



Recipe of the Week

Tomatoes with fresh Mozzarella and Microgreens

-adapted from SeriousEats.com

1 or 2 sliced tomatoes, or cherry tomatoes cut in half	1 small handful basil leaves, thinly sliced
4 ounces fresh mozzarella, sliced or cubed	Good olive oil and balsamic vinegar to drizzle
1 handful of microgreens	Sea salt (flaky is best) and freshly ground black pepper

Arrange the tomatoes and mozzarella on two plates. Toss the greens with the basil, and place on top. Drizzle the oil and vinegar sparingly over the salad (less is more!). Season with salt and pepper to taste. Enjoy!

You can easily expand this salad to several servings by starting with a bed of salad mix on each plate. Adjust the amounts of tomatoes, mozzarella, microgreens and basil as needed. Proceed with the recipe.

Sliced Oranges with Thyme Syrup

-from foodandwine.com

1 1/2 c dry white wine	3/4 c sugar	2 3-inch strips lemon zest
1 1/2 c water	1 tbsp fresh thyme, or 1 tsp dried	4 navel or other variety oranges

In a medium stainless-steel saucepan, combine the wine, water, sugar, thyme, and lemon zest. Bring to a simmer over moderately high heat. Reduce the heat and simmer for 10 minutes.

Meanwhile, using a stainless-steel knife, peel the oranges down to the flesh, removing all of the white pith. Cut the oranges crosswise into 1/4-inch slices. Add the oranges to the simmering syrup. Remove from the heat and let sit 1 to 2 minutes. Gently pour the oranges and syrup into a glass or stainless-steel bowl. Let cool and then chill.

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through the barn lingering and making our mouths water, while those among us who like to cook and bake let recipes dance in their heads.

But then comes the other side, which of course, there's bound to be, any place, any time.

Neighboring farms and their generators, diesel trucks and sprayers, and barking dogs are not a welcome sound; actually they can be downright disturbing in the middle of the night. But they're doing their thing and we're doing ours, although our laughter and occasional banjo tune is surely a much more pleasant sound!

Farm life holds a special place in my heart and always brings me back to thoughts of my ancestors and what they may have seen, heard and smelled in their days on their farms going back hundreds of years.

Small farmers and farm workers and the farms they work on are a special part of our world. We're happy to be able to provide you with wholesome goodies along with the unique experience of the sights, sounds and smells of a farm when you come to pick up your share. Enjoy it all!

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

Time Flies!

Can you believe it? Next week will mark the halfway point of our CSA season. It seems like the weeks are passing by faster than ever!

Some of the long-season crops are beginning to show up, like this week's new potatoes—a real treat. They're from Allan's garden just a bit north of Worden Farm—and naturally-grown. Chris scored them for both our CSAs—the first potatoes of the season.

This month's salt share is Earth Day 2011 TRACE MINERAL salt. It has the same harvest ID as last month's share, except this is the second harvest of this early spring salt that shows benefits of longer sun days in the further drying of the salts. Shorter evaporation time makes for a somewhat drier, larger grained salt. Our TRACE MINERAL salt remained in the seawater solution longer than the first harvest and therefore has retained significant amounts of many trace minerals essential to good health. Trace Mineral salt is often referred to as 'grey salt'. We believe TRACE MINERAL is a more descriptive name for this type of salt.



SPOTLIGHT ON Solanaceous crops

The nightshade family includes tomatoes, potatoes, eggplant, peppers, tomatillos, gooseberries, Datura (Devil's trumpet, Jimsonweed), mandrake, tobacco, belladonna, and petunia, to name a few. This plant family is an important source of food, spices and medicine, because they are rich in alkaloids. The variety of alkaloids produced by these plants and used or abused by humans include atropine, nicotine, scopolamine, and capsaicin. Uses range from helping to reverse certain types of pesticide poisoning, dilating pupils, controlling nausea and motion sickness, inducing hallucinations, repelling attackers, and flavoring food.

