



Recipe of the Week

Roasted Kohlrabi

-adapted from *allrecipes.com*

1 large or several small kohlrabi bulbs.	Salt & pepper to taste
1 Tbsp Olive oil	1/3 cup grated Parmesan cheese
1 clove garlic, minced	

Preheat oven to 450 degrees F (230 degrees C).

Peel the kohlrabi if the skin is tough. Save the leaves for another use. Cut the kohlrabi into 1/4 inch thick slices, then cut each of the slices in half. Combine olive oil, garlic, salt and pepper in a large bowl. Toss kohlrabi slices in the olive oil mixture to coat. Spread kohlrabi in a single layer on a baking sheet.

Bake in the preheated oven until browned, 15 to 20 minutes, stirring occasionally in order to brown evenly. Remove from oven and sprinkle with Parmesan cheese. Return to the oven to allow the Parmesan cheese to brown, about 5 minutes. Serve immediately.

Kohlrabi is a cruciferous vegetable, related to cabbages, broccoli and kales. The leaves are delicious thinly shredded as though for cole slaw and included in a salad or sauteed together with other vegetables and your favorite seasonings.

Kohlrabi Siam Chopped Salad -adapted from *Vegetarians in Paradise*

1 or 2 kohlrabi bulbs, peeled & diced	3 Tbsp organic canola oil	Dash of rice vinegar
1 1/2 cups chopped Pei Tsai	2 Tbsp toasted sesame seeds	Salt & pepper to taste
1 pint snow peas, chopped	1-2 cloves garlic, finely minced	
1 fresh poblano pepper, diced	1/2" piece ginger, peeled & grated	Garnish:
1/2 red bell pepper, julienned	Juice of 1/2 lemon or lime	Black sesame seeds
3 scallions, chopped (including tops)	2 tsp sesame oil	2 Tbsp minced scallions

Combine all ingredients (except garnish) in a large bowl and toss well. Transfer to a serving bowl or platter and garnish with the scallions and black sesame seeds. This salad is best made several hours ahead to allow the flavors to blend in. Serve as a salad course or side dish.

This Month's Salt Share Earth Day 2011 'first harvest', a classic sea salt

This early spring salt benefits from increasing day-length in the relatively short evaporation phase of 24 days (from collection of sea water to harvest of salt). Shorter evaporation time also makes for a somewhat drier, smaller-grained salt. Some agitation of the water during the evaporation phase results in a finer, more consistent crystal.

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 9 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

Cold weather!

This week was our first real cold spell of the season, with temperatures dipping to freezing and patchy frost where the winds didn't keep the frost at bay. But the cold wind does damage too, and we had to shelter the young beans, tomatoes, pepper and basil plants. We were surprised by damage to tomatoes that were covered, and frost-bite on the tatsoi—we subsequently found out that cold spots in Redland reached 29°F!

Worden Farm got its first real blast of arctic air, with temperatures in the low to mid 20's. That outright kills tomatoes, beans, squashes, cukes, basil and other delicate herbs. Cole crops like broccoli and cauliflower thrive, though, and kales and collards become much sweeter when touched by the cold.

INTERN CORNER

Currently on the farm are full-season interns Sadie, Marsha, Tim and returning intern Mike L (who just completed his first farming season up north and joined us for a month of warm weather), WWOOFers Erinn, temp interns Jon & Pasha, and farm hands Pedro and Victor (who also delivers your shares).

This week, farm intern Marsha shares her insights with us.

"Mmmm....I am eating my first-ever bite of kohlrabi as I write. Erinn, our Colorado WWOOFer, is chopping and handing out slices. Every Friday it's a veritable smorgasbord of all these oddball veggies, left here & there after packing the shares. I am especially eager for the canistel to ripen; Sadie says it's phenomenal in pumpkin pie & milkshakes. Even plain, it's like a thick, rich, sweet-potato casserole with nothing extra needed. Just be sure you wait until it gets REALLY soft!

We have a new couple here this week, and that adds interest to the process, because they are discovering the tropical fruits that we've gotten used to and experiencing the squeamish-tasty texture of black Sapote and the appley taste of our little bananas.

I do not have a planned-out, well-rounded essay to offer up for the newsletter this week (and probably never will have), but...well, here's what I want to say to our CSA members: **Explore creative and unexpected sharing!** I hear that sometimes people worry about being able to use all that bounty of produce before it spoils—and that's a valid concern,

because nobody wants to throw out food. But what if you think of it as an opportunity for a connection/invention/redistribution exercise. I'm interested in issues of fair food distribution—and I also feel there's a sad lack of connection between neighbors nowadays, unlike back in the days when people rocked on the porch swing instead of watching TV. Maybe those things are intertwined (isn't everything connected?) and, maybe, even that bunch of tatsoi for which you're seeking a use can contribute to change in both places. There's always somebody who could use it—maybe the folks next door would try it, or, better yet, have a potluck dinner. It will all get eaten and folks might bring something new to you, too!

