



## Recipe of the Week

### Simply Cabbage

Cabbage is a cruciferous vegetable, related to turnips, radishes, broccoli and kales. There are many ways to eat cabbage, it's simple to prepare, and it's a nutritional powerhouse. If you're lucky enough to have a cabbage with the outer wrapper leaves still intact, carefully break them off and SAVE them for some great dishes. Cabbage can be eaten raw, cooked, marinated, lacto-fermented (this does not mean dairy—the name refers to the kind of beneficial bacteria that are the key to pickling in brine using no heat or vinegar), or pickled (with vinegar).

To shred a cabbage, first cut it in half vertically (that is, from top to bottom, so the central 'stem' is split along its length. Then, either hold the cabbage by the curved outside while you slice fine slivers off with a knife, or use a shredder or mandolin, starting with the cut side.

Here's some variations:

- 1) Sautéed—Coarsely chop into roughly 2" squares. Cook over medium heat with a bit of oil (toasted sesame oil gives it an Asian touch, and season with salt and pepper. Add a very small amount of water, just enough to make a bit of steam. Cover well. Check often and turn gently until cabbage becomes translucent.
- 2) Baked or stewed—best cut into quarters or wedges (if a large cabbage). Often cooked along with a meat, letting the meat's juices and seasonings flavor the cabbage. Include other root vegetables, such as carrots or turnips, cut into large chunks.
- 3) Lacto-fermented—aka Sauerkraut! Coarsely chop or finely shred (your choice). Use a large widemouth jar. Press cut cabbage into the bowl or jar in layers, sprinkling a bit of coarse sea, pickling or kosher salt in between layers. Press down HARD each time. When you get to the top of the jar, the cabbage should already be releasing liquid. Top off the jar with a bit of brine (salty water), until all the cabbage is submerged. Close the jar and let sit in a cool room at room temperature for a few days, checking often. Remove any scum that's building up, and top off with more brine to keep cabbage fully covered. It might take a week to be ready. When the taste is to your liking, refrigerate the jar.
- 4) Fresh salad—a simple slaw can be made by finely shredding cabbage. For a Latin flavor, add a bit of cumin, salt and pepper, and a small amount of cider vinegar. Mix well and let sit for an hour, covered, on the counter. Serve as a side dish or use as a topping on tacos.
- 5) Stuffed cabbage leaves—here's where to use those amazing wrapper leaves. Blanch the leaves for a minute to soften. If the leaves are very large, cut them along the mid-rib to yield 2 rolls per leaf. Make a stuffing—a meatball recipe works well. Add some cooked rice to the mix. Or, prepare a meatless stuffing using quinoa, amaranth, or another grain. Additional options include pine nuts or cashews, raisins, mushrooms. Wrap a dollop of stuffing in each leaf. Fold over the ends and roll up each leaf to make a nice bundle. Place cabbage rolls in a baking dish (or in a shallow pan for stove-top cooking) and top with a seasoned tomato sauce (a good brand of jarred pasta sauce works well). Or, use beef or other broth instead of tomato sauce. Bake at 350°F or over medium-low heat on the stove for 40 minutes-1 hour, until done. Cabbage rolls freeze well, too.

**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 9 years of information on crops & recipes.

**Share your recipes!** Email your recipes to: [recipes@beeheavenfarm.com](mailto:recipes@beeheavenfarm.com)

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## Farm News

### After the freeze

Freeze damage sometimes takes a while to manifest. Fruit trees, for example, may not reveal the actual damage until active growth begins in the spring. Damage to tender-leaved vegetables may look really bad, but the top burnt parts may protect the growth underneath, which can recover given a few weeks. Other, 'watery' plants such as summer squash, will simply die, as the plant cell walls burst when frozen. When they thaw out, the whole plant becomes a mushy mess.

Thus it is that we're still discovering what exactly was damaged and how badly. This week we have



Freeze damage on tomatoes

a smaller share—Worden Farm was unable to contribute any share items, as they recover from the freeze.

We may have skimpier shares for a few weeks, as plants re-grow or are replanted. Not to worry, though—barring some major catastrophe, we should have some good harvests as the season continues!

### SPOTLIGHT ON This week's Mediterranean Share

*Loubiyeh bil Zayt* literally translates as "green beans in oil". This Lebanese dish consists of fresh green beans cooked with onions, garlic, olive oil, chopped tomatoes and seasoned with salt and pepper. It is eaten hot, served over rice, or cold, as a marinated salad side. The green beans in the dish are Redland-raised from Homestead Organic Farms—the very same beans included in this week's share box.

