

Recipe of the Week

Browned Butter Pasta with Tatsoi

-from appetiteforchina.com.

| | |
|---|-------------------------|
| Your pasta of choice, preferably curved or with ridges | 1/2 cup chopped sage |
| 1/2 stick unsalted butter | Freshly grated parmesan |
| Salt and pepper | Lemon wedges, optional |
| Leaves of 2 to 3 bunches of tatsoi (or one large bunch), rinsed | |

Cook pasta to al dente in salted water. When pasta is almost done, melt butter in a skillet. Swirl the butter in the pan as it foams. (At this point, remove pasta from the heat and drain well in a colander.) When butter begins to brown, toss in pasta and mix to coat with butter. Salt and pepper to taste. Add tatsoi and sage and cook until slightly wilted, about 1 to 2 minutes. Plate and serve immediately with grated parmesan and lemon wedges on the side. Serves 2.

Grilled Spring Onions

-from cookthink.com

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|-------------------------------|---------------------------------------|
| Vegetable oil (for the grill) | 2 cloves garlic, minced |
| 2 Tbsp olive oil | 1 tsp fresh lemon juice |
| 2 tsp soy sauce | Spring onions, cut in half lengthwise |

1. If using a gas grill, preheat one side to high and one side to low. If using a charcoal grill, start a two-zone fire. Clean the grill with a grill brush. Oil the grill by holding a folded wad of paper towel with tongs, dipping it in vegetable oil, and brushing the oil (sparingly -- it's flammable) onto the grill grate.
2. Slice the onions in half lengthwise. In a small bowl, whisk together the oil, soy sauce, garlic and lemon juice. Using a basting brush, lightly coat both sides with the oil mixture.
3. Put the onions cut side-down on the high-heat side of the grill. Continuing to baste the onions with the oil mixture, cook 3-4 minutes. Then turn the onions and cook until they start to become tender and the sides darken, another 3-4 minutes.
4. Move the onions to the low-heat side of the grill and cook until the onions are tender and browned.

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 B** gets the eggs!

Palmetto Bay, Grove, Beach,,

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

Two nights ago we had another devastating attack by wild dogs. This time, I caught sight of them (too late). Two small black dogs caused damage out of proportion to their size.

These two dogs managed to get their paws beneath the edge of a chicken tractor and dug their way in. They proceeded to kill 6 hens and maim another 3 before they went in search of the next tractor to attack. That was when we finally spotted them and chased them off. All this at 3am.

The next morning, around 5am, we heard similar barking, and, this time on the alert, immediately ran out to confront—nothing...

Hopefully they won't return.



The aftermath

Intern Corner

No Ordinary Onion

-Liberty F

There is an onion or two in your share this week. Here are three blurbs that come to mind when I think about onions:

1: "The Supper of the Lamb" by Robert Farrar Capon, is an unorthodox cookbook with an entire chapter devoted to the cutting of onions. "Holding the onion vertically, slice it in half, right down the center line, and look at what you have done. You have opened the floodgates of being... You have cut open no inanimate thing, but a living tumescent being—a whole that is, as all life is, smaller, simpler than its parts; which holds, as all life does, the pieces of its being in compression. To prove it, try to fit the two halves on the onion back together. It cannot be done. The faces which began as two plane surfaces drawn by a straight blade are now mutually convex, and rock against each other."

2: Before your onion was in your box, it was in a large bin stacked on top of another large bin in a tightly packed truck from Worden Farm. Mike and Jason, my fellow workers, picked the onion bunches out of the bin, standing on tip-toe and reaching their arms over the edge. Eventually, the level of onions in the bin got



too low to reach, so Mike climbed headfirst into the onion bin. All I could see was the yellow handkerchief tied around his head, bobbing up and down, and his fists appearing triumphantly again and again, handing out bunches of purple onions.

