (use the good stuff)

Scrub and trim potatoes and cut into 1" to 1 1/2" chunks. Wash beans and snap off stem ends, snap larger beans in half if desired. Place potatoes in a steamer basket and steam until almost tender, spread beans on top of potatoes and steam until beans are crisp tender. Dump into a large mixing bowl, grind over plenty of black pepper, sprinkle liberally with EVOO (extra virgin olive oil) and toss.

### Hani's Fromage Blanc Cheesecake with Bee Heaven Honeyed Strawberries

-contributed by Jen K, site host, NoMia/Shores

1/2 stick unsalted butter	16 oz (2 containers) Hani's goat <i>fromage blanc</i> , drained	3 large eggs
1 1/2 cups pre-sweetened, rolled oats granola (I prefer Back to Nature brand)	3/4 cup granulated sugar	2 Tbsp freshly squeezed orange juice
8 oz cream cheese	1 Tbsp plus 1 tsp Bee Heaven farm honey, divided	1-2 pts organic strawberries, washed, halved

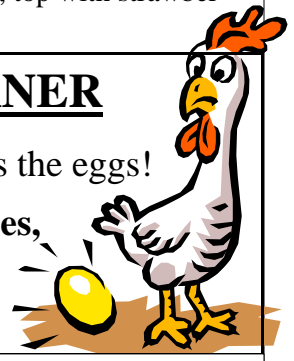
1. Preheat the oven to 325 degrees. Grease a 9-inch springform pan using the half-stick of butter.
2. In a saucepan on the stove over very low heat, melt the remaining butter. Allow to cool for a few seconds. Add the granola and stir to coat.
3. Press granola into bottom of springform pan evenly. Bake in oven for 8-10 minutes or golden brown. Remove and allow to cool.
4. In a mixer on low, combine cream cheese, goat *fromage blanc*, sugar and 2 tablespoons of honey and blend until smooth. Scrape sides down with plastic spatula.
5. Add eggs one at a time, blending in between and scraping down sides.
6. Add orange juice and blend until thoroughly mixed.
7. Pour into pan over granola crust.
8. Bake for 45 minutes until edges are lightly brown and cracked and center is soft and just slightly jiggly. Remove from oven and cool on a wire rack.
9. Wash and drain strawberries. Halve and gently fold in teaspoon of honey.
10. When cheesecake is room temperature, remove the sides of the pan. Chill until ready to slice, top with strawberries and 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  
**Wednesdays 1-4:30 OVERTOWN Roots in the City**  
NW 2nd Ave & 10th Street

### EGG CORNER

This week: **Group A** gets the eggs!  
**Dadeland, SoMia, Gables,**  
**NoMia/Shores, Farm**

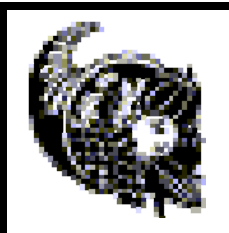


**Tidbits** **Going out of town?** Please make arrangements for someone to pick up your share. If you must abandon it that week, please let your site host know so they can find a home for it before it spoils.

**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

If you haven't visited the Pinecrest Gardens Farmers Market yet, this Sunday is the time to do it. Pinecrest is hosting their ninth "Taste of Pinecrest" this weekend. Restaurants in the Pinecrest area will be featuring their best dishes in this event, held inside the Gardens. Meanwhile, our farmers market will run as usual (though relocated to the outside perimeter of the parking lot), so you can enjoy great food AND shop for additional goodies—more strawberries, anyone?



Pinecrest Market

We asked, and you delivered! CSA member Bill shared his "Steamed Taters 'n Beans" recipe with us. Here's what he said: "This was my supper tonight, I used the green beans from the share (last week) and some of those incredible potatoes you've had the last few weeks. I've also made this with sweet potatoes and long beans fresh from my garden, yummm."

And Jen K, long-time CSA member and NoMiam/Shores site host, had this to say about "Hani's Fromage Blanc Cheesecake with Bee Heaven Honeyed Strawberries": "I've written a goat cheese cheesecake recipe--VERY easy and VERY delish"

Check out these great recipes on the back page. Thank you, Bill & Jen. Keep those recipes coming!

## Intern Corner

-Jane C

I would consider myself the "old timer" here at Bee Heaven. Not only have I experienced the full farm cycle—everything from welcoming baby chicks to picking avocados in the summer rains—I am actually a young senior citizen (a term coined by 21-year old Tommy to describe those of us in our 50s!) as well.

The week spring arrives I will be on my way north to my home in Michigan. Rather than return to my home gardening business, I'll be starting my search for a small farm to steward. After many seasons, I have gathered the resources needed and can't wait to set down roots. First items on the agenda are to plant my favorite fruit trees and berries and to string a clothesline.

Further down the road, my hope is to serve the older seniors in



Heirloom beans at market

the communities nearby who have very limited access to fresh produce. I'd like to start up sort of a truck garden route with a weekly schedule of stops at senior assisted living places. I am happy even just writing about it! Thanks to all the wonderful, dear people I have worked with this past year and whose company made each day a marvel. (Ed: Jane has been working at Bee Heaven Farm since last May. Her first experiences were helping out at one of the Fairchild events, followed by a hot, humid summer of harvesting avocados, preparing the summer orders, and entering CSA renewals & new members into the computer. The only thing she'll miss out on at the end of this season—but SHE won't miss not doing it—is taking down all the trellising and rebar from the beans and tomatoes. She'll also miss our CSA member potluck and gleaning day, but we'll be thinking fondly of her and will miss her company.)

