



Recipe of the Week

Kale Pesto

--adapted from *The Meat Lover's Meatless Celebrations* by Kim O'Donnel

4 cups water	2 cloves garlic, minced
1 to 1 1/2 teaspoons salt	1/2 cup olive oil
4 cups kale that has been stemmed and chopped coarsely	1/2 cup grated Parmigiano-Reggiano cheese (optional)
1/4 cup unsalted walnuts or almonds, chopped	Freshly ground black pepper

Bring the water to a boil. Add 1 teaspoon of the salt, then add the kale. Cook uncovered until tender, about 10-12 minutes.

Drain the kale under cold running water. With your hands, squeeze as much water out of the kale as possible; you'll end up with a green ball about the size of a tennis ball.

In a blender or food processor, combine the nuts and garlic, and whiz until pulverized and well mixed. Add the kale and process until well blended; the mixture may even look a little dry. Pour in the oil and blend. The mixture should be glistening and will have a consistency that is somewhat textured, somewhat loose. Taste and add the remaining 1/2 teaspoon of salt, if needed.

Transfer the pesto to a small bowl and stir in the cheese and the black pepper.

Pesto keeps well in an airtight container in the refrigerator for up to a week—or add a layer of olive oil to fill any remaining airspace in the container and freeze for up to 3 months.

Makes about 1 cup.



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

EGG CORNER

We just opened up a few Rachel's eggs 4-pack egg shares. If you were on the waitlist for Rachel's Eggs (any size), we already sent you an email alert.

To add an egg share to your subscription, log in to your account: <http://www.farmigo.com/account/beeheavenfarm> You'll see your share summary box on the right hand side of the screen.

Click on the link to "+Add a subscription". Click 'Next' to pass by the veggie shares (which you already have) and continue to the share options screen.

Scroll down to find the new egg share, and 'Add' it to your subscription.

IF THEY ALL SAY 'WAITLISTED', YOU WERE TOO LATE-SORRY!



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



Many folks know Gabriele of Paradise Farms Organic as the hostess of the popular Dinner in Paradise series. Renowned local chefs prepare delectable dishes using produce freshly-harvested from the farm. Guests dine in an elegant setting among the plantings.

But you may not realize that Gabriele's primary business is supplying high-end restaurants with her specialty micro-greens, oyster mushrooms, salad mixes and other organic veggies grown on her farm and other local farms.

Landy, Gabriele's farm manager, is responsible for planning, coordinating, and executing the planting and harvesting schedule so they are never short on product. In order to ensure that happens, a farm must plant more than the amount needed. And sometimes, every-

thing does so well that suddenly you are awash in more greens than you can imagine. Who benefits from this bounty? YOU, our CSA members, because then we get an opportunity to include their fabulous Baby Brassica Blend (BBB) in our shares.

Cheese Shares

Do you wonder what's in the cheese shares? Often it's a simple goat cheese, whether a feta, Hani's Cheese, a haloumi, or some other, fancier cheese.

This week it's one of the other—a scrumptious cheese spread made of whey ricotta mixed in with organic full bod-

ied Kalamata olives, organic capers, organic oregano, Himalayan pink salt, organic fresh garlic, zaatar, sumac, organic cayenne, organic olive oil, and organic wine vinegar.

Farm News

Love is in the air! It's Valentine's Day week. To help you extend the holiday love, celebrate at home with the special goodies included in this week's Red-themed share.

We've have packed Honey for your honey (an 8oz bottle of our wildflower farm honey), Red Heart radishes, eye-catching BBB with beautiful edible flowers, red lettuces, luscious, mouth-watering heart-shaped strawberries, and heart-healthy red cabbage (family shares).



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



Family Share

Featured Items

Red Heart (aka Watermelon) Radish In honor of Valentine’s Day, we’re including these delicious and beautiful radishes. They are a mild radish (there is an occasional spicier sport), normally white with green shoulders on the outside and a starburst of hot pink in the center of the white flesh. The interior pattern is never the same—each radish you cut open is a surprise. This radish’s heirloom heritage means there is genetic variability preserved in the seed, and you sometimes see one with pink or purple skin! The greens are good to eat, though best cooked, as the small leaf hairs disappear after cooking.

Green Kale We follow the Lacinato kale in last week’s shares with curly green kale. It’s a great opportunity to contrast the two varieties of kale. The biggest differences are in the coarseness of the leaves and in their

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sweetness. Lacinato kale is sweet even in hot weather, whereas curly green kale benefits from a cold spell to increase the sweetness. Green kale makes great kale chips—check out the newsletter archive for a recipe.

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, “kale” or “canistel” 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>



Cheese Share

RICOTTA KALAMATA SPREAD



Small Share