



Recipe of the Week

Beef in Wild Betel Leaf

-adapted from VietWorldKitchen.com

Although this recipe calls for lá lốt (*Piper sarmentosum*, aka cha-phloo), a close relative, you can use betel leaf instead, for an added smoky flavor twist. The two leaves are very similar in appearance, but their taste is quite different, so if you ever run across cha-phloo, try this same recipe using them!

1/4 pound ground beef, chuck preferred	4-8 betel leaves with the stems attached
Seasoning option #1: 1 Tbsp minced scallion, green and white part 1/2 tsp fish sauce pinch of salt and freshly ground black pepper 3/4 tsp Madras curry powder	Seasoning option #2: 1 1/2 tsp finely minced lemongrass 1/2 tsp Madras curry powder 1 Tbsp minced scallion, green and white part 1/2 tsp fish sauce 1 1/2 teaspoons oyster sauce pinch of salt and freshly ground black pepper
1/4 tsp cornstarch (optional, for a firmer filling)	1 tablespoon neutral flavored oil

In a bowl, combine the beef with one of the seasoning options and cornstarch. Use your fingers to mix well. Set aside to marinate while you prepare the leaves.

To make the rolls, put a leaf on your work surface, shiny side down. Take a bit of meat (about 2 tablespoons) and use your hand to shape it into a small sausage of sorts. Place the meat on the leaf, about 1/3 of the way below the pointy tip. The length of the sausage doesn't need to span the full width of the leaf because the leaf shrivels during cooking. Or, if you have a lot of meat, span the full width so that there's moisture from the meat to prevent less charring during cooking. It's your choice.

Roll up the meat in the leaf, starting with the pointed end, and use a toothpick or the little stem to seal it up. The roll will keep its shape. Place the finished roll on a foil-lined baking sheet. Repeat with the remaining leaves until all the beef is used. Rub a bit of oil on each roll when all of them are done.

To cook, position an oven rack on the top third of the oven and preheat to broil. Slip the baking sheet into the oven and broil for 6 to 8 minutes, turning them frequently to cook evenly and prevent too much charring of the leaf. The cooked rolls will feel firm, look a bit shriveled, and be slightly charred at the edges.

Instead of broiling, you can also cook the rolls on a stove-top cast iron grill.

To grill the rolls, prepare a medium charcoal fire (you can hold your hand over the rack for only 4 to 5 seconds) or heat a gas grill to medium. Grill the rolls, with the top open most of the time so you may constantly monitor their progress and move them around to avoid burning the leaves. (The heat will go to about medium-low because you'll have the lid open.)

Transfer to a plate and serve. The rolls are tasty on their own, but many people like to dip in a little *nước chấm* Vietnamese dipping sauce. Leftovers reheat well in a toaster oven preheated to 350F.

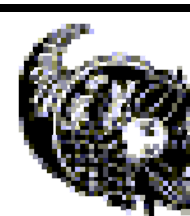
Robert, aka 'The Cantankerous Chef' and grower of the betel leaf in this week's shares, prepares **Tempura Fried Betel Leaf with Coconut Crab Sauce** for special guests. We included the recipe in Week 3 of our 2009-2010 season. Check it out in our newsletter archive: www.redlandorganics.com/newsletter/20091212.pdf

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

Share your recipes! Email your recipes to: recipes@beeheavenfarm.com



Farm News

Just two more weeks to go, folks!

This week we're seeing the return of the squash harvest. In your shares you have yellow squash and 8-Ball squash (some Small shares have zucchini, as we didn't quite have enough to go around).

Now that they've had a full season to size up, onions are maturing. This week's young purple onions will add both color and flavor to your dishes—and don't forget to use the green parts too.

There was finally enough production of oyster mushrooms to be able to put some in the Family shares. Enjoy them!

The more familiar greens like Green Kale and Collards need no introduction, but the delicate Mizuna greens are a great example of a green that is just as good raw in a salad as cooked. A great way to prepare it is Japanese-style: dropped into boiling water for less than a minute, quickly drained and then simply presented, laid out on a dish, with a dash of Mirin rice vinegar or a bit of Shoyu sauce.

The giant bunch of Italian (flat) parsley, NOT to be confused with the mizuna, is useful for many things. One way to preserve it is to make a chimichurri

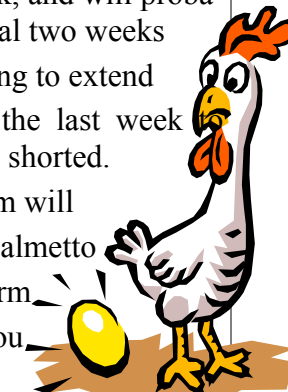
sauce, using olive oil, lots of parsley, garlic, salt and pepper to taste. There are many variations on this basic recipe which include other spices such as hot peppers, cumin, oregano, thyme and a bit of lemon or vinegar. It's very similar to a pesto, which you can also make with parsley. The primary difference between them is that the chimichurri sauce has a lot more olive oil and the parsley is chopped, whereas the pesto is processed until it's an almost smooth, slightly runny paste. We have several variations on chimichurri sauce in past newsletters—just go to the website at www.redlandorganics.com, click on CSA, then 'Newsletter Archive' and 'Search the archive!'.
Though you've already been enjoying beets in your shares, the ones in the Family shares are Italian heirloom Chioggia beets, sometimes known as 'candy stripe beets', because of the alternating white and red zoning inside. The beet tops make very nice greens—try them added to your favorite bean dish.

Finally, you will see a baggie with Betel Leaf. Read more about it on page 2, and check out the recipe on the back page.

EGG NEWS

We've had a rash of hens attacking other hens, to the point of killing them. The culprits are White Leghorns, which up until

now have never been aggressive. It's been so bad that we are experiencing a drastic reduction in egg-laying. We are short on eggs this week, and will probably be short for the final two weeks as well. We are planning to extend egg delivery beyond the last week make up for the shares shorted. Sites closest to the farm will be the ones affected: Palmetto Bay, Dadeland, and farm pickups. We'll keep you informed via email.



* **Only 2 weeks left** *
* **LAST SHARE** *
* **DELIVERY will** *
* **be** *
* **APRIL 13-14** *
* **Please bring your** *
* **boxes back next week.** *
* **That will be your last** *
* **chance to return your** *
* **share boxes. On your** *
* **last pickup, please take** *
* **your share box with** *
* **you, and repurpose it,** *
* **as we will NOT be re-** *
* **turning to pick them** *
* **up the following week.** *



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Family Share

Featured Items

Betel Leaf *Piper betel* (lá trầu) is related to black pepper and kava. The leaves have a strong smoky flavor, and are used in a variety of ways. This leaf is famous for its use in some cultures as a mild stimulant. Betel leaf is chewed along with betel nut, which is the fruit of a palm, and a bit of lime (not the fruit), rolled together into a “quid”. This combination causes a chemical reaction when mixed with saliva, creating a mild stimulant effect, which also irritates the gums, making them bright red. The leaf by itself, though, is used in cooking as a wrapper, or in small quantities as a flavoring agent. Other Piper relatives are used in a similar fashion. Because of their smoky, sausage-like flavor, they make a good meat ‘substitute’ finely shredded in an omelet, or layered in a lasagna. You only need a little bit to add a lot of flavor to a dish.

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8-Ball Squash Something in-between a zucchini and a yellow squash, 8-ball is so named because it looks so much like a billiard ball. It is tender and used the same way you might use zucchini or any other summer squash.

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 click on ‘CSA’, then ‘newsletter archive’, and ‘search’.



Cheese Share

NOTE: 2 more weeks left—the last share delivery of the season will be April 13-14



Small Share