This is a popular dish in the Arab world. "In oil" cooking is often another way of saying that the meal is 'meat-free'. Variations of this dish use broad beans, Swiss chard, or various grains and pulses instead of green beans. It may omit the tomato entirely or add a bit of

tomato paste to provide an even thicker tomato base. This simple dish tastes even better the next day.

### INTERN CORNER

*Last week we bid adieu to Mike L, who is heading back north to attend a growers' conference, start his seed orders and preparations for spring planting at his farm.*

*Farm intern Tim shares his insights with us.*

It seems that you as well as I have discovered the sweet morsel that is Bee Heaven Farm. For me Bee Heaven represents an opportunity to escape a cold northern winter and meet people involved in organic farming. For you, maybe Bee Heaven means a chance to score some high grade produce each week. Whatever brought you to Bee Heaven Farm, I sincerely thank you and hope that you continue to support this farm and the people who work here for many years to come. Thanks again!

**Errata:** The Earth Day "first harvest" salt in this month's share distribution was incorrectly described as smaller-grained. It is, in fact, a larger-grained salt. Salt Farmer Midge apologizes for any resulting confusion.



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





### Featured Items

**Mini Cabbages** Sweet, juicy and tender, these ‘personal sized’ cabbages won’t overwhelm you OR your refrigerator. Check out the back page , ‘Simply Cabbage’, for some great ideas on how to prepare them.

**Avocados** This is the end of our avocado season. There’s still a few to be found here and there, but the wonderful abundance of our tropical varieties is over until the new season begins in late June.

**Tomatoes** We don't think much about this household staple until we don't have them. Tomato season is getting into full swing here in South Florida, and luckily the freeze didn't set them back too much. Our tomatoes this week are from Homestead Organic Farms, which also supplied our green beans. Dan is the only wholesale organic bean grower in Redland, and he's been a part of our Redland Organics group since its inception. Though green beans are his primary crop, he sometimes also grows cucumbers. This year he decided to try his hand at a ‘small’ (3 acre) patch of tomatoes. The tomatoes in your share today are the result of that. He did something different, though– since that plot of land is low-lying and floods, he grew them in large pots instead of in-ground. Let’s see how the flavor compares to the more traditional in-ground cultivation!



**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](http://www.redlandrambles.com)



**About the shares...** There are 2 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>
1	<b>Pea Shoots or Sunflower Sprouts (HHF)</b> - Small shares only: 1 bag or pint
3	<b>Green Beans (HOF)</b> - Family: 1lb / Small: 1/2 lb
0	<b>Braising Mix (BHF)</b> - Family shares only: 1.2 lb bag
1	<b>Collards (HHF)</b> - Family shares only: 1 bunch
8	<b>Rainbow Chard (SOF)</b> - Everyone: 1 bunch
8	<b>Mini Cabbages (SOF)</b> - Everyone: 1 head <b>**USE THE WRAPPER LEAVES TOO**</b>
3	<b>Red Slicer Tomatoes (HOF)</b> - Family: 4 / Small: 2 <b>**RIPEN ON THE COUNTERTOP**</b>
1	<b>Avocados (WO)</b> - Everyone: 1
8	<b>Canistel (PT)</b> - Family: 2 / Small: 1 <b>**EAT ONLY WHEN VERY SOFT**</b>
	☺ <b>Xtras - take a little something, or put something in</b>
0	<b>Add-on options are ONLY for those who paid for them (check your sign-in sheet)</b>
0;10	<b>Egg shares (BHF/PNS)</b> - every week
3	<b>Cheese Shares:</b> Hani’s Cheese & <b>Med Shares:</b> Loubyeh bil Zayt
0	<b>Next Honey &amp; Pollen Shares (MB): Feb 4-5</b>
88	<b>Next Salt (FKSS) Shares: Feb 4-5</b>
79	<b>Next Rice Shares (SCR): Feb 4-5</b>
0.5	<b>Next Redland Tilapia (OGN): Feb 4-5</b>
	<i>Please remember to return your gently-flattened box each week–directions 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

BHF= Bee Heaven Farm; HHF=Health & Happiness Farms; PT/HOF=Possum Trot (Homestead Organic Farms); HMO\*\*=Hani’s Mediterranean Organics; SOF=Sunshine Organic Farms; MB\*\*=Miguel Bode, beekeeper; WO=Wyndham Organics (Uncle Matt’s); PNS=PNS Farms  
All are certified organic, except those tagged **\*\*not certified, naturally-grown**