



Recipe of the Week

Easy Brown Rice with Veggies

1.5 cups Sem-Chi organic brown rice	1 tsp olive oil (omit if using fatty broth)
3 cups water or broth of choice, salt & pepper to taste	2 cups frozen diced veggie mix (carrots, peas, corn)

Measure out frozen veggies and set aside to defrost a bit. In a large saucepan, bring water (or broth), seasonings and oil to a boil. Add rice. Stir, cover, bring back up to a boil, and immediately reduce to medium-low heat. After 5 minutes, reduce to low heat. Set timer for 20 minutes. Add frozen veggies, stir gently, cover and continue cooking on low for another 25 minutes. Stir gently, check to see if tender and all water is absorbed. If not, continue cooking for 5 more minutes. Remove from heat, let sit for a few minutes. Stir gently to mix veggies and serve.

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Fridays. We have set the bar unreasonably high for future crews—finishing the share packing in record time each week, always before lunch. Today, after quickly weighing out/ packaging 357 bags of green beans and setting up the line, we started on the family shares about 8:25 a.m. and had them finished by 8:45! Only 20 minutes—an amazing display of speed and organization! Then during round two—small shares—the packing line stopped dead and completely fell apart. While some workers went out to harvest and wash more carrots, others packed additional bags of beans to correct a miscount, yet we still magically finished packing by 10:15 a.m. Yep, we rock!

As the season draws to an end and we prepare to go our separate ways, I become more and more sentimental. I will really miss cleaning out and organizing the walk-in cooler! (Yes, I'm a little crazy ☺) From harvesting and washing radishes (those beautiful little jewels!) to leaving for the day with deep-purple-mulberry stained hands, farming is such a powerful sensory experience. With the last of our lettuce bolting, it sinks in—just how much I will miss all of this beautiful fresh food. I've been in a bit of a frenzy, trying to preserve as much as possible for summer and use up all of the not-quite-market-worthy 'veggies with issues'. Now, pretty well stocked with pickled beets, dilly beans and half a fridge-full of sauerkraut, I've been moving on to my favorite—pickled cukes! Classic barrel style pickles are fermenting on my counter next to my jars of tomato seeds. Wickles™ (wickedly-delicious pickles) and bread-n-butters are up next. And a definite sign of summer—I just made my first green mango pickles of the season.

Most of all, I will miss my little farm family and how we've worked together, made each other crazy, and made each other laugh. Some of us are headed for summer vacation, others on to our next job. We will make these last few days really count. Eat as many greens as possible. Make lots and lots of food for glean-ing day. No market this Sunday, so everyone gets to sleep in. Looks like a Saturday night dance party in the barn...

Enjoy your summer!

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

It's with a mix of sadness and relief that we finish our CSA season—sadness, because we won't have an abundance of awesome fresh greens; relief, because the hectic pace slows down and we get to sleep in a bit most mornings (until the avocado harvest begins).

more protected area to live out the summer, so we won't till everything up right away.

At some point, hopefully before the rainy season starts in earnest, we'll mow down the remaining crops and turn under the resi-

eads. While we're busy working on farm maintenance, new projects, and the start of the avocado harvest, the cover crop will be silently growing, restoring organic matter to the soil, suppressing weeds, and killing nematodes.

Member potluck and glean-ing 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.

We've entered that limbo time when we begin to tear down the trellises, roll up the irrigation, and rip out the overgrown and bolting crops and weeds. Yet we're still nurturing a few remaining crops and preserving the perennials—in some cases transplanting them to a

dues. Once the rains begin, it gets tricky, as working wet soil destroys its tilth and kills the soil life. With our Redland soil, we need 3 days with no rain to ensure full drainage and that it's dry enough to work without damage. We'll plant a summer cover crop in the growing ar-

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

INTERN CORNER

This week Farm Manager Intern Sadie shares parting thoughts.

Farewell CSA members....My farm friends and I packed your last share of the season today. Did y'all know that we pack 115 family-sized share and 242 small-sized share boxes each Friday? So at 357 boxes per week for 20 weeks, that comes to a grand total of 7,140 boxes of produce packed this season, not to mention the eXtras boxes and the share option boxes! (We unload them from the truck on Mondays; assemble and stack them on Wednesdays. Very fun to make forts out of hundreds of wax boxes.) I love our share-packing

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

Featured Items

Sem-Chi rice This is the same rice we offered as a rice share option for the first time this past season. It's locally-grown, in the Belle Glade area, near Clewiston. As part of their organic systems plan, organic sugar producer Florida Crystals grows the rice in rotation with their sugarcane. We bring it straight from the mill. Try it out—you'll be amazed how good it is.

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 box Family share box



Small Share Week 20



Family Share Week 20



Mediterranean Share

Cheese Share

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>
2	Microgreens (GROW) - Everyone: 1 bag
95	Green Beans (WRF) - Family shares: 1 lb / Small shares: 1/2 lb
1	Sunflower sprouts (HHF) - Small shares only: 1 pint
130	Yukina Savoy (WF) - Family shares only: 1 bunch
6	Oyster Mushrooms (MF) - Family shares only: 0.3#
130	Lettuce (WF) - Everyone: 1 head
130	Komatsuna or Mizuna (WF) - Everyone: 1 bunch
130	New Potatoes (WF) - unable to harvest!—short-staffed—farm hands left to work up north
95	Zucchini squash (WRF) - Family shares: 3 / Small shares: 2
0	Rainbow Carrots (BHF) - Family shares: 5 / Small shares: 3
79	Sem-Chi organic Brown Rice (SCR) - Everyone: 1lb bag
95	Cucumbers (WRF) - Everyone: 1
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: Assorted Hani's cheeses Med Shares (HO): Felafel <i>Prep: Microwave 30 seconds or warm in toaster oven until crispy</i>
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!	Hold on to your boxes until next season, or bring it with you to our member pot-luck April 29th.

Which farms supplied this week's shares? -all the farms are located in South Florida, in the South Dade Homestead/Redland agricultural area, or as noted

BHF=Bee Heaven Farm; MF=Masopeh Farms; PNS=PNS Farms; WF=Worden Farm (Punta Gorda); HO=Hani's Mediterranean Organics; HHF=Health & Happiness Farm; WRF=Witt Road Farms (LaBelle); GROW**=Green Railroad Organic Workshop; SCR=Sem-Chi/Florida Crystals (Belle Glade); MB=Miguel Bode, bee-keeper**