



Recipe of the Week

Moroccan Yukina Savoy and Red Quinoa Skillet

- by Heather [Gluten-Free Cat](#)

1 lemon – juice and zest	4 garlic cloves, minced	1 cup dried apricots, chopped
1 Tbsp paprika	1 yellow onion, chopped	1 cup red quinoa
1 tsp sea salt	2 1/2 cups carrots, chopped	3 cups (gluten-free) vegetable stock
1/2 tsp pepper	2 cans white cannellini beans, drained & rinsed	1 handful chopped parsley
1 Tbsp olive oil	1 bunch yukina savoy or 4 cups another green (bok choy, spinach, kale, etc...)	

1. Place the red quinoa in a bowl of water and soak while preparing the next four steps.
2. Combine the paprika, cumin, salt, and pepper in a small bowl and set aside.
3. Zest the lemon, juice it, and set them aside separately.
4. Chop the onion, carrots, yukina savoy, and set them aside separately.
5. Heat the olive oil in a large skillet or wok over medium heat and sauté the minced garlic until it's lightly browned. Add the onions, lemon zest, and apricots and cook until the onions are soft.
6. Drain and rinse the red quinoa, and add it to the skillet. Then add the lemon juice, carrots, cannellini beans, spices, and chicken stock. Raise the heat, bringing the mixture to a boil, and stir for 3-5 minutes. Cover, reduce the heat to medium-low, and simmer for 20 minutes or until the liquid is absorbed.
7. Add chopped yukina savoy, or greens of your choice, stir to combine, and cover for 5 minutes or until the greens have softened.
8. Keep covered, remove from heat, and let it sit for 5 minutes.

Gently stir, serve, and garnish with parsley. Serves 6

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Former CSA member Bill J., before closing down his blog [Tinkering with Dinner](#) in December, explored uses for the items in his weekly share. His recipes were always thoroughly explained and beautifully illustrated, guiding you step-by-step through his experience with the preparation of each dish. He published these two Yukina Savoy recipes in March of 2011—a pork stir fry and a cream of yukina savoy soup: <http://tinkeringwithdinner.blogspot.com/2011/03/csa-week-12-couple-of-yukina-savoy.html>

****ONLY 4 MORE WEEKS LEFT IN THE SEASON****

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

From day to day, now, you can see the changes—bean plants and tomato plants dying right and left. Lettuce and mustards bolting. The leaves of many greens, though still good to eat, are toughening up. Some are developing various leaf diseases. On the other hand, baby mangoes, avocados, and lychees are visible, while longans are blooming. The transition to summer has clearly begun.

Remember two weeks ago, Dan (Homestead Organic Farms) had to plow under the bean field right at harvest? Well, he was able to partially harvest another field this week, so we reap the benefit of some nice beans. However, that will truly be IT for his bean fields. If we're lucky, we may be able to get beans from one of our farm partners near Lake Okeechobee once more before the season ends. Cross your fingers!

Last week we had the pleasure of hosting a group of eager students from FIU, many of whom had never experienced the outdoors at a farm up close and personal. The group camped out with us while completing their educational service project at a nearby migrant center. In their off-hours, they helped us weed, clean up, pack the shares, and even joined us at the farmers market.

Intern Marsha to the rescue! When Marian arrived to take pictures of the shares, she didn't realize that her camera battery was dead, and the charger was not in her supplies pack.

Of course, this on a day when we needed to wrap up early. Farmer Margie was going to the Slow Food Miami Snail of Approval Awards Party in Miami Beach in the evening. (Did you go?) A frenzied search ensued. Farmer Margie found her camera, but not the battery pack (it was later located). Turns out Marsha has a VERY nice camera and it was ready to go, so the day was saved. Thanks, Marsha!

VOLUNTEER CORNER

From time to time, volunteers stop at the farm to help out with various farm tasks. CSA members are always welcome to stop by and help out, whether it be packing shares, planting seeds, potting transplants, weeding, or special projects... Louis R. brought the group to us, and liked his experience so much he has returned to continue helping out. He provided this information about their group.

