



### Recipe of the Week

## Lettuce-Wrapped Fish

-from *The New York Times Dining & Wine Apr 9, 2008*

Salt and freshly-ground black pepper
Several big leaves of romaine, Bibb lettuce, or cabbage
1 1/2 lbs thick white fish filet (rockfish, cod, hake, snapper), cut into 1" X 2" pieces about 3/4-1" thick
1 cup white wine
2-3 Tbsp butter

Bring a large pot of water to a boil and salt it. Take as many big, intact leaves of lettuce or cabbage as you have pieces of fish. With large outer leaves, cut out center veins 2-3 inches up from bottom of leaves, to the point where the leaf is more pliable; with inner leaves this may not be necessary. One or two at a time, blanch leaves in boiling water until they are tender and flexible, 30 seconds to a minute. Remove and drain on paper towels.

Put a piece of fish on each leaf and sprinkle with salt and pepper;. Fold or roll fish in leaf so edges overlap. It is not important to make a tight seal, but it is nice if package covers all the fish. When done, you can cover and refrigerate packages until ready to serve, or continue.

In a large, broad skillet or casserole with a cover, bring wine to a boil with butter. Reduce heat to a simmer and add fish packages. Cover and simmer until a thin-bladed knife easily penetrates fish, 5 to 10 minutes. Remove fish to a warm platter.

Over high heat, quickly reduce liquid in skillet; it is likely there will be more than there was when you started. When it is thickened a bit, pour over fish and serve.

## Caimito (star apple)

-courtesy of Tropical Fruit Growers of South Florida (TFGSF)

If the fruit is not already slightly soft, keep on the counter at room temperature until they are just a little bit wrinkled and give a little, like a ripe peach. Once ready to eat, you can store it in a plastic bag in the coldest part of the refrigerator for up to 3 weeks.

Cut in half. Scoop out the soft flesh with a spoon, leaving the seeds and any hard core. Do not eat the skin or the rind.

Mix caimito pulp with orange juice, a little sugar, grated nutmeg and a spoonful of sherry. Chill and enjoy.

**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)



## Farm News

### ...a day in the life of a multi-farm CSA farmer

So, moving right along, got all the other farms lined up with their contributions to the week's shares, everything is looking good....and, blammo!

It's Thursday afternoon. We've harvested mizuna for the shares, packed green beans, got Romaine lettuces in the cooler, caimitos are stacked at the end of the table, ready for the morning, and we're waiting for the truck to return with the goodies from the other farms.

Suddenly, a phone call—"We have a problem". "Hmmm.....okay, what's the problem?" "We're going to be short on the radishes." "We need 225. How many did you harvest?" "We had some pest issues—we only got 95 bunches."

Yikes! What to do? The truck is already on its way back, so we can't try to find some radishes at the other farm stop. We don't have enough ready for har-

vest from our patch to make up for the shortage. Quick—recalculate... OK, we can just make it if we give everyone 1/3 bunch, but there won't be any extra for market or for the pending orders. Well, we can live with that—the shares come first. We might be able to fill the orders with another kind of radish, if the customers will OK it. Crisis averted.

An hour later...the phone rings again. "We have a problem." "Ookay, what's the problem?" "The guys have been harvesting strawberries all day and they only have 105 pints, because there's a bunch of berries with soft spots (from the rain the previous day, probably). We can continue for another couple of hours, but at this rate, we might get another 30 pints, still waaay short of the 280 you need to give everyone strawberries. And there's no time early in the morning to try to get the rest—the berries are too wet to harvest early in the morning, especially with the fog we've been getting." "OK—what's plan B? What else have you got?" "We have some really nice sage". "Well, we have enough strawberries for the family shares, and a few more for the orders, so we'll have to give the small shares sage. It's not really what we had in mind, but it will have to do."

Second crisis averted. Hope and pray no other glitches come up!

No such luck. Friday morning dawns and we start final preparations for packing the shares. We haul out the radishes. We have enough bunches for the backup plan...but WAIT!

### NOTE!

### There IS a share delivery next week (Easter weekend).

Leaving town? Please let your SITE HOST know (not the farm)—better yet, arrange for someone to pick up your share.

The bunches are half the size the farmer had estimated! All the planning was based on a bunch being approximately a generous pound in size. These were barely 1/2 lb...Sheesh...now it's REALLY too late to do anything different, so, in your share you will find the result—cute little boutonniere bunches of radishes. My consolation? I'm sure some of our CSA members—those not so fond of radishes—will think it's the perfect quantity for them. Of course, others will think it's not enough for even a small appetizer, and will feel cheated. Unfortunately, many will not read this and will never know the story behind the miniature radish portion.

