



## Recipe of the Week

### **Yellow Squash with Kale**

-adapted from cdkitchen.com

1 bunch kale, washed & coarsely chopped	Salt to taste
1 Tbsp EVOO (extra-virgin olive oil)	1 tsp fresh thyme or 1/2 tsp dried thyme
2-3 yellow squash, sliced	1/2 c water or vegetable stock
2 cloves garlic, minced	Freshly ground black pepper to taste

If the greens are dry, rinse them again and do not shake dry.

Heat the oil in a large, heavy skillet over medium heat. Add the squash. Cook, stirring often, for about 5 minutes, until the squash is lightly browned and slightly translucent.

Add the garlic, stir together for about 30 seconds, until fragrant, then add the greens, which should still be wet from washing. Continue to cook, stirring, until the greens wilt, about 3 to 4 minutes.

Add the salt and thyme and 1/4 cup water and continue to cook, stirring, for another 5 minutes, until the squash and the greens are tender. Add more water if the mixture seems dry or begins to stick to the pan.

Add pepper, taste, and adjust the seasonings. Serve hot or at room temperature.

Variations: Other greens such as chard or collards will work. For greens with thick stems, remove the stems if desired, saving them for another dish, or cook the stems first for about 5 minutes, before adding the squash.

### Farmers Market Schedule

#### **Sundays 9-2 PINECREST Gardens**

Red Road and Killian Drive

Our last day: April 124

#### **Mondays 2-6 HOMESTEAD Main Street**

Losner Park on Krome Ave

Our last day: April 25

#### **Wednesdays 1-5 OVERTOWN Roots in the City**

NW 2nd Ave & 10th Street

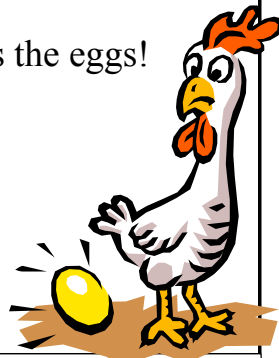
Our last day: April 27

### 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**

### LAST SHARES APRIL 23-24

There's only 3 more shares before we break for the summer.

### MARK YOUR CALENDARS

### **CSA Potluck & Gleaning Day Sunday May 1st!**

### NO CHEESE SHARE THIS WEEK

Goat milk production is sharply down this week, so there are no cheese shares. There's no obvious reason why. Hani speculates that the sudden change to hot weather and the heavy rains the other day may have triggered the precipitous drop. He's hoping to be back on track next week!

### OVERTOWN MARKET

You may have heard about the suspension of the Overtown market, located in the City or Miami, this past week. The property owner was issued a citation for 'selling fruits & merchandise from open stands or in a vacant lot' and 'failing to obtain a class 1 permit'. The nearby Liberty City market recently suffered the same fate, and relocated to county land about a mile west. There's a big flap over whether there are applicable permits, and the 'special events' permit that is generally available is valid for only 2 events per year. (Sound familiar? The recent food truck controversy is running into the same issues, with the same inadequate permitting system causing all sorts of problems.)

Since the market already ran for 2 months last year, and has run for nearly the full season this year (since

the first week in December), why they decide to pursue this NOW is hard to fathom. A front page Miami Herald article alludes to intracity and inter-agency politics, and funding issues that relate to the Roots in the City project, where the market is located. As of this writing, it is unclear whether the market will be able to finish out the remaining 4 weeks of the season.

The Overtown market was the first producer-only (real farmers) market in South Florida, and the first in the state to offer double-value to SNAP/EBT (food stamp) purchases, thanks to funding from the Whole-some Wave Foundation. Though definitely not a big money-maker, we've been proud to bring the same fresh, local and organic produce that's in your shares to this underserved food desert in Miami. We hope we'll be able to continue serving the Overtown and downtown communities in the future.

## **Intern Corner**

-Weber W

Hello, share members! Though I joined the Bee Heaven Farm family only a few weeks ago, it has all been a blur. There is an abundance of positive energy on this farm that is a part of those who love organic vegetables. Let me tell you about my day.

It begins with a cacophonous symphony from boisterous roosters, which forces me out of bed. However, after a delicious omelet of farm-raised, chicken eggs and fresh veggies, I'm pumped for some hard manual labor. Some days I harvest veggies that come off the plant with a crisp

snap or pack CSA boxes on an incredibly efficient assembly line. On other days, I go meet friendly shoppers at the market. Nevertheless, I always get a workout and shower in before dark so I'm ready for the spectacular dinner that the interns tackle together. We work like a well-oiled racing pit crew. As a matter of fact, my most memorable dinner experience consisted of Liberty preparing dinner and Mike washing dishes. I was ecstatic that I didn't have to do dinner. (So what did I do? Well, I'm a massage therapist so I gave them massages instead. I thought it was a great exchange! ☺)

Living an organic lifestyle on the farm is about sharing and learning from each other. The countless hours we spend together creates strong connections in which we've found that even interns from Kentucky, Texas, Wisconsin, and Florida have more in common with each other than a prodigious love for organic vegetables. For example, I never would have suspected that Mike is a lover of science fiction and fantasy like me, Sadie has dreams to educate and feed people with her own organic farm, or that Liberty has a singing voice powerful and beautiful enough to sing opera. Although I will be heading to medical school in August, organic farming will always be an itch in my fingers and a hobby of the heart. Enjoy your veggies, friends.

