



Recipe of the Week

Stuffed Collard Greens

- by Martha Rose Shulman, from *The New York Times*

This is a typical Greek dolmades filling. They keep well for 3-4 days in the fridge.

1 lg bunch collards, stemmed	3/4 cup medium grain or basmati rice	1/2 tsp freshly ground black pepper
1/4 cup EVOO	2 Tbsp-1/4 cup lightly toasted pine nuts	1 1/4 cups water
1 lg onion, finely chopped	1 14oz can chopped tomatoes, drained (reserve the juice)	2 Tbsp chopped fresh mint
4 garlic cloves, minced	2 tbsp-1/4 cup currants or raisins	1/4 cup chopped fresh dill
Salt to taste	3/4 tsp cinnamon	Juice of 1 lemon
1 tsp sugar	3/4 tsp freshly ground allspice berries	1 lemon, sliced thin (optional)

Bring a large pot of water to a boil while you carefully stem the collard greens, trying to keep the leaves intact. Fill a bowl with ice water. When the water comes to a boil, salt generously and add the collard leaves in batches. Blanch two minutes and transfer to the ice water. Drain, gently squeeze out excess water and set aside.

Heat 2 tablespoons of the oil over medium heat in a large lidded skillet, and add the onion. Cook, stirring, until tender, about five minutes. Add the garlic, salt and sugar, and cook, stirring, until the garlic is fragrant, about a minute. Add the rice and pine nuts, and stir together until the rice is coated with oil. Stir in the tomatoes, currants, cinnamon, allspice and salt and pepper to taste. Stir together, and add 1 cup water or enough to barely cover the rice. Bring to a boil, reduce the heat, cover and simmer until all of the liquid has been absorbed, about 20 minutes. Remove from the heat. Allow to sit for 10 minutes without disturbing. Stir in the mint and dill.

Oil a wide, deep, lidded sauté pan or saucepan with olive oil. To fill the leaves, place one on your work surface, vein side up and with the stem end facing you. The leaf may have a big space in the middle where you stemmed it; if so, pull the two sides of the leaf in towards each other and overlap them slightly. Place about 1 level tablespoon of filling on the bottom center of each leaf. Fold the sides over, then roll up tightly, tucking in the sides as you go. Place seam side down in the pan, fitting the stuffed leaves in snug layers. Drizzle on the remaining 2 tablespoons olive oil, and pour on the lemon juice. Barely cover with water, and top with a layer of lemon slices.

Cover the stuffed leaves with a round of parchment paper, and place a plate over the paper to weight them during cooking. This will keep them from opening. Bring to a simmer, cover and simmer over low heat for 45 minutes to an hour until the leaves are tender. Remove from the heat, and carefully remove the dolmades from the water with a slotted spoon or tongs. Allow to drain on a rack set over a sheet pan. Serve warm or cold.

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

INTERN CORNER

Farm intern Marsha talks about dirt this week...

Only 5 more weeks of shares, and with good reason. The end of our winter growing season is fast approaching. We can already see the signs—some crops are failing, sometimes overnight. Heirloom tomato plants, which don't have many defenses against diseases and pests, are starting to die. Since most of these varieties are indeterminate plants, we can eke out a few more weeks of production from the actively growing tops, while their bottom halves die down.

This week we expected to include bok choy in your boxes, but when harvest time came, it didn't look so good. Rainbow chard to the rescue! We had also planned to have Paradise Farms' Euro lettuce mix in the shares, but that didn't look so good either, but the BBB looked good, so that's what we used.

In this issue, we've tucked in a coupon for \$2 off the purchase of any Lucini Italia product. If you're not familiar with this brand, take the opportunity to buy yourself a bottle of some amazing olive oil, hand-crafted directly from select Italian family farms. Lucini Italia Company founder Renée Frigo Graeff is the current Slow Food Miami Convivium president, and she graciously prepared these coupons exclusively for our CSA members.