I'm off to make a tropical fruit smoothie. Enjoy your box of goodies and here's to trying something different!"



SPOTLIGHT ON Your CSA share

Because of the freezing weather, have no eXtras boxes this week.

This week's share follows an Oriental/Asian theme. You can use nearly any combination of your share items to create a plethora of Asian-style dishes! Try the Kohlrabi Siam Chopped Salad recipe on the back page, or concoct your own stir-fry with Pei Tsai or Tatsoi. How about eggplant with scallions?



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



Featured Items

Kohlrabi (aka German turnip) This member of the cabbage family is well-loved in France, Italy and Eastern Europe, as well as in Kashmir and India. Known for centuries, it was included in Roman Empire cookbooks. Kohlrabi can be eaten raw or cooked. It's low in calories, high in fiber and a good source of potassium. Kohlrabi is good julienned, sliced, shredded, diced, or pureed, in salads, stir fries, soups, casseroles or as a delicious crunchy juicy snack.

Canistel Also known as Eggfruit because of its similar appearance to hard-boiled egg yolk, this slightly sweet, dense tropical fruit reminds one of a sweet potato. It must be allowed to fully ripen, or else it has an unpleasant acrid astringency. So how to tell when this fruit is ripe? It must be very soft, and the skin will virtually disintegrate when you handle it. This fruit is great in smoothies, soups (yes!), and pies—use your favorite pumpkin pie recipe. Look in the newsletter archive for some great canistel recipes published in past seasons.

Dragon's Tongue beans An old-fashioned stringless wax bean, creamy yellow with purple stripes. Grown in the Netherlands back in the 18th century, these delicious, juicy beans are good raw or cooked. Marinated for a little while, they will keep their pretty purple stripes—but leave them longer and, like ceviche, they will 'cook' and the purple will disappear, leaving an all-yellow bean!



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!... check it out online at the Redland Rambles blog: www.redlandrambles.com



About the shares... There are box sizes, corresponding to the two share sizes; FAMILY (3/4bu) and SMALL (1/2bu). Please make sure you've taken your correct size. It is NOT OK to substitute. We also usually (but not always!) have an eXTRAS box. Feel free to put something in, or take something out. Food miles: the true distance (as the crow flies) from BHF (vs. driving distance).

Food Miles	What's in my share box today?
<i>From BHF</i>	<i>NOTE: A family share is NOT the same as 2 small shares!</i>
0	Heirloom Dragon's Tongue Beans (BHF) - Family shares only: 0.4 lb
2	Sunflower Sprouts (HHF) - Family shares only: 1 pint
3	Bok Choy (TSF) - Family Shares only: 1 each
0	Pei Tsai aka Chinese Lettuce (BHF) - Family shares only: 1 bunch
130	Asian Eggplant (WF) - Family: 2 / Small: 1 or 2
2	Callaloo (TSF) - Everyone: 1 bunch **SWEET WHEN COOKED**
8	Grape Tomatoes (SOF) - Everyone: 1 pint
8	Kohlrabi w/tops (SOF) - Family: 2 / Small: 1 **USE THEIR TOPS TOO**
0	Tatsoi aka Japanese Spinach (BHF) - Small shares only: 1 bunch
8	Assorted Heirloom Slicing Tomatoes (SOF) - Everyone: 2 tomatoes
130	Scallions (WF) - Family: 1 bunch / Small: 1/2 bunch
8	Canistel (PT) - Family: 2 / Small: 1 **EAT ONLY WHEN VERY SOFT**
	⊗ Xtras - SORRY! DUE TO THE FREEZING WEATHER - NO EXTRAS THIS WEEK
0	Add-on options are ONLY for those who paid for them (check your sign-in sheet)
0;10	Egg shares (BHF/PNS) - every week
3	Cheese Shares & Med Shares: **NEXT** WEEK
0	Honey & Pollen Shares (MB): THIS WEEK
88	Salt (FKSS) Shares: THIS WEEK
79	Rice Shares (SCR): THIS WEEK
0.5	Redland Tilapia (OGN): THIS WEEK—at FARM ONLY
	<i>Please remember to return your gently-flattened box each week—directions 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

BHF= Bee Heaven Farm; WF= Worden Farm; PT/HOF=Possum Trot (Homestead Organic Farms); HMO**=Hani's Mediterranean Organics; PNS=PNS Farms; HHF=Health & Happiness Farms; MB**=Miguel Bode, beekeeper; SOF=Sunshine Organic Farms; GG/BHF=Green Groves; TSF**=Three Sisters Farm
All are certified organic, except those tagged **not certified, naturally-grown