[Alternative Breaks](#), or aB for short (intentional syntax), at FIU—along with similar programs at the University of Miami, the University of South Florida, the University of Florida, and 250 other institutions across the country—are creating ripples of change with direct service in various community areas. These include rural/ urban poverty, environmental concerns, struggles

within the migrant worker community, women's rights, and over 20 other important issues of concern to the South Florida community.



FIU aB volunteers packing shares

Bee Heaven Farm proudly hosted its own blossoming but city-dwelling group of active citizens last week, who with over 750 hours of service, have brainstormed on how to make our 'My-hammy' community better. A coalition of community partners including *Possum Trot Tropical Fruit Farm*, *Everglades Housing Village*, and *We Count* partnered in the week-long efforts.

Louis tells us: "...without your help, our project would have been a completely different experience. I think what is happening on this farm and in Redland) overall is something that many if not most of my peers could benefit from experiencing."



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

Featured Items

Yukina Savoy This is a larger form of tatsoi, also known as 'Japanese Spinach'. If you're unfamiliar with this great Brassica, prepare it like you would spinach. DO include the 'stalks'. Chop them and add them in first, because the leaves will cook very quickly. You can also steam it, include it in a stir fry, or use it in a soup. Or check out the recipe on the back page and the links to the recipes in former member Bill J's blog (see page 4).



Small share box Family share box



What does it look like?

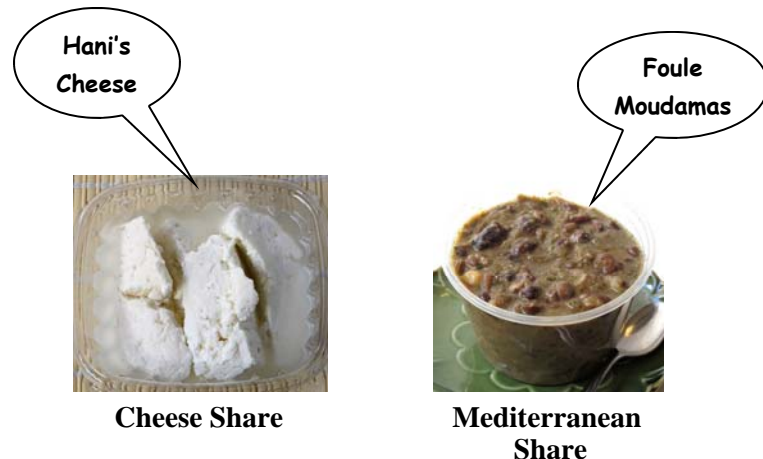
Every week, we include pictures to help you identify everything in your shares, especially those strange things you never saw before!

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

Small Share Week 16



Family Share Week 16



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	Yukina Savoy (WF) - Family shares only: 1 bunch
130	Red Kale (WF) - Everyone: 1 bunch
130	Lettuce (WF) - Everyone: 1 head
130	Dandelion Greens (WF) - Family shares only: 1 bunch
3	Green Beans (HOF) - Family shares: 1.5 lbs / Small shares: 3/4 lb
120	Yellow Squash & Zucchini (LMF) - Family shares only: 1 each
8	Baby Rosa Bianca (SOF) or Purple (LMF) Eggplant - Everyone: 1 small
2	Pea Shoots (HHF) - Small shares only: 1 bag
130	Beetroots (WF) - Family shares : ~ 2-3 lbs / Small shares: ~ 1-1.5 lbs
100	Celery (WF) - Everyone: 1 head
130	Parsley (WF) - Family shares only 1 bunch
	☹ Xtras - Sorry-- none this week... ☹
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 cheese & Med Shares (RMO): Foule
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; HOF=Homestead Organic Farms; PNS=PNS Farms; WF= Worden Farm (Punta Gorda); PFO=Paradise Farms Organic; HHF=Health & Happiness Farm; LMF=Lady Moon Farm (Punta Gorda); MB=Miguel Bode, beekeeper**

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