



### Recipe of the Week

#### Gingery Acorn Squash and Potato Curry

- adapted from *Holy Cow!* Vegan recipes

Heat the oil. Add the mustard seeds and when they pop add the onions, curry leaves and red chillies.

1 acorn squash, peeled & cubed into 1/2" pieces	1 Tbsp grated ginger
2 med potatoes, cubed and microwaved for 5 mins	2 dry red chillies
1 tsp canola or other vegetable oil	1 medium onion, sliced (or 2-3 scallions, chopped, tops and all)
1 tsp mustard seeds	1/2 tsp turmeric
12-15 curry leaves (or 1/2-1 tsp curry powder)	Salt to taste, and fresh mint or cilantro leaves for garnish

Sauté until the onions turn translucent. Now add the turmeric and ginger and sauté for another minute. Add the cubed acorn squash, stir to coat with the spices, then add 1/2 cup of water. Bring to a boil, then lower the heat to a simmer, cover with a lid and let it cook about 7-10 minutes or until the squash is fork-tender. Add the cooked, cubed potatoes and stir well together. Add salt to taste. Garnish with mint or cilantro, if desired.

#### Fresh Snap Bean Recipes

Check out these very easy and simple recipes in our newsletter archive, mostly using 4 ingredients or less:

- \* ["Steamed Taters 'n Beans"](#) contributed by CSA member Bill D. Week 13, 2010-2011 season
- \* ["Green Bean and Cherry Tomato Salad"](#) Week 3, 2007-2008 season
- ["Simply Beans"](#) Week 4, 2006-2007 season
- ["Pickled Beans"](#) Week 4, 2006-2007 season
- ["Stir-fried green beans"](#) Week 13, 2003-2004 season

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Redland farmers.

This CSA is unique in that your goodie boxes are quite literally the fruits of many-a-farmer's labor vs. the typical CSA sourced from one farm. Each assortment comprises the sweat of various brows. I think this is a beautiful thing; it spreads the wealth, strengthens local economy, and offers you members a diversity we as a small farm cannot offer. Margie not only operates a farm but represents farmers by delivering their produce to your tables. Each farmer has his or her own system, beliefs, practices, etc, and I appreciate that Bee Heaven Farm is able to support such differences, because there is never just one way to accomplish any feat, such as the one of cultivating organic sustenance. Our CSA, although out of the norm, embraces diversity on many levels, and I am proud to have been a part of it.

So I bid you all adieu. In the words of Joe Dirt, "keep on keeping on." And keep on supporting.

**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)

Visit our **blogs:** [www.redlandrambles.com](http://www.redlandrambles.com), and [www.beeheavenfarm.wordpress.com](http://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

### Spring is here

Forget what the calendar says. Spring is clearly here. Warm days in the 80's, grass growing, trees blooming—we don't need melting snow to show us. We have plenty of not-so-subtle signs that the season is changing.

Every night (and day), the mockingbirds are singing their beautiful songs. The peacocks are calling out for mates (pah-KEO! pah-KEO!). Cardinals are trilling. Migratory spring birds are showing up. Husband Nick spotted a blue bunting flashing aquamarine through the avocado trees last week.

The mango and avocado trees are bursting with blooms, and people with pollen allergies are breaking out their tissues and meds. Deciduous trees (yes, we DO have some here), are popping out new leaves and buds. It's spring!



### SPOTLIGHT ON Heirloom Beans

Beans are a staple of many cultures. We think of dried beans as a source of protein. We forget that many of those very same beans are delicious in their immature form as 'snap' beans, or in their intermediate 'shelly bean' stage as a fresh (quick-cooking) shelling bean.

There are hundreds of bean varieties, with a wide range of types ('pulse' or dry beans, peas, broad or

fava, garbanzo, mung, winged, soy), sizes ('regular', yard-long), shapes (flat, round, filet, winged), and colors. You can find color variations in the pod (many shades of green, yellow, purple, striped), or in the bean itself—black, white, red, creamy, spotted, streaked, striped, 'eyed'... even one with a cool black and white yin-yang pattern (no kidding).

The bean plants themselves also vary, from short bushy to climbing types.

At Bee Heaven Farm we regularly grow Gold of Bacau, a large, flat-podded yellow 'Romano' type of bean, which has a meaty texture and holds up well to soups and stews. It's juicy and delicious. Another bean we grow every year is Rattlesnake snap bean, a tasty snap bean that has purple-striped green pods.

Completing the basic trio on the farm, we also grow a purple-podded snap bean—some years we grow a bush and other years a pole version of the bean.

