



Recipe of the Week

Apple and Watermelon Radish Salad with Feta and Walnuts

- adapted from foodandwine.com

1/3 cup walnuts	5 cups pea shoots, cut crosswise into thirds (or baby greens mix)
1 1/2 Tbsp mayonnaise (or yogurt/sour cream mix)	2 medium watermelon radishes, peeled & thinly sliced
1 Tbsp walnut oil	1/2 Fuji apple-cored & thinly sliced
1 Tbsp extra-virgin olive oil	2 1/2 oz feta cheese, crumbled
Kosher salt & freshly ground pepper	2 Tbsp snipped chives (or Chinese leeks-aka garlic chives)

1. Preheat the oven to 350°. Spread the walnuts in a pie plate and toast for 8 minutes, until lightly golden and fragrant. Let cool, then coarsely chop.
2. Meanwhile, in a large bowl, whisk the cider vinegar with the mayonnaise, walnut oil and olive oil and season with salt and pepper. Add the pea shoots (or greens), radishes, apple, walnuts, feta cheese and chives and toss to coat. Serve right away.

Betel Leaf

A black pepper relative, betel leaf has a distinct smoky flavor, reminiscent of smoked sausages. As a seasoning, use sparingly, as it has a strong flavor. As the wrapper in fried roll-ups, filled with meat or veggies, or simply dipped and fried in tempura batter, it's fantastic. Check out these recipes:

[Tempura-fried Betel Leaf w/coconut crab sauce](#) in the 2009-2010 Week 3 newsletter

[Mieng Kam](#) wraps recipe in the 2010-2011 Week 9 newsletter

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our attention once again to a long list of tasks we strive to accomplish. Whether is it scrambling to unload a newly arrived Victor, his truck fully stocked with the latest and greatest from Worden Farm, or reorganizing broccoli countless times in order to get the best end product for ourselves and our customers, every effort is made to complete such tasks in a way that will please. I have told you these things not to be bitter, but to make the produce you enjoy sweeter. Whenever you take a bite of the fine vegetables, honey, salt, cheese or Med shares we provide, you can be assured that a high quality of effort has gone into each and every thing. As always I hope that you continue to support Bee Heaven Farm and all the people involved. Thanks again!

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

The price of fame

After all the hype and anticipation last week at the market, the Food Network folks ended up filming for about 5 minutes in George Mira's Native Conch kiosk (but only after covering up all his signs with pink crepe paper, rendering it incognito). They also did some background shooting at one of the produce vendor booths. That's it! No contestants coming through to shop, look, or anything. A couple of the production crew folks did stroll through the market and bought an item or two from us—something they could eat in their hotel room without having to cook.

The filming created some havoc at the market. The crew blocked off an entire aisle of parking, making it difficult for the vendors to set up and break down and for market customers to find parking spots. So, even though we stayed an extra 3 hours (at their request), vendors were grouching about reduced sales and wasted time... and the film crew mainly stood around waiting. Most of the film action happened inside Pinecrest Gardens, where they filmed for several days.



SPOTLIGHT ON RADISHES

Radishes are in the Mustard family (a cruciferous vegetable) closely related to turnips. There are two general types of radishes—Spring and Winter. Spring radishes, the kind we see most often grow and mature very quickly, and are ready to be harvested in 21 to 30 days. These include the familiar red round radishes, French Breakfast radishes (those elongated red ones with a white tip), and many other colors and shapes. This type of radish must be harvested IMMEDIATELY when it's ready, as it becomes sharp and pithy when left in the ground too long (which may be as little as one day!).

Then there's the Winter, or storage radish. This group includes the watermelon radishes that are in this week's share, the very spicy black Spanish radishes, and a handful of others. What distinguishes these radishes is that they take a lot longer to mature, typically from 45 to 60 days. They're a bit more forgiving about harvesting, and when mature, can 'hold' in the field for a few days, simply growing larger. These radishes do very well in storage, becoming sweeter with time.

There's actually a third type—the seed-pod varieties like 'Rat-

Tail', which are grown for their spicy seed pods.

All radishes have this in common: their leaves make a nutritious green. Most, like turnip leaves, are a bit 'hairy', needing cooking so the little hairs don't assault your mouth. Some varieties have smooth leaves, and those are great raw in salads.

Radish greens are cooked like any other green. A simple favorite of mine begins with olive oil, garlic, salt and pepper to taste, plus seasonings to fit the meal's theme. For instance, for an Asian twist, add sesame oil, a splash of soy sauce, and top with some toasted sesame seeds. Add tofu to turn it into a main dish. Or, for Mediterranean flair, add some oregano and grate some good quality Romano or Parmigiano cheese on top just before serving.

INTERN CORNER

Intern Tim shares his insight with our CSA members this week.

Odds are that you have not yet felt the full Bee Heaven Farm Experience, unless you yourself have toiled long hours in order to produce the fine quality for which Bee Heaven is known. Every day with the morning sun this farm demands

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

Featured Items

Yukina Savoy Like a Tatsoi on steroids (in a good way)... crunchy, mild, tender. Cook like spinach or in stir-fry. Be sure to use the crispy stalks too.

Watermelon Radish This storage radish is mild, beautiful, and gets sweeter with age. Use the tops as cooking greens. Store the bottoms separately in your crisper drawer. Cut thin slices and serve whole or cut each slice into wedges, like a pizza or a slice of watermelon.



Family Share Week 12



Cheese Share Mediterranean Share

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!

Get the preview Friday night online at the Redland Rambles blog: www.redlandrambles.com

Small Share Week 12



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>
130	Broccoli (WF) - Family shares: 4 heads / Small shares: 3 heads
130	Fennel (WF) - Everyone: 1
130	Endive (WF) - Family shares only: 1 bunch
130	Red Mustard (WF) - Everyone: 1 bunch
130	Yukina Savoy (WF) - Everyone: 1 bunch
130	Assorted Lettuces (WF) - Family shares only: 1 head
3.5	Paradise Farms "Euro" salad mix (PF) - Small shares only: 1 4oz clamshell
2	Callaloo (TSF) - Family shares only: 1 bunch
130	Watermelon Radish w/top (WF) - Family shares: 3 / Small shares: 2 -USE TOPS TOO-
130	Green Peppers (WF) - Family Shares: 2 / Small shares: 1
0	Garlic Chives (BHF) - Family shares only: 1 bunch
8	Betel Leaf (PT) - Family shares only: 1 bag (5-pack)
	☺ 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 assorted Cheeses & Med Shares (RMO): Baba Ghanoush
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; PF=Paradise Farms; MB=Miguel Bode, beekeeper**; WF= Worden Farm (Punta Gorda); HMO=Hani's Mediterranean Organics**;
 TSF=Three Sisters Farm**; PT=Possum Trot/Homestead Organic Farms
 All are certified organic, except those tagged **not certified, naturally-grown