This week, CSAers, I'd like to share some musings on dirt. I've been noticing a reticence, at farmer's market, for people to let their "dirty roots" touch the less-gritty, above-ground ("upper-crust?") veggies like arugula and tomatoes. The ones down in the dirt, which last the longest in our cupboards and sustain us with such hearty stock, are too often held at arm's length, with a wince. They are relegated to plastic baggies to keep them separated from what's "clean." Which makes me wonder... why is such beautiful soil so maligned? Surely people realize that a quick rinse 'neath the faucet is all the produce needs when it gets home, and that that baggie will be one more item for the land-fill. Yet they just don't want the soil to get too near them. Why? Have we become so separated from our source? Think about it: this "dirty" stuff is where our sustenance comes from, and honor is due not only it, but all the people who are covered in it because of they work they do—digging and sweating and all that good stuff. This brings me to a poem I want to share with you. May it remind you that our connection to dirt (and to toil) is important, and that those who've lost that connection can regain it in a weekend, with a shovel or just some eager fingernails. Enjoy!

Hoing by John Updike

"I sometimes fear the younger generation will be deprived of the pleasures of hoeing; there is no knowing how many souls have been formed by this simple exercise.

The dry earth like a great scab breaks, revealing moist-dark loam -- the pea-root's home, a fertile wound perpetually healing.

How neatly the great weeds go under!
The blade chops the earth new.
Ignorant the wise boy who has never rendered thus the world fecunder."



Assembling the newsletters



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

Featured Items

Hoja Santa This black pepper relative (*Piper auritum*) is also known as the Root Beer Leaf, because it tastes so much like the drink. It's a popular Mexican herb. The supple leaves are used to wrap tamales or fish for baking. It's also used as an ingredient in "Mole Verde" and to flavor soups. Artisanal cheeses are sometimes wrapped in this leaf, which lends the cheese a mellow glow.



Family Share Week 15



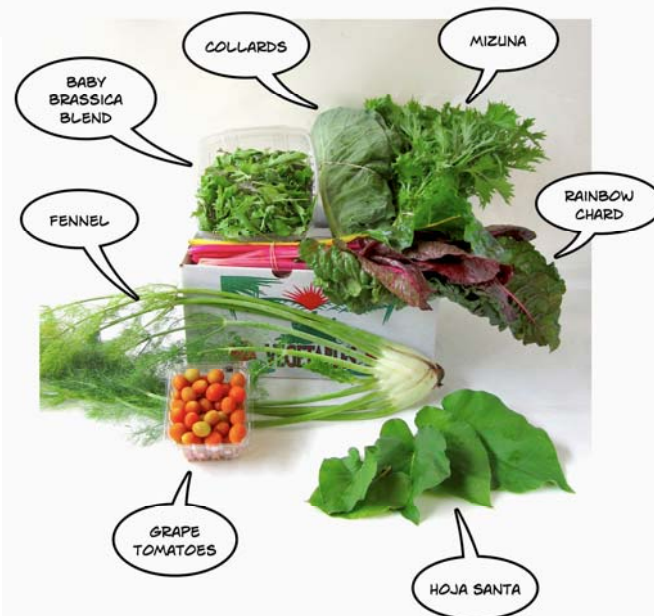
Small share box Family share box

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 15



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	Red Mustard Greens (WF) - Family shares only: 1 bunch
130	Mizuna (WF) - Everyone: 1 bunch
3.5	BBB-Baby Brassica Blend (PFO) - Everyone: 1 clamshell >>Very Perishable-eat soon<<
130	Collards (WF) - Family shares: 1 bunch / Small shares: small bunch
130	Fennel (WF) - Everyone: 1 bulb w/tops >>Eat the tops too<<
130	Bok Choy (WF) - Everyone: 1 head >> CROP FAILURE ☹<<
8	Rainbow Chard (SOF) - Everyone: 1 bunch
2	Sunflower Sprouts or Pea Shoots (HHF) - Family shares only: 1 pint/bag
130	Young onions "scallions" (WF) - Family shares only: 1 bunch
8	Grape Tomatoes (SOF) - Everyone: 1 pint
8	Hoja Santa (PT) - Everyone: 1 bag/5 leaves
EXTRA	Check inside your newsletter for a \$2 Lucini product coupon!
	☺ 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 & Med Shares (RMO): Next week!
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)
	<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; WF= Worden Farm (Punta Gorda); PFO=Paradise Farms Organic; Health & Happiness Farm; PT=Possum Trot/Homestead Organic Farms; MB=Miguel Bode, beekeeper**

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