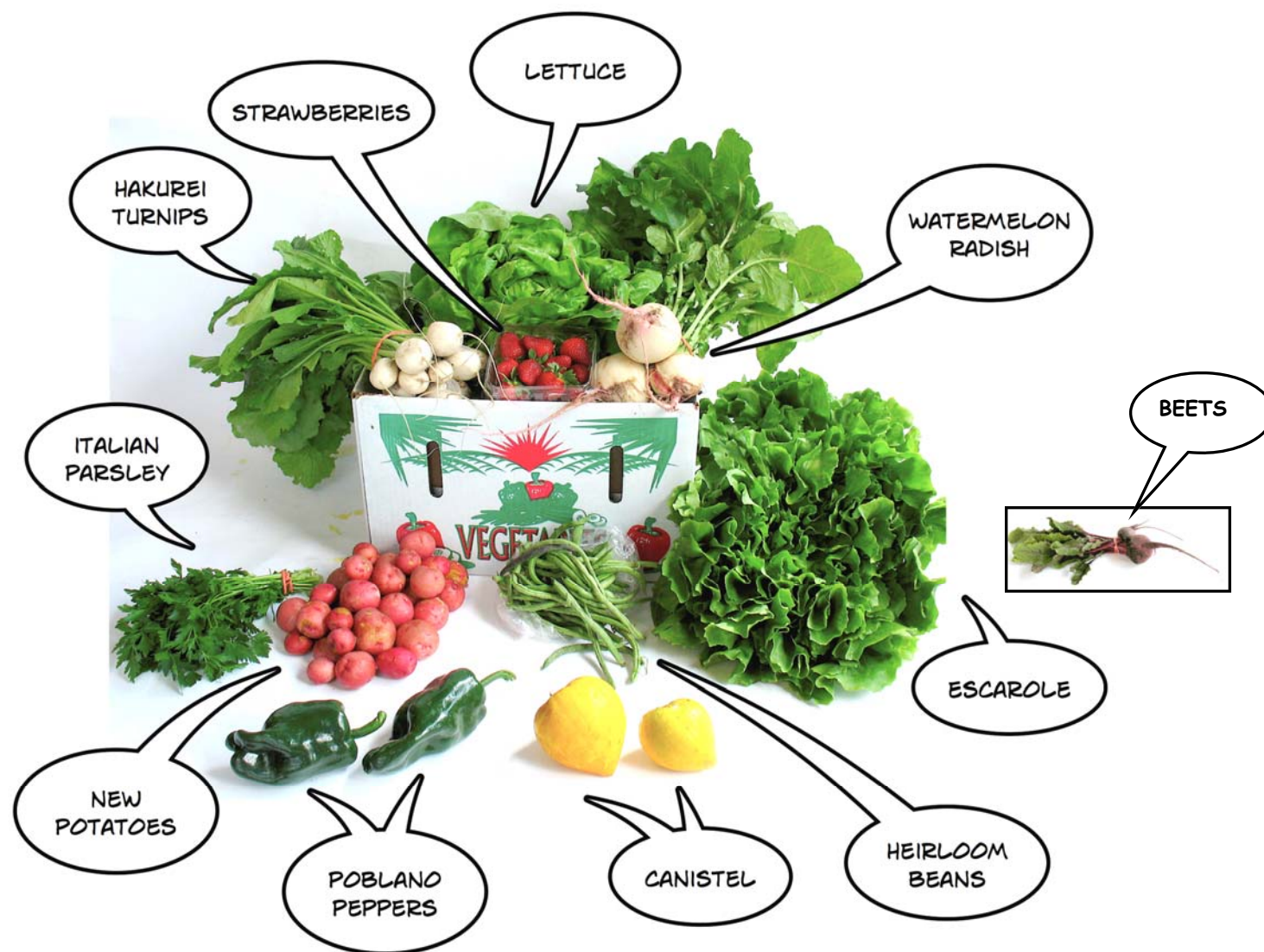


*It's rich, "organic", down-to-earth, user-friendly, and nourishing!*

### Featured Items

**Watermelon Radishes:** Also known by the descriptive but decidedly unglamorous name of “red meat radish”, the watermelon radish is a beautiful, mild radish that is a real showstopper. The tops of this radish (as all other radishes) are completely edible, so cut them off and save them to use in stir fry, soup, a pot of beans, or any other dish you prepare with greens.

**STORAGE TIP:** Store the tops SEPARATELY from the roots, in radishes, beets, carrots, turnips, or any other root vegetable. Doing this keeps both the tops and the roots from wilting. If by chance your roots do feel a little flabby after storing them awhile, simply let them sit in ice cold water for a couple of hours and they’ll regain their firmness once they absorb the lost moisture.



**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>
0	Assorted Heirloom Beans (BHF) - Full only: 1/2#
165	Beets w/tops (WF) - Half only
165	Asian Turnips w/tops (WF) - Full only
165	Assorted Lettuce (WF) - All
165	Watermelon Radishes w/tops (WF) - Full / Half
165	New Potatoes (MrJ) - Full / Half
200	Poblano Peppers (OCF) - Full: 2 / Half: 1
165	Escarole (WF) - Full only
165	Parsley (WF) - Full only
8	Canistel (PT) - Full: 2 / Half: 1
200	Strawberries (JF) - All: 1 pint
	☺ 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): Sfoof—turmeric tea cake
3	Cheese share (HMO): Assorted Hani’s cheeses
0;8	Egg Shares (BHF/PNS): Full/Half—A: Dadeland, SoMia, Gables, NoMia/Shores, Farm
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; PNS=PNS Farms; HMO=Hani’s Mediterranean Organics; OCF=Organic Country Farm; HOF\*=Homestead Organic Farms; JF=Jordan Farms ; MrJ=Mr.Jones

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

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