

Page 4

2010-2011 CSA Shares Newsletter

Recipe of the Week

Potato Leek Soup

-from One United Harvest

3-4 medium leeks, diced	Milk or cream
Small amount of butter, to sauté leeks	White pepper
6 potatoes, diced	Nutmeg
4 cups vegetable (or chicken) broth	

Sauté leeks in butter until translucent. Simmer potatoes in broth until tender (about 20 minutes). Add leeks to potatoes and broth, and allow to cool a bit. Purée soup mixture in a blender or food processor, thinning with milk or cream as desired. Return to pan and heat through, adding white pepper and nutmeg to taste. Can be garnished with parsley and diced tomatoes.

Parsleyed Butter

Melt a stick of butter in the microwave or in a pan over very low heat. Wash and coarsely chop parsley. Drop it in the butter. Stir briefly. Serve what you need and put the rest in a covered dish and refrigerate for later use. This is a great way to preserve herbs. Parsley, sage, oregano, chives, and garlic chives work very well this way.

Farmers Market Schedule

Sundays 9-2 PINECREST Gardens

Red Road and Killian Drive Our last day: April 24

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 B** gets the eggs!

PBay, Grove, Beach, Broward, Keys

This is the LAST WEEK for EGGS everyone has received 10 shares of eggs 🕻 this season (remember we had some weeks early on when everyone got 'em? We've kept count on the delivery sheets.)

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.



2010-2011 CSA Shares Newsletter ~ COMmunityPOST ~

Bee Heaven Farm Redland Organics

Week 18 April 9-10, 2011

Farm News EGG SHARES

Egg shares end this week.

CHEESE SHARES

Makeup cheese shares will arrive the last week of the season.

BOXES

around in your home NEXT WEEK. Bring your last box with you to the potluck on May 1st. We won't collect the boxes from the last share of the season, so if you can't come on May 1st, please store your empty box in a safe place for next season. Thanks!

\\ \dagger \da Farth Dinner Celebration

Saturday, April 30th, 6pm At Possum Trot

Brief farm tour followed by a 7-course farm dinner prepared by Possum Trot owner/ "Cantankerous Chef" Robert Barnum, using exclusively* ingredients grown or produced within perks are pretty nice. the South Florida Greater Ever-

★ Part of a series of Earth Dinners > ★ sponsored by The Chefs Collabo- ★ rative and Organic Valley.

Tickets \$130 per person, available at

www.brownpapertickets.com/ event/166969

Intern Corner

-Mike D

I'm going to be brief here. We have a ton of tomatoes.

I know that's a figure of speech and everything, but seriously, 2000 lbs is not that much of a stretch. We've run out of shelf space, table space, outer space, everything. They're com-Please return any boxes lurking ing out of our ears. We are up to our eveballs in sixty-three different varieties of organic heirloom tomatoes.

> Ok, some of them are gross... but they've been sitting there a while. We put most of the newest, bestestlooking ones in the full shares, so you are lucky if you have a full share.

Actually, I'm lucky. You get a pint in your box, and that's cool, but me? I can just have one. Or two. Whenever I want. Seriously, I'm gonna go get one now.....

That was delicious. I can do that an unlimited number of times. So can my farm-mates. We are the lucky ones. Jealous? You should be. I suggest working a season on a farm. The

Did I mention the tomatoes? It's glades Foodshed (Lake Okeecho- a race sometimes to get to them before bee south to Key West) *except they rot—tomato sauce, tomatoes in salads, fried tomatoes... basically, whatever we're cooking, we throw some tomatoes in, too. Even then, we couldn't possibly eat them all. There's some frozen tomato sauce somewhere I think. That'll be good for summertime when we're not sick. for summertime when we're not sick of tomatoes anymore. I mean, WOW.

A Ton. Of tomatoes. Come to \$\infty\$ market and buy them. We're getting

full... Was that tomato fermented? feel strange.

Until next time, shareholders, this is your pen pal Mike, bidding both of you who read this a fond and joyful adieu.

(Ed: Mike alluded to spoiled tomatoes - it's really hard to get enough of them at the right ripeness to pack them for you without arriving as tomatoes 'with issues'. And the with increasing hot weather, the ripening and spoilage accelerates exponentially. We hope to give half shares a taste of these delicious tomatoes next week!)

