



Recipe of the Week

Butter and Sage Sauce

- from foodnetwork.com

Pasta of choice	1/2 lemon, juiced
4 Tbsp butter	1/4 cup grated Parmigiano-Reggiano
8 sage leaves	1/2 cup shredded mozzarella cheese

While your pasta cooks, melt butter in a 12 to 14-inch sauté pan and continue cooking until golden brown color (“noisette”) appears in the thinnest liquid of the butter. Add sage leaves and remove from heat. Add lemon juice and set aside. Drain the pasta, but leaving some cooking water, and gently pour into sauté pan and return to heat. Add the cheese, toss to coat and serve immediately.

(Continued from page 1)

by a green. Instead boldly walk up to that Farmer, or Supermarket store manager, and ask do you have a way to prepare this?

The only silly question is the one that is not answered by the time the food is on your plate.

Pledge today that long gone are those times where you spent more time driving around for a banal ingredient than reassessing the recipes and trying something available in place of gas mileage and time spent.

A barn full of interns will attest to this, mainly because we are still remembering this past weekend’s goodies of unique cakes. Intern Marsha made some sweet and light beet cake frosted with deep pink frosting made without any artificial ingredients.

Lastly, but most importantly, put a stop to buying produce described by jargon of which you do not know the meaning. Take a break from your regularly scheduled YouTube-ing of panda sneezes, and email scrolling through countless messages, to learn something about what you put in your body and that of your loved ones. Search for “what’s a GMO?” Find the distance of a “local” food. Discover what “Certified Organic” really means, and the difference between “Organic” and “Natural”.

Whether a kind suggestion coming from a farm intern at the market, or a challenge to step outside of a comfort area, strive to rediscover a recipe or dice up something new as we say “*au revoir*” from Redland until the fall. *(Ed: Though the CSA season is finished, in the summer you’ll be able to order on our online web store, for pickup at the farm, in Dadeland, or one more location TBA somewhere around North Miami. We will harvest to order, and the timing of the offers will be driven by when the various summer fruits ripen, so it won’t be on a weekly basis. Stay tuned. Watch your emails!)*

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

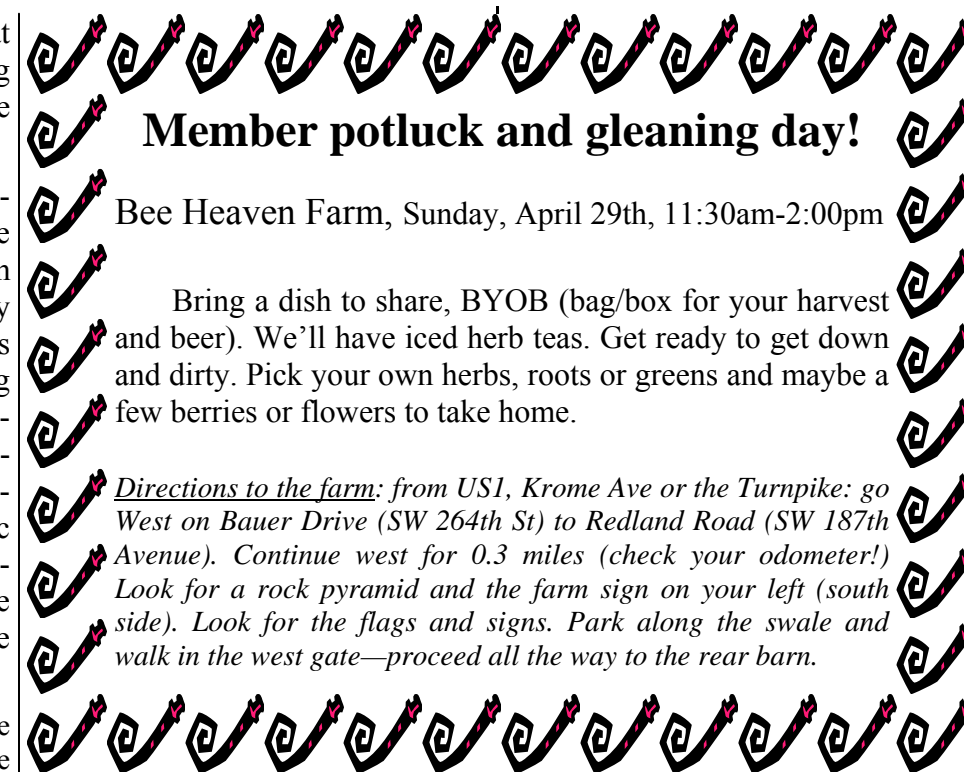
We hope everyone had a great Passover or Easter and Spring Break! All too soon summer will be upon us.

At Pinecrest Gardens, this Sunday will be our last week of the season. We will be there from 9 am -3 pm. The Pinecrest Earth Day Festival will be happening there as well, from 11 am—6 pm, featuring eco-friendly workshops, an electronics recycling station, Eco-Fashion show, eco-friendly workshops, children’s activities, music by the Greater Miami Youth Symphony, and more. Come shop at the market, have lunch, and enjoy the festival activities.

Next week is our last CSA share delivery for the season. Please take your box home with you next week,

BrownPaperTickets.com/event/237345

a family event.
adults \$30
kids under 12 FREE
[click here for tickets](#)



Member potluck and gleaning day!

Bee Heaven Farm, Sunday, April 29th, 11:30am-2:00pm

Bring a dish to share, BYOB (bag/box for your harvest and beer). We’ll have iced herb teas. Get ready to get down and dirty. Pick your own herbs, roots or greens and maybe a few berries or flowers to take home.

