



### Recipe of the Week

#### Italian Stuffed Patty Pan Squash

4 small to medium-sized patty pan squash	1 cup marinara sauce
1/2 lb Italian sausage or ground beef (grass-fed)	1/2 cup shredded mozzarella cheese

- from *Wishful Acres Farm blog*

To prepare the patty pan squash for stuffing, wash and then cut a circle around the stem, leaving a bit of the edge - as you would cut open the top of a pumpkin. Use a small spoon to scoop out the seed cavity and dispose of the seeds. The inside should now be hollow.

In a pan, brown the meat. Then add the marinara and stir to combine. Stuff the meat sauce into the hollowed-out patty pan squash. Top with shredded cheese.

Bake in a 350 degree oven for 30 minutes or until the squash is soft. To eat, cut with a knife and fork, eating the squash along with the stuffing. Enjoy!

#### Lebanese Beef & Rice

-adapted from a recipe at *nicolebaer.net*

2 Tbsp olive oil	1/2 tsp cinnamon	1/4 cup cilantro, chopped
1 med onion, chopped	Pinch of salt	2 Tbsp lemon juice
1 lb ground beef	1 bunch of yukina savoy, chopped	Cooked rice (white or brown)
1 1/2 tsp allspice	3 garlic cloves, minced	

1. In a large skillet, cook onions in 1 T olive oil for two minutes until slightly tender and add beef.
2. Cook beef until browned. Add allspice, cinnamon and a pinch of salt.
3. Add yukina savoy and mix into meat, then add water to pan just to cover the spinach. Bring to a boil.
4. Cover and reduce heat to simmer for 30 minutes.
5. In the meantime, saute the garlic and cilantro in remaining oil until tender.
6. Add the garlic and cilantro to simmering pan.

**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 10 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



#### SPOTLIGHT ON FKSS Salt Share

It's awesome when we can boast about another organic farm in South Florida. We welcome Sam and his newly-certified Witt Road Organics, a 42-acre spread located between Clewiston and La Belle, about 95 miles from Bee Heaven Farm (as the crow flies). Sam's first crop, green beans, are in your shares this week, just in time to pick up the slack from the recent crop failures here in Homestead.

Celebrate Earth Day by bicycling and eating your way around Redland. Slow Food Miami is sponsoring a Farm Bike Tour! Start and end your ride at Bee Heaven Farm. Visit Paradise Farms, Teena's Pride, and tilapia farm Fancy Koi2, where you will sample each farm's goodies. Enjoy ice cream and sorbets from Gaby's Farm and LNB's frozen lychees at the end of the ride. If you're reading this online, click on the image below, or go to [BrownPaperTickets.com](http://BrownPaperTickets.com) and select event #237345 to reserve your spot.

"Thanks to all who participated in our first Bee Heaven Farm share year with Farmer Margie and her super team. Your final salt share of the year is LABOR DAY 2011 harvest, a 24 day salt. This 'late summer' first harvest salt is heavy with trace minerals due to the short evaporation time. Included in your salt share is a thank you gift from us, a packet of organic sea vegetable gomasio. It is great on rice, fish, salads and soups; a nutritional power house with iodine from sea vegetables for a balanced thyroid and calcium from roasted sesame seeds for your muscles and bones. Check out our Florida Keys Sea Salt facebook page for more info on our gomasio product. Eat Healthy!"

Salt Farmers Midge and Tom

#### INTERN CORNER

*This week intern Donna shares her musings.*

Greetings CSAers!

As I prepare to fly off into the sunset, it's time for me as an intern to ponder what I've learned and what I've been able to pass along. Having worked on a number of farms, I carry what I've learned from farm to farm, as a sort of missionary of farming techniques and practices, educating CSA

recipients and market customers around the world.

You see, no matter how many food magazines you read, or cooking shows you watch there's always something new to learn, be it about using unique Asian greens like Pei Tsai, the beauty of a rising star in the world of radishes like our Watermelon Radishes, or storing a tried and true old time herb like Basil.

On my own I'm usually more of a forager, finding greens in wild spots and sautéing them with some type of meat or fowl bartered from a local source. Here at Bee Heaven Farm I've been very fortunate to have lots of foodies sharing their cooking delights with me.

From Pesha's stir-frys to Erinn's sauerkraut cake, Marie and Gilles' pasta to Marsha's smoothies, or Sadie's breakfast cookies to Tim's omelets, the selections have been many and varied. And all were possible because of the goodies that come from Bee Heaven and the other great local farms that provide a wondrous range of veggies, eggs, fish, salt, rice, mushrooms, cheese and honey.

Have you learned something new after picking up your CSA box, reading the newsletter or visiting us at the market? I sure hope so, and I also hope that you in turn pass that knowledge along.

All in all there's no excuse not to have enriched your diet and your mind this season. I know I have!



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



## Featured Items

**Patty Pan Squash** This is such a fun squash! Shaped like a UFO (or a top-remember those?), you can cut it in halves vertically or along its equator. You can slice it or cut it into chunks. It's a summer squash, like yellow squash and zucchini, but not quite as watery, so it holds up to roasting, grilling, or even put into soups and stews. The flavor is great, too. Check out the stuffed patty pan squash recipe on page 4.



Family Share Week 18

### 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 box Family share box



Small Share Week 18



**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?
From BHF	<i>NOTE: A family share is NOT the same as 2 small shares!</i>
95	<b>Green Beans (WRF)</b> - Family shares: 1 lb / Small shares: 1/2 lb
8	<b>Rainbow Chard (SOF)</b> - Family shares only: 1 bunch
130	<b>Lettuce (WF)</b> - Everyone: 1 head
130	<b>Yukina Savoy (WF)</b> - Everyone: 1 head
1	<b>Collards (HHF)</b> - Everyone: 1 bunch
130	<b>Patty Pan Squash (LMF)</b> - Family: 3-4 squash / Small: 2-3 squash
1.5	<b>Callaloo (TSF)</b> - Family shares only: 1 bunch
130	<b>Celery (WF)</b> - Everyone: 1 bunch
5	<b>Baby Brassica Blend (PF)</b> - Everyone: 1 box
120	<b>Cucumbers (LMF)</b> - Family shares: 3 / Small shares: 1
130	<b>Onions (WF)</b> - Family shares: 2-3/ Small shares: 1-2
	☺ <b>Xtras</b> - take a little something ☺
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: Assorted Hani's Cheeses &amp; Med Shares (RMO): Moudardarah</b>
0	<b>Honey &amp; Pollen Shares (MB): Last time!</b>
88	<b>Salt (FKSS) Shares: Labor Day 2011 harvest — LAST TIME!</b>
79	<b>Rice Shares (SCR): Last time!</b>
0.5	<b>Redland Tilapia (OGN): Last time!</b>
<b>NOTE!</b>	<b>Please check those dim corners in your house for any CSA share boxes you've forgotten to return. Bring them back with you next week, or take your box home with you and bring it with you to our end-of-season gleaning day pot-luck. We haven't set the date yet—full details will be in next week's newsletter.</b>



Mediterranean Share



Cheese Share

**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; WRF=Witt Road Farms (LaBelle); PNS=PNS Farms; WF= Worden Farm (Punta Gorda); TSF=Three Sisters Farm\*\* ; LMF=Lady Moon Farm (Punta Gorda); MB=Miguel Bode, beekeeper\*\* ; Paradise Farms Organic (PF)

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