



Recipe of the Week

Maple-Sage Glazed Turnips

-adapted from *Cooking Light*, Nov 2006

1 pound turnips, trimmed and peeled (save the greens)	2 tsp chopped fresh sage
1/4 c water	1/4 tsp salt
3 Tbsp maple syrup	1/4 tsp freshly ground black pepper

Reserve the turnip greens for another dish. Store in a plastic bag in your fridge's vegetable crisper. Cut turnips in quarters and into 1/2-inch wedges. Combine 1/4 cup water and remaining ingredients in a large nonstick skillet over medium-high heat. Add turnips, turning to coat; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until tender. Uncover and cook 7 minutes or until turnips are glazed.

Sage Pork Chops

-from allrecipes.com

2 tsp salt, 1 tsp ground black pepper	6 center-cut bone-in pork chops	1 cup water
1 tsp dried sage (2 tsp fresh)	2 tbsps butter	2 cubes beef bullion

Combine the salt, sage and black pepper in a small bowl and rub on both sides of the chops. Melt the butter or margarine in a large skillet over medium high heat and saute the chops for 5 minutes per side, or until well browned.

Meanwhile, in a separate small saucepan over high heat, combine the water and the bouillon and stir until bouillon dissolves. Add this to the chops, reduce heat to low, cover and simmer chops for 45 minutes.

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Tonight I'll have homemade pizza with my farm co-workers. Saturday will be spent sampling delicious food truck fare while working our booth at Homestead Al Gusto. Sunday will definitely include some self-indulgent comfort food, topped with lots of butter, brown butter with crispy sage... Maybe it'll be in the morning, drizzled over hot corncakes, topped with a few sweet Mysore raspberries from the farm. Or maybe I'll save it for Sunday night, served over handmade pumpkin ravioli with toasted walnuts.

Some of you may look at your bunch of sage and say, "This is too big! Whatever will I do with all this sage?" **My favorite way to use it is to make a simple sage-brown-butter sauce. In a large skillet, melt a stick of butter over moderate heat and cook until golden brown, about 2 minutes. Add the sage leaves and fry until crispy.** Easy. Done. Good on everything. Your bunch of sage will be gone in no time.

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

Rain!

This past week we finally got some rain, after nearly two full months without a single drop. And, boy, it's making up for it now. The plants are loving it, though the cherry tomatoes are busting apart from the rapid infusion of water. No danger of fires at the moment, and the grass isn't crunchy anymore—in fact, it's practically turned green overnight.

Last week, just a day before the rains came, powdery mildew exploded on beans and many other plants. We normally associate mildew with dark and moist conditions (moldy closets, crawl spaces), but it's a funny thing—on plants, you see it in very dry conditions.



SPOTLIGHT ON

Honey (for your honey)

There's a jar of our local Wildflower farm honey in your share this week. Those of you who get a monthly honey share got your fix last week, and this week you get a little extra honey for your honey! For those of you who don't have a honey option, this is your chance to find out why everyone loves this honey!

Our Wildflower honey is what the bees are making most of the year. It's a blend of nectars from many types of flowers, some of which bloom year

round, and some of which bloom only briefly during the year. The Wildflower honey is surprisingly consistent in color and taste. It is very different from our seasonal Tropical Fruit honey, which is laid down during the late winter and spring, when most tropical fruit trees are blooming in South Florida. This honey is typically darker and a different flavor from the Wildflower honey. Inside the beehive, you can see the demarcation line when the bees began to lay down the seasonal honey. Some years, when the avocado trees are blooming heavily and making a lot of nectar, you'll see a rich, very dark honey with a taste reminiscent of molasses. Other years, the lychee and longan nectars predominate, and the honey is lighter and fruitier. The darkness varies with the amount of avocado nectar brought back at the same time.

INTERN CORNER

This past week we said a sad goodbye to temporary interns Jon & Pasha, who were incredibly helpful and inspiring during the month they were with us. We'll be eating some of the canned tomatoes and preserves Pasha inspired the barn crew to make with the less-than-perfect fruits. Much better than composting them! We'll miss them, and hope they'll return next season for a longer stay.

Next week we bid adieu to our Canadian farmer visitors, Gilles and Marie, who have thoroughly thawed out and are ready to wend their way

back north. We really appreciated their help.

Farm Manager Intern Sadie shares her love of sage with us.

Mmmmmmmmmmm.....sage. You smell so good; oh, I love you so... I will be frying you up all crispy in butter this weekend...

I had the best spot on the share packin' line today, responsible for placing your beautiful bunch of sage in the box. (Probably also the easiest spot, especially when compared with Gilles, who had the tough job of stuffing those giant turnips into your share box!) We are now halfway through the season and have the best crew this year. Share packing gets easier each week. It is only 9 in the morning; we have finished the family shares and are well into packing the small shares—an amazing display of efficiency and teamwork! Working with such great people makes all the difference on busy, share-packing Fridays.

Back to the sage—my hands are beautifully perfumed with it as I sit here typing. My obsession with food is what first brought me to farming and eventually led me to South Florida in 2009. I've been here at Bee Heaven Farm with Margie for over a year now, spoiled rotten by the availability of fresh, organic produce... If you ask my co-workers, they will tell you that I am *constantly eating*. My life revolves around food and I am looking forward to the weekend!

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

Featured Items

Sage This is an herb used since ancient times for its medicinal value. Sage is used as a remedy for respiratory infections, congestion, cough and to soothe sore throats. It has a number of other medicinal uses. Its culinary value was not appreciated much until after the 1800's. The name is derived from a Latin word denoting health or healing powers. Nowadays, sage is often used as a seasoning for meats and poultry. But it pairs well with most vegetables, too. Sage makes a nice tea. Try it in cornbread, or make the browned sage butter that's Sadie's favorite.

Turnips with tops You get a double-value here—an awesome root vegetable, plus a great cooking green. Turnips are good in stews, soups, and roasted. Slice thickly, season with olive oil, salt, pepper and your favorite seasonings, and roast in a shallow pan together with carrots, onions, potatoes and other root vegetables.



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>
1	PeaShoots (HHF) - Family shares: 1 bag
130	Mizuna (WF) - Everyone: 1 bunch
130	Collards (WF) - Family shares: 1 bunch
130	Italian Dandelion Greens (WF) - Family: 1 bunch / Small: 1/2 bunch
130	Celery (WF) - Everyone: 1 bunch
130	Assorted Turnips/wtops (WF) - Family: 3 each / Small: 2 each (EAT THE TOPS!)
0	Cincinnati Market Radishes (BHF) - Family: 2 sm bunches (TOPS ARE GOOD EATING TOO)
8	Assorted Slicer Tomatoes (SOF) - Family: 2 / Small: 1
8	Heirloom Grape Tomatoes (SOF) - Everyone: 1 pint
0	♥ Wildflower ♥ Honey ♥ (MB) - Everyone: 1 8oz jar ♥
8	Sage (SOF) - Everyone: 1 bunch
	☺ Xtras - Take a little something ☺
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: Hani's Mediterranean Goat Cheese Spread & Med Shares (RMO): Hommos
0	Honey & Pollen Shares (MB): Next in March
88	Salt (FKSS) Shares: Next in March
79	Rice Shares (SCR): Next in March
0.5	Redland Tilapia (OGN): Next in March
	<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; PNS=PNS Farms; HHF=Health & Happiness Farm; MB=Miguel Bode, beekeeper**; WF= Worden Farm (Punta Gorda); All are certified organic, except those tagged **not certified, naturally-grown