We also grow Dragon's Tongue beans, a bushy snap bean that has yellow pods with purple streaks, and Tongue of Fire, a bushy shelling 'cranberry bean' heirloom, white with shocking pink streaks in the pods and the beans, which fade with cooking.

Though striking, the purple coloration on ALL beans will turn green when cooked—a perfect blanching indicator. It's a little disappointing, but you can reduce or eliminate the fading by NOT cooking the beans. Instead,

marinate them lightly in your favorite salad dressing and serve promptly. (If they sit too long in a vinegar-based dressing, they will, like raw fish becoming ceviche, be 'cooked' and the purple will fade.)

Whatever form they come in, enjoy your beans—they are high in fiber and very nutritious.

### INTERN CORNER

*Wwoof*er intern Erinn is leaving next week. We'll surely miss her.

Well, I just finished packing my last CSA share here at Bee Heaven Farm. In less than one week, I will be westward bound, across the plains, over the Rockies, and on to Portland, Oregon. I'll certainly miss the blissful weather and delicious tropical fruits, but the land of mountains, rivers, and rain calls my name.

I consider myself blessed to have experienced three months existing on this slice of earth. I'm glad to have trimmed your tatsoi, plucked your tangerines, and begrudgingly handled your fennel root. There is much to learn at Bee Heaven Farm whether it's in the weeds, the veggies, the kitchen, or in one of the many books I've devoured in the evenings. I am particularly thankful to have witnessed the collaboration of so many

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

## Featured Items

**Escarole** Salad green? Cooking green? Vegetable? Yes—all of the above. Escarole is a nutritious and often-overlooked member of the chicory family, along with Belgian and curly endive, and frisee. Francine, who writes about the shares at Worden Farm, has a great blog post this week about escarole. Check it out here: <http://wordenfarm.wordpress.com/2012/02/28/serve-escarole-cooked-or-au-natural/>. We also have recipes for [White Bean Escarole Soup](#) (Week 7, 2010-2011 season), [Japanese Ginger Salad Dressing](#) to serve over raw escarole, (Week 10, 2010-2011 season), and [Escarole with](#)



Family Share Week 13

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

### Small Share Week 13



### This week's salt share:

*"Late spring/new moon, harvested 06/15/11; 26 day salt"*

This 'almost summer' salt is bright and sharp with large hard crystals and some of our most rare varietal, piramides. Piramides are small Aztec type pyramid crystals that form when days are hot and evaporation happens FAST!"

**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	<b>Escarole (WF)</b> - Family shares: 1 head
8	<b>Rainbow Chard (SOF)</b> - Everyone: 1 bunch
130	<b>Acorn Squash (BF)</b> - Family shares: 2 / Small shares: 1
130	<b>New Potatoes (AG)</b> - Family shares: ~2.5 lbs / Small shares: ~1.5 lbs
0	<b>Assorted Heirloom Pole Beans (BHF)</b> - Family shares: 0.5 lbs / Small shares: 0.3 lbs
130	<b>Assorted Lettuces (WF)</b> - Everyone: 1 head
8	<b>Grape Tomatoes (SOF)</b> - Everyone: 1 pint
8	<b>Mixed Heirloom Cherry Tomatoes (SOF)</b> - Everyone: 1 pint <b>**Black Beauty &amp; White Cherry**</b>
130	<b>Scallions (WF)</b> - Everyone: 1
8	<b>'Carmen' Sweet Italian Frying Peppers (SOF)</b> - Family Shares only: 2
	☺ <b>Xtras</b> - Take something out, put something in... ☺
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: Nest week &amp; Med Shares (RMO): Next Week</b>
0	<b>Honey &amp; Pollen Shares (MB): THIS WEEK</b>
88	<b>Salt (FKSS) Shares: THIS WEEK, <i>Late spring/new moon, harvested 06/15/11; 26 day salt</i></b>
79	<b>Rice Shares (SCR): THIS WEEK</b>
0.5	<b>Redland Tilapia (OGN): THIS WEEK</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, in Homestead/Redland unless otherwise noted

BHF= Bee Heaven Farm; SOF=Sunshine Organic Farms; PNS=PNS Farms; WF= Worden Farm (Punta Gorda); SCR=Sem-Chi Rice/Florida Crystals (Belle Glade); AG=Allan's garden\*\* (Punta Gorda); FKSS=Florida Keys Sea Salt; MB=Miguel Bode, beekeeper\*\*

All are certified organic, except those tagged \*\*not certified, naturally-grown