



### Recipe of the Week

## Jamaican Steamed Callaloo

-adapted from *eatjamaincan.com*

4 cups firmly packed washed chopped Callaloo, stems included	1/3 scotch bonnet pepper, seeds & veins removed, finely chopped
1/8-1/4 cup water	1/4 tsp dried or 1 tsp fresh thyme leaves
1 medium onion, chopped	1/8 tsp salt
1 medium ripe tomato, chopped	1 Tbsp cooking oil
1 large clove garlic, chopped	1 Tbsp butter

Inspect the Callaloo, removing old leaves and peeling hard stalks. Rinse and chop into 3/4 inch pieces in a slanted motion. In a large pot add the oil and water. Put chopped callaloo on top. Add the remaining seasonings on top of the callaloo. Put a lid on the pot. Place on a medium flame and cook for roughly ten minutes or until pieces of the callaloo stalks are tender. The callaloo must stay green. Any discoloration towards brown means the callaloo is being overcooked. Serves 4.

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And, as the master gardener of your own life, how are you nourishing your roots and the dirt they are in? You are a plant; are you surrounded by diversity, keeping your mind open to different ways of thinking and being strengthened by others' differences? Have you fertilized and watered responsibly, taking what is needed, nothing more? When is the right time to transplant? What needs to be weeded away? Who are you protecting from too much sun or wind, and who is shading and buffering you? Do you harvest at the right time? What have you given back to the dirt?

Put your roots in deep, and build up the dirt, literally and figuratively. Your neighbor's good is your own. The one thing we have in common is this: we cannot live without dirt.

### 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

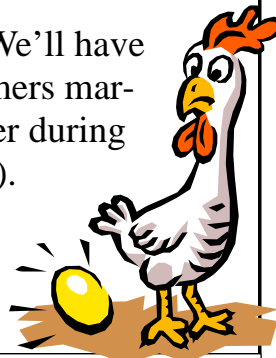
**Wednesdays 1-5 OVERTOWN Roots in the City**

NW 2nd Ave & 10th Street

Our last day: April 20

### EGG CORNER

Egg shares have ended. We'll have eggs available at our farmers market booth, and by preorder during the summer (after June 1).



**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

This is the **LAST share delivery of the season**. It's amazing how quickly the season went by. Looking back, it was a season of mixed results. The VERY early frosts set back a lot of the crops, yet it happened early enough that many were able to be replanted, albeit for a very late harvest.

Some things never quite caught up, and others yielded unexpectedly well. Every year is a new and different challenge—that's part of what makes farming interesting! Now it's time to finish the harvesting, pull up stakes and irrigation, till under and let the soil renew with a summer cover crop.

Have a great summer!



### Member potluck and gleaning day!

Bee Heaven Farm, Sunday, May 1st, 11:30am-2:00pm

Bring a dish to share, bring a bag or box and get ready to get down and dirty. Pick your own herbs, roots or greens and flowers to take home.

*Directions to the farm: from US1, Krome Ave or the Turnpike: go West on Bauer Drive (SW 264th St) to Redland Road (SW 187th Avenue). Continue west for 0.3 miles (check your odometer!).*

*Look for a rock pyramid and the farm sign on your left (south side). Park along the swale and walk in the west gate—look for the flags and signs.*

### Earth Dinner Celebration

Saturday, April 30th, 6pm

At Possum Trot

If you're still undecided about this unique and interesting dinner, don't delay, as attendance is limited. 10% of the proceeds will go to Chefs Collaborative to continue promoting farm-to-fork connections. The rest of the proceeds will be used to support our local farmers.

Tickets \$130 pp, available at: [www.brownpapertickets.com/event/166969](http://www.brownpapertickets.com/event/166969)

Reservations required by Wednesday, April 27th.

### SHARE RENEWALS

We're grateful for our loyal farm share members, a number of whom have been with us since the very start of our CSA 9 years ago.

We'll be doing renewals in June. Renewing members get a break on the share cost when paying in full during the month of June. You can still renew later, but you won't get the price break. You should still put down a deposit to secure your spot.

In July and August, enrollment will be opened to the waiting list.

### Intern Corner

Roots -by Liberty F

The basil plant you'll find in your share has roots. Yes, it grew in and was pulled out of actual dirt. Count yourself lucky: many Americans never see dirt, or roots.

In finishing this CSA season, I leave you with this wish: may your roots be deep in the dirt. We as humans cannot live separated from the soil and it should be treated as the renewable but fragile resource that it is. Every time you eat food, you are eating dirt. What are you doing to return it? Gardening? Protecting wild places? How recently have you been to the Everglades to visit the sawgrass and thousands of migrating birds? These prairies and animals are your kin, sharing the same soil and water that you do. Their fate ultimately is also yours.

*(Continued on page 4)*



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

## Featured Items

**Florida Keys Sea Salt:** Our very own local salt, harvested by a great couple on Upper Sugarloaf Key. I have tasted from several ‘vintages’, and it’s amazing how salt harvested from the same location can change in appearance, moisture content, and flavor from one season to another. In addition, they harvest from two locations—Florida Bay, and a deep salt-water well on the property.

**Root Vegetables:** Carrots, beets, turnips... all these veggies keep very well for a long time when properly stored. That means with their tops trimmed off (leave about 3/4” so you don’t cut into the root), and stored in the vegetable drawer of your refrigerator. Dry onions will keep well on the counter, but the sweeter types have a much shorter shelf life than the sharp ones, so you may want to store your onions in the fridge as well. Potatoes do best in a DARK, dry cool place, so you can keep them in either location.



**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	<b>What’s in my share box today?</b>
<i>From BHF</i>	<i>NOTE: A full share is NOT the same as 2 half-shares!</i>
1	<b>Sprouts (Sunflower or Peashoots) (HHF) - All: 1 pt</b>
130	<b>Florida Keys Sea Salt (FKSS) - All: 1 oz</b>
165	<b>Lettuce (WF) - All</b>
2	<b>Callaloo (TSF) - Full only</b>
165	<b>Topless Carrots (WF) - All</b>
165	<b>Beetroots (WF) - Full / Half</b>
165	<b>Onions (WF) - Full: 5 / Half: 3</b>
165	<b>‘Root’ Basil (WF) - Full / Half *eat it and plant it*</b>
0	<b>Garlic Chives (BHF) - All</b>
8	<b>Grape Tomatoes (SOF) - All: 1 pt</b>
	☺ <b>Xtras - pick an item or two — but don’t be a piggy!</b>
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	<b>Mediterranean Share (HMO): Baklava</b>
3	<b>Cheese share (HMO): assorted Hani’s cheeses</b>
0	<b>Egg Shares have ended for the season.</b>
0	<b>Honey &amp; Pollen Shares are finished for the season</b>
	Please bring your last box with you to the potluck. If you can’t come to the farm on May 1st, please store your empty box in a safe place for next season.

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

WF\*= Worden Farm; BHF\*= Bee Heaven Farm; HHF\*=Health & Happiness Farm; TSF\*=Three Sisters Farm\*\*; HMO\*\*=Hani’s Mediterranean Organics; SOF=Sunshine Organic Farms

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