LAST SHARES OF THE SEASON: 4/23-24

Please remember to bring back your boxes.

End of season CSA member potluck and gleaning day:

> Sunday, May 1st, 11:30-2:00

Look for your renewal email in late May.



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

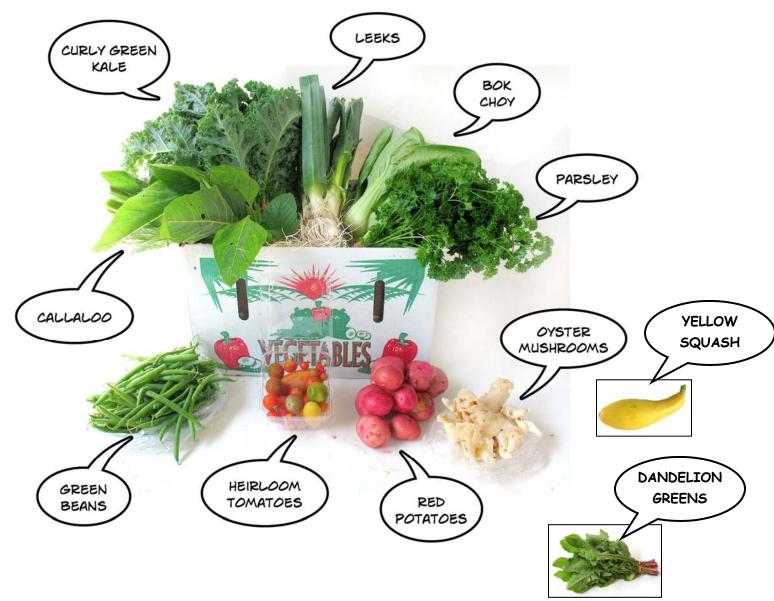


2010-2011 CSA Shares Newsletter

Featured Items

<u>New Potatoes:</u> The best potatoes are the young, recently-dug 'New' potatoes, like the ones in your share this week. A light scrubbing to clean the thin skin is all they need! Cooking is quick, too. They're at their best with simple dressings like parsleyed butter. They're also great in any dish calling for potatoes, like the Potato Leek Soup recipe on page 4.

<u>Heirloom Tomatoes:</u> Old-fashioned varieties of tomatoes, harvested when ripe, are nothing like those cardboard tomatoes you get from the store. For starters, a properly-ripened tomato is SOFT—yes, folks, SOFT! A tomato is NOT supposed to be hard, or even firm. It's a FRUIT (did you know that, in order to treat tomatoes as vegetables, they had to pass a law? This happened many years ago, and seems rather silly, doesn't it?) And, NEVER put your tomatoes in the refrigerator—it greatly diminishes the taste.



<u>What does it look like?</u> 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

Week 18

Page 3



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?	
From BHF	NOTE: A full share is NOT the same as 2 half-shares!	
165	Green Kale (WF) - All	
4	Oyster Mushrooms (HS) - Full only: 5oz	
165	Italian Dandelion (WF) - Half only	
2	Callaloo (TSF) - Full only	
165	Leeks (WF) - All	
160	Yellow Squash (LMF) - Half only: 2	
3	Green Beans (HOF) - Full: 1# / Half: 1/2#	
165	Bok Choy (WF) - Full only	
165	Parsley (WF) - Full / Half	
165	New Potatoes (WF) - Full / Half	
0	Heirloom Tomatoes (BHF) - Full only: 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;0	Mediterranean Share (HMO): Shakshouka	
3	Cheese share (HMO): assorted Hani's cheeses	
0;8	Egg Shares (BHF/PNS): Full/Half— B: Palmetto Bay, Grove, Beach, Broward, Keys	
	(**this is the LAST WEEK for eggs**EVERYONE has had 10 weeks of eggs as of this week)	
0	Honey & Pollen Shares (BHF-MB) - Are finished for the season (NoMIA-get yours this week)	
	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!	

Which farms supplied this week's shares? -all the farms are located in the South Florida area

WF*= Worden Farm; BHF*= Bee Heaven Farm; HOF*=Homestead Organic Farms; PNS=PNS Farms; TSF*=Three Sisters Farm**; HMO**=Hani's Mediterranean Organics; HS=Happy Shrooms; LMF=Lady Moon Farm; *Redland Organics founders & grower members; **not certified, naturally-grown