



Recipe of the Week

Margie's Chard Pies



Pictured: a ham quiche and a chard quiche, made with our own Rachel's Eggs, using Wholly Wholesome frozen whole wheat pie crusts (they also make a spelt crust), plain yogurt (Greek-style is good), milk, uncured ham, Irish cheddar and fresh Asiago (shredded).

Preheat the oven (I have a gas oven). For convection bake set at 375°F (regular bake at 350°F). Chop up the filling items— rainbow chard, stalks and all, is a favorite of mine with this, though any greens will do. This pie had a little chopped onion (use scal-

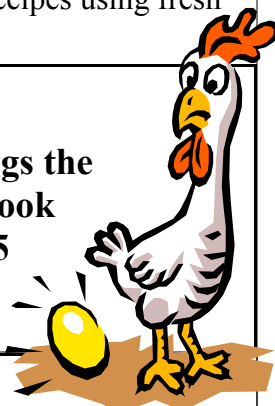
lion tops here), as is of course the quintessential ham & cheese, to which I added a chopped piece of celery). I always make two, as the package contains 2 ready-to-bake crusts. Put the filling directly into the frozen crusts. Make them both the same, or different, as in this batch. Whisk or beat the eggs. I use anywhere from 9 to 15 eggs for the two pies - it sounds like a lot, but I cut them into 6 generous wedges each and that works out to between 3/4 and just over 1 egg per slice. In a LARGE bowl, mix the milk-about 3/4 cup, beaten eggs, thick plain yogurt-maybe another cup or so, and seasonings. For this one I used Florida Keys sea salt (try the buttonwood smoked salt) and freshly ground pepper (try rosemary or thyme). To the chard pie I added some leftover garlic/cilantro/olive oil dip I had previously made, kind of like a pesto. I rarely measure anything... Shred the cheese (start with a few chunks of each cheese, maybe 6-8 oz total? -gruyere is a good one to use here, but this particular set of pies used Irish cheddar and fresh Asiago). If your bowl is large enough, add the cheese to the bowl, mix all well, and divide it equally between the two pies. When using a smaller bowl, sprinkle the cheese evenly between the two pies, then pour the liquid mix on top. Bake, checking after 45 minutes, then again every 10-15 minutes, until it doesn't wiggle liquidy anymore when you pull it out to inspect it. Don't obsess about measurements. Proportions don't seem to matter a whole lot, and ingredients and seasonings are so flexible...just make it up from whatever's in your fridge or garden. Enjoy!



Check out <http://www.florida-agriculture.com/consumers/fnr/recipes/> for great recipes using fresh Florida seasonal produce

EGG CORNER

The young ladies are hitting their stride—we've had some extra eggs the past couple of weeks. If you're on the waiting list for eggs, there's hope! Look for an email within the next week or two. We'll probably be offering 4 or 5 more egg shares, if the hens continue their laying spree.



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. Log in to your account to see the contact information for your pickup site.

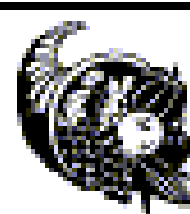
Need more recipes or tips? We have them! Go to www.redlandorganics.com, click on CSA, then Newsletters.

Use the search box to access 10+ years of information. Scan the QR code to start your search:

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.

Come see us at the Pinecrest Gardens Market SW 112th St & 57th Ave on Sundays 9-2 from Dec thru April



Meet Your Farmer

This week we meet Robert, of Possum Trot Tropical Fruit Nursery. Robert watches over 40 acres of tropical fruit he has lovingly tended for many years. Having planted many of the seedling trees himself, he has had the opportunity to observe and propagate outstanding specimens, some of which he has named. One example is the Possum Purple passion fruit, a superior selection which is now in the commercial fruit nursery trade.



Robert Barnum in his grove

Visit Robert's farm and you will find an unkempt-looking, near jungle of all sorts of plants of economic importance to man, including many uncommon fruit, palms, nuts, and even some interesting poisonous species. Whether the plant family is used for food, timber, cloth, medicine, or an industrial use, Robert probably has several representative species growing on the property.