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\* **LAST SHARE** \*  
\* **DELIVERY** \*  
\* **will be** \*  
\* **APRIL 13-14** \*  
\*\*\*\*\*



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ferent 'sunburst' pattern on the blossom end of the fruit, ranging from a tiny green dot to a large splash of green, to almost completely green.

**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. Want to see what else you can do with Romaine lettuce? Try the search box with 'Romaine' or 'squash', and you'll find several 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'.



Family Share

**Featured Items**

**Mini Cabbages** Cabbage is generally harvested by cutting the head off its short stalk, leaving the roots in the ground, thus avoiding getting a bunch of dirt on the cabbages. After the early cabbage harvest, Arturo (Sunshine Organic Farm) left the stumps in the ground, as he did not have a crop to follow it. These cabbages were planted on plastic, which helped keep the weeds down. The stumps all sprouted several side shoots, and he left them to grow. Soon, we had a crop of miniature little cabbage heads (which I've dubbed "cabbagitas").

**Patty Pan Squash** This great summer squash is just a little firmer than sraightneck or crookneck yellow squash, so it's easier to do interesting things with it, such as grilling or roasting it. The 'Sunburst' variety has a dif-

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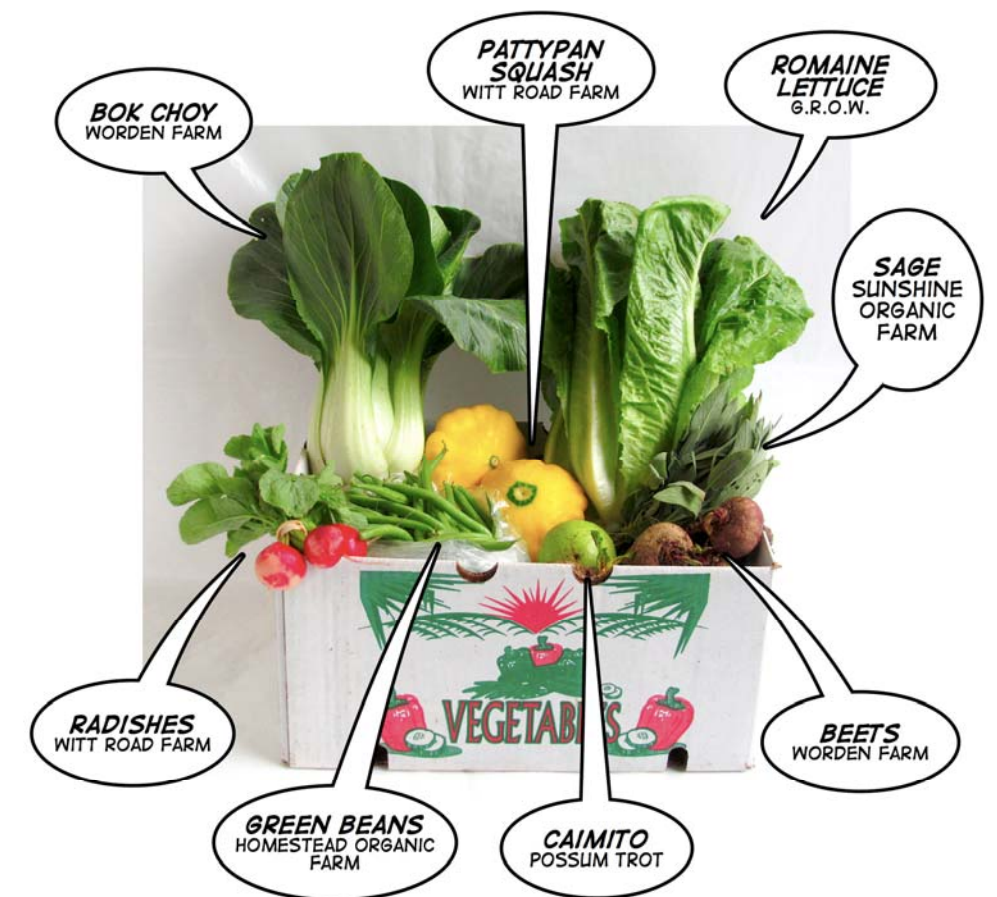
Cheese Share



Mediterranean Share

**NOTE: There IS a share next week!**

**Last share of the season: April 13-14**



Small Share