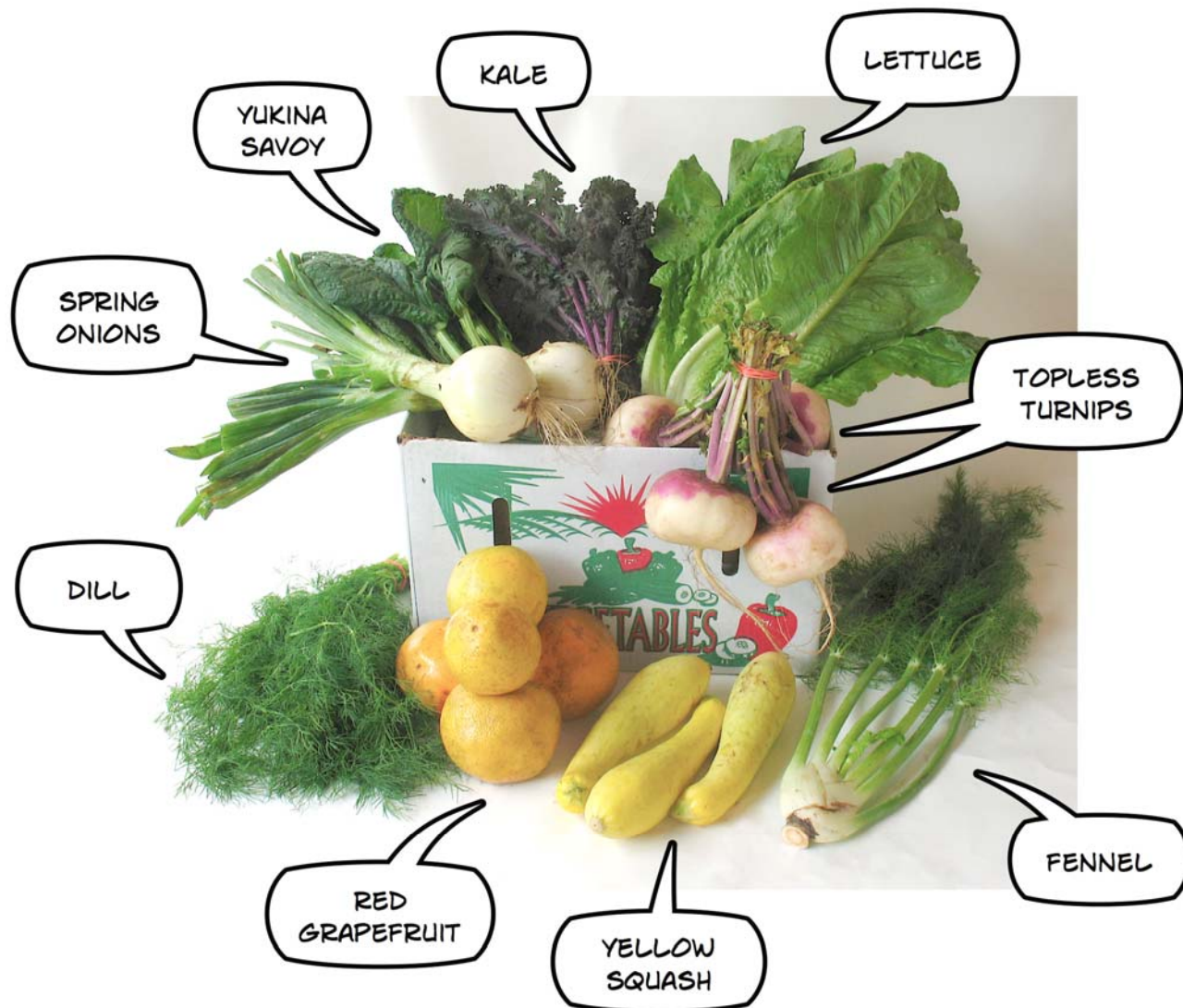
**Earth Dinner Celebration  
At Possum Trot  
Saturday, April 30th  
Look for an Email soon!**



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

### Featured Items

**Lettuce:** Lettuce is a familiar green. We've been including assorted varieties in the shares for most of the season. As with most vegetables in the supermarket, we're only really familiar with a handful of 'common' ones—iceberg, romaine, looseleaf, boston (bibb). But there's many varieties—I can easily think of over 50 that you don't see in the stores. Why? It's the same issue as with most veggies—how well they hold up to handling (in this case, washing), shipping, and storage. Hopefully you've been lucky to receive different ones each time. This season we've had: romaine, green and red crisphead, green and red butterhead, red and green looseleaf, and green oakleaf. They've grown well in the cooler weather, but now it's becoming more of a challenge. Soon, even the heat-adapted looseleaf lettuces will be bolting faster than you can blink!



**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	Yukina Savoy (WF) - Full only
165	Topless Turnips (WF) - Full / Half
165	Fennel (WF) - All
165	Redbor (curly red) or Italian Kale (WF) - All
160	Yellow Squash (LMF) - Full only: 3 or 2
165	Lettuce (WF) - All
165	Dill (WF) - Full / Half
165	Spring Onions (WF) - All
195	Grapefruit (PG) - Full: 5 / Half: 3
	☺ 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;0	<b>Mediterranean Share (HMO):</b> Baba Ganoush
3	<b>Cheese share (HMO):</b> <b>**NO CHEESE SHARE THIS WEEK (low milk production-sorry)**</b>
0;8	<b>Egg Shares (BHF/PNS):</b> Full/Half—A: Dadeland, SoMia, Gables, NoMia/Shores, Farm
0	<b>Honey &amp; Pollen Shares (BHF-MB)</b> - Last of the season, 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;

PG=Pressley Groves; LMF=Lady Moon Farm; MB\*\*=Miguel Bode

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

### REDUCE, REUSE, RECYCLE

**Please bring back your CSA share boxes, and remind your site host to save them for us!**