But Robert's passion is cooking with the fruit he grows. Self-styled *The Cantankerous Chef*, you will find him creating all sorts of dishes—desserts, wines, sauces, main or side dishes, salads, snacks—you name it, he's made it. Visit him, and chances are you'll find his smoker fired up, using exotic tropical woods found on the property. Peek inside, and you may see a pizza, or a roast, or eggs (this is where we smoke Rachel's Eggs).

Farm News

It's hard to believe that we've hit the halfway point of the season! Yup, this is week 10 of the shares—10 more to go—the season will be over before you know it.

The mild winter has been a boon for the crops. Tomatoes are happy with the weather, and greens are growing quickly. Lettuces have shown explosive growth—we have to watch that they don't suddenly bolt with the 80°+ days. The dry weather is generally good, but it provides ideal conditions for powdery mildews. We just lost a field of beans to disease, and the squashes are getting hit too.

It's not too early to start thinking about putting up some of the veggie bounty. What are some easy things to do? Freezing, making butters and pestos,

brining pickles, making jams, and dehydrating are all great ways to preserve vegetables, fruits and herbs. You don't need special equipment, though a separate freezer and a tabletop dehydrator are great investments for your food preservation adventures.

<i>Food Miles From BHF</i>	Our Farm Partners	<i>USDA Organic</i>
130	Worden Farm*	✓
3	Homestead Organic Farms*	✓
4	Paradise Farms Organic*	✓
1.5	Wyndham Organics	✓
1.5	Health & Happiness Farm*	✓
7	Sunshine Organic Farms	✓
4	Sawmill Farm*	
7	Possum Trot	
95	Witt Road Organics	✓
78	Sem-Chi Rice	✓
1.2	Three Sisters Farm	
109	Broken J Ranch	
0.5	Green Groves/BHF	✓
3	Hani's Mediterranean	
0	Bee Heaven Farm*	✓
87.5	Florida Keys Sea Salt	
7.5	PNS Farms	✓
0.1	Abigail Farms	
1	Kiss My Grass Farms	
*Redland Organics founders & grower members		



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



Family Share Featured Items

Rainbow Chard They say your plate should have all the colors of the rainbow. Here they are in a single vegetable. How cool is that? And chard is chock-full of nutrition, too. This beet top on steroids (with a wimpy root) is the exact same species as a beet. Over the centuries, man has selected the chards to have larger leaves and stalks, and smaller roots, while we have at the same time selected beets to have small tops with thin stalks, throwing all the growing energy into bulbing out the base of the plant. Amazing, and it's all happened naturally as we kept seeds from the ones we liked and discarded the rest.

Mustard Greens Long associated with Southern cooking, mustards are interesting plants. Mustard, the condiment, is made from mustard seeds, vinegar (or wine), and not much else. Mustard plants, when decomposing,

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release 'mustard gas', which has fumigant properties and used to be commonly planted as a cover crop to help control nematodes. Now that methyl bromide, the chemical of choice for killing nematodes, is finally banned, they're starting to look at the lowly mustard again. Mustard greens range from very, very mild (think of mizuna) to very sharp, a bit bitter, and super spicy. Raw, you can enjoy the equivalent of a cayenne pepper in one leaf. But cook that same leaf, and the spiciness is toned down significantly. Mustard greens go very well cooked together with dried fruit, such as cranberries, apricots, raisins or the like. The concentrated sugars in these fruits mellow out the taste of the greens. Try it!

Want to know more about an item in your share? Take a look in our online newsletter archive, where we have over 10 years' worth of accumulated information on most every share item, including tips and recipes. There's a handy search box where you can type, for example, "romanesco" or "asian eggplant" and it will show you all references to Romanesco broccoli or Asian eggplant, respectively.

Here's the link to search the archives: <http://www.redlandorganics.com/newsletter-search.htm>

**PLEASE
NOTE: Due
to a family
emergency,
there will be
NO CHEESE
SHARE
THIS
WEEK!
We expect
Hani's cheese
to resume
next week
with a
makeup
share.**



Small Share