



Recipe of the Week

Lemony Steamed Fish with Vegetables & Mushrooms

- from *cooks.com*

2 cups julienned carrots	Salt & pepper to taste	4 shucked oysters (optional)
2-3 stalks bok choy, cut into 1" pieces	2 lemons, peeled & thinly sliced	8-12 broccoli flowerettes
3-4 oyster mushrooms, cut into pieces	1 lb a mild white fish, cut into serving sizes	Parsley for garnish
2 tsp grated lemon peel	4 uncooked shrimp (optional)	

Place steamer rack over 1/2 to 3/4 inch deep simmering water. Arrange carrots, bok choy, and mushrooms in bottom of steamer basket. Combine lemon peel, salt, and pepper and sprinkle over vegetables. Place lemon slices over vegetables and top with seafood. Arrange broccoli near edge of steamer. Sprinkle with remaining lemon peel mix. Steam 10 to 12 minutes or until fish flakes when tested with a fork. Remove fish to center of platter and flank with vegetables. Garnish with lemon slices and parsley.

Joy Choi Wraps

-adapted from *the intentional minimalist*

Joi choi or Mei Qing choy	Chives or garlic chives	Pineapple or other mild vinegar
Mizuna or arugula	Fromage blanc (or Hani's cheese)	Florida Keys Sea Salt
White Asian turnips	Mulberries, Mysore raspberries, or blackberries	

Trim stems off choi (save stems for another dish) and mizuna (or arugula). Thinly slice turnips and slice berries in half. Spread cheese on choi, top with turnip and berry half. Fold leaves over and tie with a chive leaf (save fleshy bottoms for another dish). Plate with mizuna (or arugula) and additional berries. Sprinkle with vinegar and crush some flake salt on top.

Here's a sampling of a few turnip recipes from past newsletters (there are lots of recipes including turnips in the newsletter archive—check it out! We have a search box on the archive page (see below in Tidbits):

- ◆ **Ben's Topsy Turnips** (Week 3, 2006-2007) <http://www.redlandorganics.com/newsletter/20061209.pdf>
- ◆ **Meg's Colorful Turnip Salad; Hiromi's Colorful Turnip Salad**—2 recipes in this newsletter issue (Week 12, 2005-2006) <http://redlandorganics.com/newsletter/20060304.pdf>
- ◆ **Potato-Turnip Fritters** (Week 20, 2008-2009) <http://www.redlandorganics.com/newsletter/20090418.pdf>
- ◆ **Turnips & Turnip Greens with Ginger and Garlic** (Week 5, 2003-2004) <http://redlandorganics.com/newsletter/20031220.pdf>

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 10 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

Mushrooms are back! Benjamin has struck out on his own and re-established his oyster mushroom production not too far from us (as Masopeh Farms, LLC). His application for organic certification is in process, and he should be receiving it soon. We missed those Redland-Raised oyster 'shrooms, and feel privileged to have his very first harvest included in this week's family shares.

Eat these versatile beauties sautéed in butter or a wine sauce. Include them in an omelet or fritata. Prepare them in a stir fry with bok choy, garlic chives and ginger, or add them to creamy soups.



Oyster Mushrooms

On the left: **Veggie Bounty** portion of a silkscreened accordion book in a series of farm-inspired art pieces by Rachel Pikarsky. ©2012

INTERN CORNER

This week intern Tim tells us about his summer plans. Have you made your summer plans yet?

As the season wraps up here at Bee Heaven Farm, each one of us ponders and plans the next stage of our development. I plan to head north to Amicalola Falls State Park, where Springer Mountain welcomes hikers to the southern terminus of the Appalachian Trail. What a vacation!

There's plenty of danger from both the wildlife and locals alike. Venomous snakes such as rattlesnakes and copperheads are common on the trail, along with the occasional bear and wild boar. Violent crime and murder have occurred on the trail from time to time, but all in all I think it will be a pleasant experience if I can survive the summer heat and all the other dangers. I hope you guys have a nice summer and take some time off too.

(Ed: Tim is quite capable of surviving in the wild—to hear some of his tales of past adventures. Most likely he will enjoy wild berries, beautiful flowers and amazing scenery, plus many a foggy morning! He's getting his gear ready for the long trek, and has been training by camping out all season here on the farm and taking hikes into the Everglades on his days off.)



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

Featured Items

Bok Choy/Pak Choy/Boy Choy These are some of the many names for this vase-shaped cabbage relative, most commonly seen in Asian cooking. Choys vary in compactness, size, the shape and color of their 'stalks', and the shape and color of their leaf blades. There are two kinds in this week's share, a white-stalked rather open habit Pak choi (aka Joy choi), and a pale-green, smaller, more compact Mei Qing choy.



Family Share Week 17

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 17



Small share box Family share box



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>
120	Broccoli (LMF) - Family shares 3-4 heads / Small shares: 1-2 heads
130	White Asian Salad Turnips/tops (WF) - Family shares: 1 bunch / Small shares: 1/2 bunch
130	Lettuce (WF) - Everyone: 1 head
130	Bok Choy—Pak choi or Mei Qing choy (WF) - Everyone: 1 head
2.5	Callaloo (TSF) - Small shares only: 1 bunch
120	Yellow Squash & Zucchini (LMF) - Everyone: 1 each
130	'Root' Basil (WF) - Family Shares only: 1 bag
6	Oyster Mushrooms (MF) - Family shares only: 0.35#
2	Microgreens (G.R.O.W.) - Everyone: 2/3oz bag
0	Garlic Chives (BHF) - Family shares: 1 bunch / Small shares: 1/2 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 & 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; MF=Masopeh Farms**; PNS=PNS Farms; WF= Worden Farm (Punta Gorda); LMF=Lady Moon Farm (Punta Gorda); TSF=Three Sisters Farm**; MB=Miguel Bode, beekeeper** ; G.R.O.W.=Green Railroad Organic Workshop**

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