Directions to the farm: from US1, Krome Ave or the Turnpike: go West on Bauer Drive (SW 264th St) to Redland Road (SW 187th Avenue). Continue west for 0.3 miles (check your odometer!) Look for a rock pyramid and the farm sign on your left (south side). Look for the flags and signs. Park along the swale and walk in the west gate—proceed all the way to the rear barn.

and bring it with you to the potluck. We won’t be back to collect them from the pickup sites to collect them until the fall!

Renewal signups will begin in late May—keep an eye out for an email next month.

INTERN CORNER

This week WWOofer Luis shares his thoughts.

Farewell to all of the nutritional constituents of Bee Heaven’s amazing CSA and to all of the dedicated patrons of the Pinecrest

Farmer’s Markets, which will run extended hours this Sunday the 15th, in case anyone is in need of any colorful and vibrant produce or wholesome products.

As we go our separate ways for another gorgeous Florida summer I would like to leave a little pea-pod of insight behind in this intern corner.

FOOD IS SIMPLE, so learn all the things you can about it. Make a mid-year resolution right now to never again be intimidated

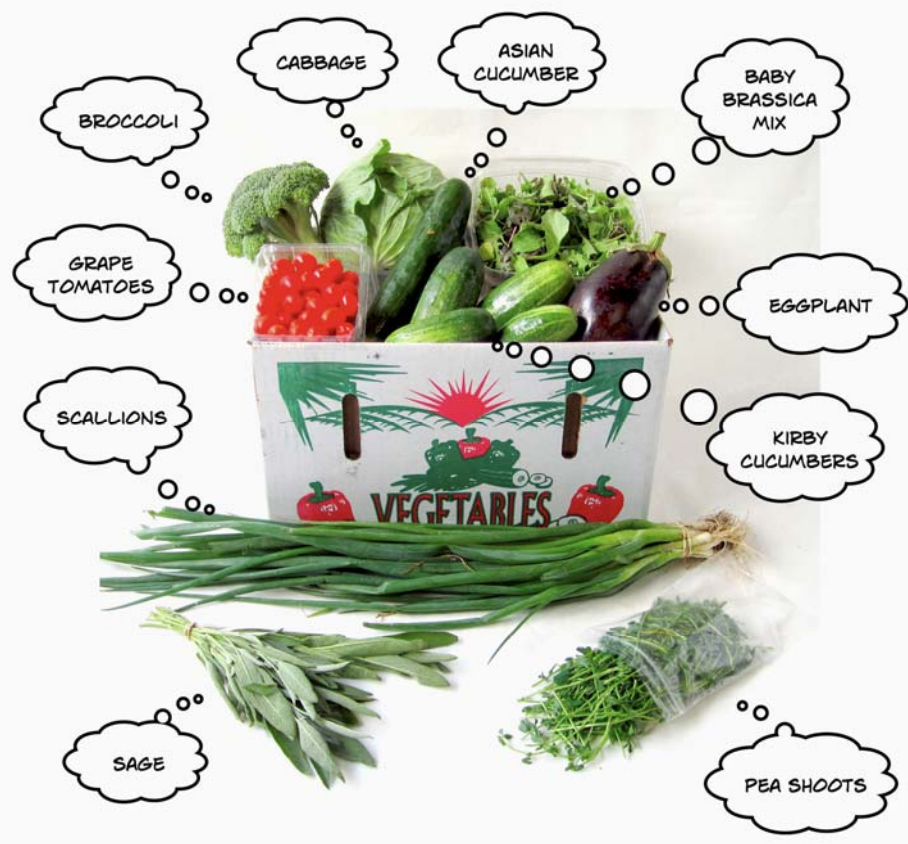
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It's rich, "organic", down-to-earth, user-friendly, and nourishing!

Featured Items

Kirby cucumbers Pickles! That's how growers refer to this cucumber—they'll say they're 'growing pickles'. These are short, fat and stubby, with a slightly coarse skin and traces of 'spines', which manifest as little bumps. They certainly make awesome pickles, but they're also good eating just on their own.



Family Share Week 19

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 19



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>
130	Assorted Cabbage (WF) - Everyone: 1 head
130	Broccoli (WF) - Family shares only: 1 head
1	Pea Shoots (HHF) - Family shares only: 1 bag
130	Asian Eggplant (WF) - Family shares only: 1
6	Oyster Mushrooms (MF) - Small shares only: 0.21#
130	Mizuna (WF) - Small shares only: 1 bunch
8	Grape Tomatoes (SOF) - Everyone: 1 pint
5	Baby Brassica Blend (PF) - Family Shares only: 1 box
130	Asian cukes (WF) - Family shares: 1 >>long and skinny<<
130	Kirby (pickling) cukes (WF) - Family shares: 4 / Small shares: 3 >>short & stubby<<
8	Sage (SOF) - Everyone: 1 bunch
130	Scallions (WF) - Everyone: 1 bunch
	☺ Xtras - take a little something ☺
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: next week & Med Shares (RMO): next week
0	Honey & Pollen Shares (MB): all done!
88	Salt (FKSS) Shares: all done!
79	Rice Shares (SCR): all done!
0.5	Redland Tilapia (OGN): all done!
NOTE!	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 on April 29th.
NOTE!	
NOTE!	

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); HHF=Health & Happiness Farm; MB=Miguel Bode, beekeeper** ; MF=Masopeh Farms; Paradise Farms Organic (PF)

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