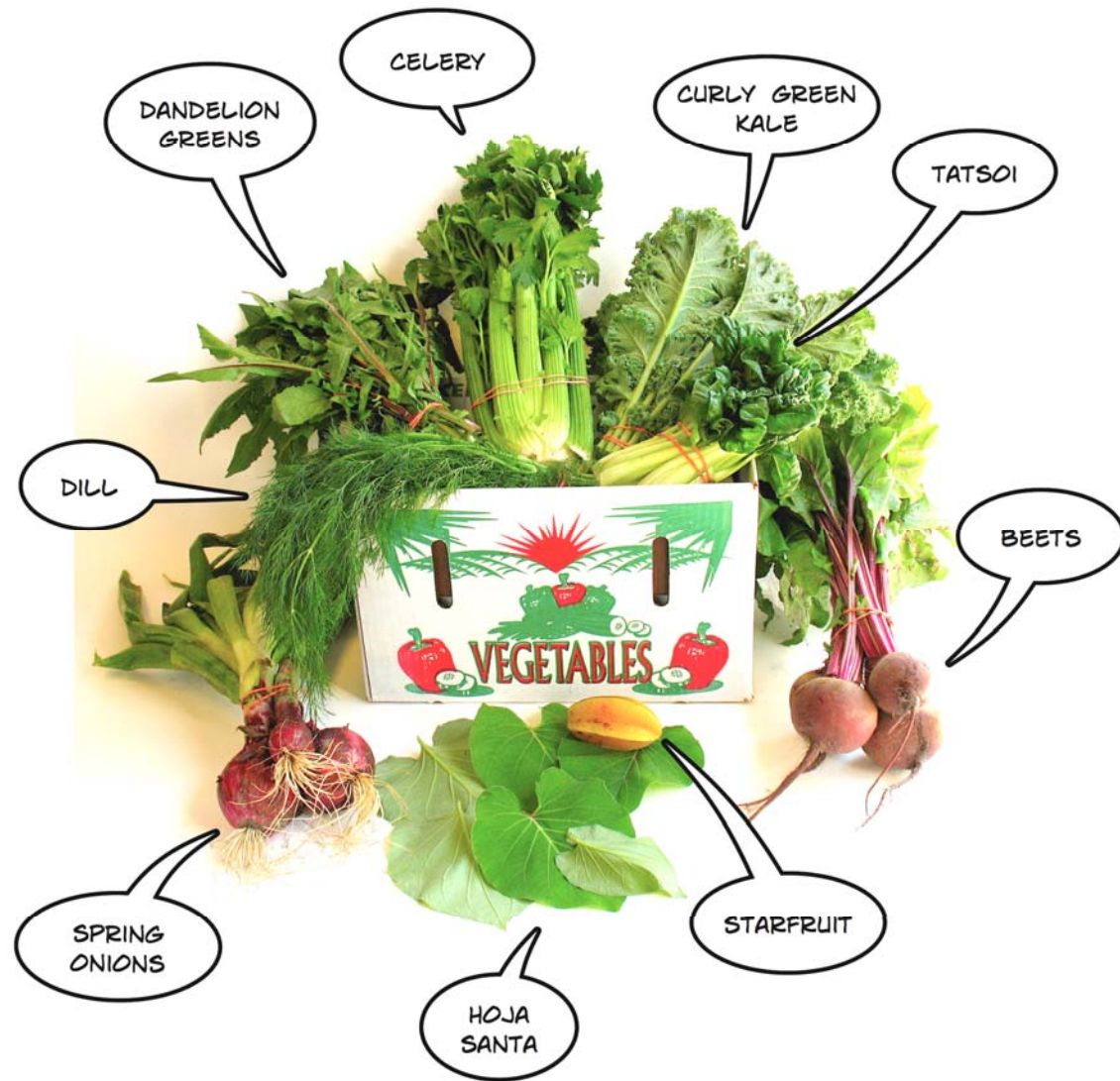
3: I like being home when my Mom pulls the onions from her garden. They pop so easily from our sandy Wyoming soil, little planets of fiber, water, and smell, exposed directly to the sun for the first time. Odd, how harvest is essentially death, but looks so much like birth. The onions come out of the ground in forms we could not predict. One stem curves a little more than another, the color on another is slightly more orange than yellow. We lay them in a thin crowd on some gravel next to a sunny red wall to cure. When I walk past them, to get the mail or take out the compost, I think of the miracle of the water, preserved in a clenched fist, which will be forced open in the next month or so, to the joy of any one paying attention.

Featured Items

Hoja Santa: We've written about this pepper-family (Piper Auritum) species before. Also known as Root Beer Plant or Mexican Pepperleaf, and sometimes confused with Kava Kava (Piper methysticum), this flavored leaf is used in regional Mexican cuisine to wrap fish. It is also used to wrap cheese. It imparts a delicate hint of sweet root-beer-like flavor. Former CSA member Caroline (she moved away!) prepared some very nice tamales with these last season.

Here's the recipe on her blog: www.occasionalomnivore.com/2010/03/29/quick-hoja-santa-tamales

Spring Onions: When onions are fully mature, their tops start to flop over and they dry completely off. Before that time, when the big green leaves are still growing strong, both the leaves and the young onions are fully edible. Just remove the bad portions of the leaves and use the rest. A couple of CSA members have told us that they're great cut in half lengthwise (tops & all), oiled (or buttered) slightly and grilled. Yum!



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> |
| 165 | Beets w/tops (BHF) - Full only |
| 165 | Curly Green Kale (WF) - All |
| 165 | Tatsoi (WF) - All |
| 165 | Dandelion (WF) - Full / Half |
| 165 | Assorted Spring Onions (WF) - Full / Half |
| 165 | Celery (WF) - All |
| 165 | Dill (WF) - Full / Half |
| 8 | Carambola (PT) - Full only: 1 |
| 8 | Hoja Santa (PT) - Full: 6 / Half: 3 |
| | ☺ 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): Baba Ghanouj |
| 3 | Cheese share (HMO): Assorted Hani's cheeses |
| 0;8 | Egg Shares (BHF/PNS): Full/Half—B: Palmetto Bay, Grove, Beach, Broward, Keys |
| 0 | Honey & Pollen Shares (BHF-MB) - next (and last of 5) April 2-3 |
| | <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; PT=Possum Trot

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

REDUCE, REUSE, RECYCLE—send your CSA box back each week!
 Does your box rip when you try to break it down? See how to do it right
 watch the video at www.redlandorganics.com/CSAboxes.htm
 the trick is in how to 'squeeze' the flaps!