



Recipe of the Week

Braised Leeks

-adapted from SimplyRecipes.com

4-6 leeks	Salt to taste	1 bay leaf
1 garlic clove, minced	2 tsp fresh thyme or 1 tsp dried	1 c white wine or vegetable stock
3-4 Tbsp unsalted butter	1 tsp sugar	1/4 cup parsley, chopped

Cut off the ends of the leeks, leaving about 1" of greens beyond the shank. Save the unused portion of the leeks in the freezer for making stock later. Slice through the shank of the leek lengthwise until you get to the root end—do not cut through the root just yet. Clean the leeks under cold running water, as leeks are usually sandy. Once the leeks are free of any dirt or grit, cut through the root to make two long pieces of leek.

Get a sauté pan large enough to hold the leeks in one layer and heat the butter in it over medium-high heat. When the butter has melted and begins to foam, turn the heat down to medium and add the minced garlic and then the leeks, cut side down. Cook for 1-2 minutes, just to get them a little browned and to let the butter get into the leeks. Turn over and sprinkle with salt, then cook the other side for 1-2 minutes.

Turn the leeks back over so the cut side is down, sprinkle the leeks with the sugar, the thyme leaves and a touch more salt. Add the white wine with the bay leaf and bring to a gentle simmer. Cover and cook 35-45 minutes over medium-low heat.

When the leeks are tender enough so that a knife blade pierces them easily, uncover the pot and bring the braising liquid to a rolling boil. Let this reduce by half, then turn off the heat. Add the parsley, swirl it around and serve.

Using the dark green leek tops:

Cut them into long strips, on the diagonal, or straight across, depending on your mood. Then choose your cooking method:

- * Stir fry quickly on high heat, stirring constantly to keep from burning. Serve over buckwheat or rice noodles.
- * Simmer 3-5 minutes in a small amount of liquid (1/2-1 cup) - a flavorful chicken or vegetable broth works well here. Serve with a dollop of sour cream.
- * Chop finely, sauté briefly, and add them to an omelet or scrambled eggs.
- * Throw them into your stock pot!

Check out the collection of excellent and creative leek recipes compiled by Mariquita Farm. They run a CSA in the San Francisco Bay Area and environs. Here's the link: <http://www.mariquita.com/recipes/leeks.html>

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



Meet Your Farmer

Sawmill Farm is one of the founding farms of Redland Organics. Although their lychee and longan grove is no longer organic, they still maintain an organic section on their homestead for herbs, a few greens and veggies.



Holly provides our CSA with bay leaves—the real thing—once or twice a season, and late-season Choquette avocados. She also has an assortment of mints which we offer on the webstore in the summer-time.

Holly has a selection of

heirloom tomatoes from which she's been saving seed for several generations. She has acquired seeds on her travels of unusual tomatoes such as Zelta Gaelis and Yellow Centiflor. She is helping us preserve and expand our adopted Podland Pink variety, which Bee Heaven Farm was given by France's Kokopelli Association.

If you attend our special events, such as our heirloom tomato seedling sales at Grow-Fest!, you'll probably meet Holly.

Farm News

Herbs—they're a collection of plants that are typically used in small quantities for flavoring or medicinal purposes.

So what do you do when you get a BIG bunch of herbs, such as the dill included in the shares this week? PANIC?! Nah. Use it!

Try baking a piece of fish (salmon is traditional) between two generous layers of dill, with plenty of sliced onions, salt and pepper.

Make dill butter (simply melt butter, mix in chopped dill, and use right away or mold in an ice cube tray for future use).

Slather boiled new potatoes or green beans.

Make a quick refrigerator cucumber pickle, with lots of dill and garlic.

Tzatziki

(Greek Yogurt and Cucumber Sauce)

-from Kalynskitchen.com

- 3 cups Greek Yogurt
- Juice of 1 lemon
- 1 garlic clove, chopped
- 2 medium cucumbers, seeded and diced
- About 1 Tbsp kosher salt for salting cucumbers
- 1 Tbsp finely chopped fresh dill
- Salt and pepper to taste

Peel cucumbers, cut in half lengthwise and (optional) scrape out and discard seeds. Slice cucumbers, then put in a colander, sprinkle on 1 Tbsp salt, and let stand for 30 minutes to draw out water. Drain well and wipe dry with paper towel.

In a food processor with a steel blade, add cucumbers, garlic, lemon juice, dill, and a few grinds of black pepper. Process until well blended, then stir into the yogurt. Taste before adding any extra salt. Place in refrigerator for at least two hours before serving so flavors can blend. (This resting time is very important.)

This will keep for a few days or more in the refrigerator, but you will need to drain off any water and stir each time you use it.