You probably know that for centuries we thought tomatoes were poisonous—a reasonable assumption given that the fruit of the potato plant, which looks a lot like a little tomato, IS poisonous. Yes, that's right—the only edible part of a potato plant is the storage tubers—the spuds. If exposed to light for awhile, too much cold or too much heat, spuds will accumulate enough of the bitter poisonous alkaloid solanine to make you sick. Solanine is present in the leaves and stems of the plant, and in minute

amounts in the spuds. Normally, you really can't eat enough of it to make you ill—you'd have to consume 4-5 pounds of potatoes in one sitting to feed any ill effects! However, if you have a potato that has green eyes, green skin or is growing green sprouts, that's a sure sign that it's been exposed to too much light—discard it. The green itself is simply chlorophyll, but it's your warning that this spud sat in the light for too long.

INTERN CORNER

Intern Marsha is away this week, welcoming her sister's baby!

This week intern Donna shares her insights:

Sights, sounds, and smells; on a farm they abound. When interns first arrive, they are bombarded with them.

The sights: The shape of the barn, the layout of the gardens and at Bee Heaven, palms of every shape and size.

The sounds: The cat meowing for breakfast, yet again, and the dehydrator, quietly drying veggies and fruit in the office.

The smells: Basil trying to overtake the aroma of the cilantro, while the carrots and fennel face off. Tropical fruits delicately waft

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

Featured Items

Thyme This is an herb used since ancient times. Most often used in Mediterranean cooking, but also in Caribbean and some African cuisines. Thyme has been used as incense and was an essential embalming ingredient in ancient Egypt. Thyme oil has fungicidal properties, and extracts are used to help treat beehives for Varroa mites, a common scourge of bees. It's also used to help treat respiratory infections. Thyme dries well and holds its flavor. You don't need to use a lot to impart some great flavors to your food!

Green Kale Everyone knows this kale—it's the one you most often see at the grocery store. What's great about it, besides its nutritional value as a dark green, is that you can eat it many ways. Sliced thinly and marinated, it makes a great raw salad. It's equally good cooked by itself in olive oil, garlic and a squeeze of lemon, or thrown into a pot of beans or soup. And kale chips are amazing—check out [Sadie's Kale Chips](#) in the [newsletter archive](#).



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 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>
	Microgreens (GROW) - Everyone: 1 bag
1.5	Callaloo (TSF) - Small shares only: 1 bunch
135	Green Kale (WF) - Everyone: 1 bunch
130	Fennel (WF) - Family shares only: 1 bulb w/tops (USE THE TOPS)
130	Assorted Baby Lettuces (WF) - Family only: 1 head
140	New Potatoes (AG) - Family: ~2.5 lbs / Small: ~1.5 lbs
130	Radishes (WF) - Family: 1 bunch / Small: 1 small bunch (TOPS ARE GOOD TO EAT TOO)
8	Red Tomatoes (HOF) - Everyone: 2 each
8	Assorted Heirloom Cherry Tomatoes (SOF) - Family only: 1 pint
80	Thyme (C&B) - Everyone: 1 bunch
8	Basil (SOF) - Everyone: 1 bunch
135	Valencia Oranges (WF) - Family: 4 / Small: 3
	☹ Xtras - None 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 (RMO): next week
0	Honey & Pollen Shares (MB): Local wildflower farm honey and pollen
88	Salt (FKSS) Shares: Earth Day 2011 Trace Mineral Salt
79	Rice Shares (SCR): Brown Rice
0.5	Redland Tilapia (OGN): This week @ 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, in Homestead/Redland unless otherwise noted

BHF= Bee Heaven Farm; SOF=Sunshine Organic Farms; HOF=Homestead Organic Farms; PNS=PNS Farms; PT=Possum Trot/HOF; GROW=Green Railroad Organic Workshop*; TSF**=Three Sisters Farm; MB=Miguel Bode, beekeeper*; C&B=C&B Farms/Little Cypress (Clewiston); WF= Worden Farm (Punta Gorda); AG=Allan's garden** (Punta Gorda); FKSS=Florida Keys Sea Salt; SCR=Sem-Chi Rice/Florida Crystals (Belle Glade)
All are certified organic, except those tagged **not certified, naturally-grown