



### Recipe of the Week

## Caramelized Onion and Broccoli Raab Pizza

-adapted from [VegetarianTimes.com](http://VegetarianTimes.com)

Whole grain pizza crust	1 cup low-fat cottage cheese	6 slices light Provolone cheese
1 1/2 cups chopped broccoli raab	2 Tbsp chopped fresh basil	1/2 cup halved grape tomatoes
1 large sweet onion, peeled and sliced	2 Tbsp grated Parmesan cheese	

Coat nonstick skillet with cooking spray. Over medium-low heat, cook onion for about 30 minutes, or until golden brown.

Cook broccoli raab in large pot of boiling salted water for 3 minutes. Drain, and rinse under cold water. Set aside.

Purée cottage cheese in food processor until smooth. Transfer to bowl, and stir in basil and Parmesan cheese. Season with salt and pepper, if desired.

Heat oven to 450°F. Coat perforated pizza pan or round baking pan with cooking spray. Punch down dough; cover and let rest 10 minutes. Divide dough in half. Wrap one half in plastic and freeze for another use. Roll dough into 12-inch circle. Transfer to prepared pan, and prick with fork. Bake 7 minutes, or until golden around edges. Spread with cottage cheese mixture, top with provolone, broccoli raab, onion, and tomatoes. Bake 5 to 10 minutes more, or until cheese has melted.

## Grilled Snapper Wrapped in Hoja Santa

-from [Westphoria.sunset.com](http://Westphoria.sunset.com)

2-4 filets (1lb) fish-snapper or tilapia	FKSS sea salt	Minced Serrano or other spicy chile (optional)
1 1/2 Tbsp olive oil	Orange wedges	4 hoja santa leaves

Heat grill to medium (about 375°). Put the snapper in a wide bowl and coat it in about 1 tbsp. olive oil. Squeeze a little orange juice on top, then season to taste with salt and a little chile.

Lay the hoja santa leaves flat. Cut and stack each fish fillet as needed to fit at the base of a leaf, leaving enough leaf open to enclose the fish. If leaves are very small, use two overlapped leaves. Fold the sides of the leaves over the fish, then roll to enclose.

Secure ends of leaves with toothpicks. Brush outsides with more oil.

Grill, turning once, until the fish is just opaque in the center, 6 to 8 minutes.



**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](http://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](mailto:recipes@beeheavenfarm.com)



## Meet Your Farmer

Tim Arthur is a second-year intern at Bee Heaven Farm. An avid outdoorsman, Tim has spent a good part of the last two summers hiking about 1000 miles on the Appalachian Trail. While on the farm, you're likely to find him camping out in the



avocado grove. On his days off, he often treks along canals out to the Everglades, to explore our unique habitats.

Tim's love affair with tropical fruit started in Australia, where he worked on a variety of places, from ranches to butterfly farms. He's continued his adventures on his return to the States, and hopes to take charge of a farm plot this summer, if the pull of the trail doesn't win out!

## Farm News

There are just 6 weeks remaining in the season—time has flown! Early crops are beginning to wind down. Late-maturing items like onions are starting to come in now.

This is the time when we normally start to see potatoes and carrots, but the protracted warm weather is taking a toll. There's a lot of blight out there, affecting tomatoes and potatoes especially. Cukes and squashes are taking a hit, and we're seeing leaf diseases in some of the greens. Carrots did not come up well early in the season, so we're not seeing very many. Cabbages have done very well, as have broccoli and Romanesco. But with winter winding down, this may be the last you see of them this season.

Strawberries have done very well, and they've been sweet and juicy. We've had them several times—and hopefully we'll be able to squeeze one more distribution before the end of the season. Mother Nature will, as always, have the final word.

Food Miles From BHF	Our Farm Partners	USDA Organic
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**

**Hoja Santa** aka Root Beer Plant aka Acuyo. No, you don't make root beer with it, but it smells and tastes a LOT like it (or saffras). This lanky shrub is a member of the pepper family (as in black pepper). It's commonly used as a wrapper for tamales, fish, or cheese. A famous artisanal cheese maker wraps individual cheese wheels in Hoja Santa leaves-the flavor permeates slightly through the cheese.

**Raab** Broccoli Raab (sometimes spelled Rabe) aka Rapini, is named because its flowerheads look like miniature broccoli. It is sometimes confused with broccolini. However, this nutritious green, though also a cruciferous vegetable (in the Brassica family), is more closely related to turnips and mustards than to broccoli. This is another ancient vegetable popular in Roman times and better known in Italy than in the States. Try cooking this slightly bitter green (blanch it first if you don't like the bit 'o bitterness), with caramelized onions. Add a pinch of



Cheese Share



Small Share

(Continued from page 2)

sugar to the onions to sweeten up a bit faster and mellow any residual bitterness. Chop up the raab, stems and all, into 2-inch pieces. Cook in olive oil, with slivered onion, garlic and some hot pepper flakes, on high heat, tossing to avoid burning, for about 5-7 minutes, until most of the moisture has evaporated.

**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. Type in the name of the vegetable, herb or fruit you want to know about and it will show you all references to it. Try it this week with 'raab' or 'rapini', and you'll find a couple more simple recipes!

Here's the link to search the archives: <http://www.redlandorganics.com/newsletter-search.htm>  
Or just go to [redlandorganics.com](http://www.redlandorganics.com) click on 'CSA', then 'newsletter archive', and 'search'.