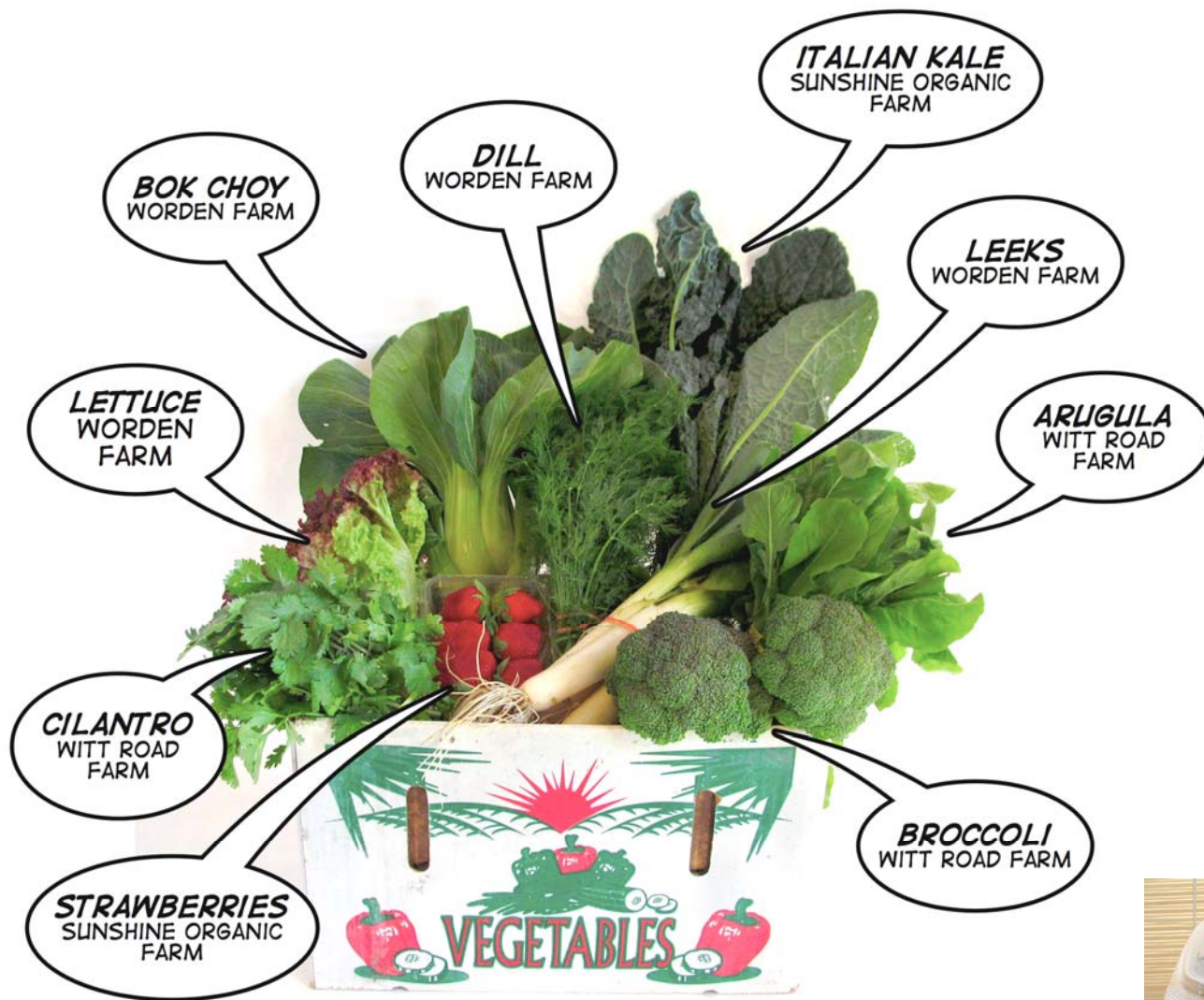
It's rich, "organic", down-to-earth, user-friendly, and nourishing!

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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 click on 'CSA', then 'newsletter archive', and 'search'.



Family Share



Cheese Share



Mediterranean Share



Small Share

Featured Items

Arugula Some people think of arugula as an herb and use it sparingly as a seasoning. Others think of arugula as a salad ingredient. But there's a third use for arugula, and that is as a cooked green. One of my favorite quick dinners is a plain pasta topped with a bunch of arugula that's been sauteed in olive oil with lots of garlic and freshly-ground pepper, with a generous sprinkle of a freshly-grated hard cheese such as Romano, Parmesan, or a combination. Yum!

Leeks This member of the onion family has a mild but distinctive taste. Leeks, like onions, need several months to grow to maturity, so we normally won't see them at the start of the season. Enjoy them in soups (think potato-leek soup, chicken and leek soup with dill, simply braised (see this week's recipe)

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