



Recipe of the Week

Quick Pickled Beets

- adapted from *Simply Recipes.com*

The vinegar in these quick pickles enhances the naturally sweet flavor of the beets.

3-6 beetroots (depending on their size)	1 Tbsp olive oil
1/4 cup cider vinegar	1/2 tsp dry mustard
1 Tbsp sugar	Salt & Pepper

If the beets still have their tops attached, remove the greens from the beetroots and save the greens in a closed plastic bag in the fridge for future use. Cut beets to uniform sizes so they will cook evenly. Steam or boil around 30 minutes or until done. (Alternatively, you can roast them by wrapping them whole in foil and cooking them in a 350°F oven for about an hour.) A fork easily inserted into the beet will tell you when the beets are done.

Drain the beets, rinsing them in cold water. Use your fingers to slip the peels off the beets. The peels should come off easily. Discard the peels. Slice the beets.

Make the vinaigrette by combining the cider vinegar, sugar, olive oil, and dry mustard. Whisk ingredients together with a fork. The dry mustard will help to emulsify the vinaigrette. Adjust to taste. Add salt and pepper to taste. Combine beets and vinaigrette in a bowl and allow to marinate for a half hour at room temperature.

These pickles can be refrigerated overnight to allow the flavors to blend more evenly.

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did spot a couple of neighbor dogs out for a walk nearby, but they didn't approach our property. We also saw a stealthy figure looking much like a slim German Shepherd slinking silently along the edge of the property. The figure had a much slimmer rear end and very pointy ears, about knee-to-mid-thigh in height, with a dark pelt. It was eerie how totally silent it was, moving in the predawn hours. There have been reports of coyotes in South Dade now for a couple of years, but nothing officially confirmed. If it IS a coyote, it's really scary knowing that they can interbreed freely with dogs. Imagine a coyote/feral dog cross—the worst of both worlds!



SPOTLIGHT ON

Preserving the Harvest

In just a few short weeks our winter growing season and your weekly CSA deliveries will be over. Have you started preserving some of the abundance in your share to enjoy during the summer months? Blanching and freezing works well for many greens. Prepared dishes, such as eggplant lasagna, freeze well too for a quick meal on a busy night. Dried herbs, pickles, and ferments are other options. A good online reference resource is www.PreserveFood.com—there are plenty of books, blogs and websites 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, 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



This week we were eagerly anticipating the new green bean harvest. Imagine my dismay when I received a call from bean grower Dan early on Wednesday (harvest day), telling me that there would be no bean harvest. As a matter of fact, he said there would be no more harvests from any of his fields for the rest of the season. His fields suffered from diseases brought on by the odd weather, as well as a batch of chicken-manure-based fertilizer that turned out to be too 'hot'. It burned the plants, and they could not recover from the double whammy. Now Dan will be turning under the crop, having spent a lot of money on growing it, with absolutely no return. He's so discouraged he's talking about ceasing farming altogether.

Dan's primary business is growing certified organic green beans. During the winter months, he supplies beans all across the country. I've seen airline containers

waiting to be filled, as well as big trucks pulling up to load pallets of beans. Our CSA was a drop in the bucket for him—but a consistent one. In the summertime, Dan handles tropical fruit—primarily avocados, but also mangoes, canistel, lychees and others.

We hope he will reconsider, but this may indeed be the death knell for Homestead Organic Farms (formerly Dirnberger Farms), the longest-running certified organic farm in South Dade.

Our Hero!

Last week, on his way to pick up CSA veggies at Worden Farm, Victor saw a car veer off the pavement and into the canal alongside. He immediately pulled off the road, grabbed his heavy-handed pocket knife, and jumped in the water. He used the hilt of the knife to break



the car window and helped the guy out of the car. Once Victor had the

man safely back on land, they watched as the car sank (he took a short video), along with a few bystanders that had stopped to gawk. Then Victor hopped back into the truck, sopping wet, and continued on his errand. For his quick-thinking, selfless and courageous act we've decreed him 'Our Hero!'

Dogs...or Coyotes?

This past week we were subjected to multiple attacks on our chicken tractors. At first we were pretty sure it was the usual—a pack of loose and stray dogs in a killing frenzy. Each time all the chickens in the pen were killed, one was eaten, and one was dragged down the road, where we would find its remains or a trail of feathers as evidence. We lost a total of 17 chickens.

Now, we're starting to think there may be a coyote involved. Back in January, one of our cats was brutally attacked. He was bitten in the jugular vein and left to bleed out. We've had cats attacked before, but not like this. With these recent chicken killings, we began a series of overnight vigils. We've had no further attacks (yet). We

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

Featured Items

Paradise Farms BBB Gabriele's Baby Brassica Blend is a staple offering at many of the very best high-end restaurants in Miami. This mix of baby mizuna, kale and three kinds of mustard is jam-packed full of nutritious goodness. This is a highly perishable item, so plan on eating it within a couple of days.

Bay Leaf This is the 'real' Bay Laurel of cooking, a plant that prefers a Mediterranean climate. Sawmill Farm has somehow found an ideal spot to grow these pesticide-free trees on their homestead. Like avocados, a close relative, bay laurel is threatened by the laurel wilt disease that is killing our native bays. Hang the sprig to dry—it keeps well.



Family Share Week 14



Mediterranean Share

Cheese 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 14



About the shares... There are 2 share box sizes, FAMILY (3/4bu) and SMALL (1/2bu). Please take the right one for you. It's 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 distance (as the crow flies) from BHF

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	Italian Dandelion Greens (WF) - Family shares only: 1 bunch
130	Escarole (WF) - Small shares only: 1 head
3.5	BBB-Baby Brassica Blend (PFO) - Everyone: 1 clamshell >>Very Perishable-eat soon<<
2	Callaloo (TSF) - Small shares only: 1 bunch
130	Beetroots (WF) - Family shares: ~3 lbs / Small shares: ~1.5 lbs
3	Green Beans (HOF) - Family shares: 1 lbs / Small shares: 0.5 lbs >>CROP FAILURE ☹<<
130	Assorted Lettuces (WF) - Family shares only: 1 head
8	Grape Tomatoes (SOF) - Family shares only: 1 pint
80	Celery (C&B) - Everyone: 1 bunch
8	"Carmen" Sweet Italian Pepper (SOF) - Family shares only: 1
8	Spring Onions (SOF) - Family shares only: 1 bulb w/top >>Eat the top too!<<
4	Bay Leaf (SF) - Everyone: 1 sprig >>Air dry & store in a cool dark place in a jar<<
80	Cilantro (C&B) - Family shares: 1 bunch / Small shares: 1/2 bunch
	☺ Xtras - Take something out, put something in... ☺
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: Feta & Med Shares (RMO): Mediterranean Tomato & Rice
0	Honey & Pollen Shares (MB): April 7-8 (last one of the season)
88	Salt (FKSS) Shares: April 7-8 (last one of the season)
79	Rice Shares (SCR): April 7-8 (last one of the season)
0.5	Redland Tilapia (OGN): April 7-8 (last one of the season)
	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!

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); PFO=Paradise Farms Organic; C&B=C&B Farms/Little Cypress Organics (Clewiston); TSF=Three Sisters Farm**; SF=Sawmill Farm**MB=Miguel Bode, beekeeper**

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