



Recipe of the Week

Jamaican Callaloo Greens

-adapted from recipe submitted by Molly53 in food.com

1 bunch Callaloo (you can substitute fresh spinach, Yukina savoy, turnip greens, collards, kale)	8 oz chopped okra (optional)
2 oz salt pork, chopped	8 oz crabmeat
8 oz coconut milk (unsweetened)	1 scotch bonnet pepper (remove seeds and veins to tame the heat)
3-5 cups water (more for a runnier dish or if using okra)	Salt to taste
1 large onion, finely chopped	Freshly ground pepper to taste
3-5 garlic cloves, minced	

Place callaloo, salt pork, coconut milk, water, chopped onion and minced garlic cloves in a large stew pot. Simmer until the salt pork is tender.

Add the (optional) okra and crab meat, and simmer for 5 minutes (or until greens are tender).

Season to taste with salt, pepper, and scotch bonnet pepper.

Serve while still hot.

Vleeta (Βλήτα)

-from thegreekvegan.com

Vleeta (amaranth/callaloo) is delicious, and a popular vegetable in Greek cuisine. It tastes like a very light, sweet spinach. Perfect drizzled with olive oil and lemon, it cooks up in just 10 minutes and is just as tasty served room temperature as hot.

Pair it with a plate of fried potatoes (also great with a baked sweet potato on the side) and a piece of bread.

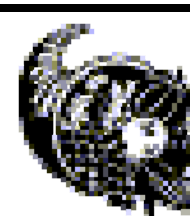
Young vleeta can be cooked with the stems as they'll still be soft and sweet. If the stems seem tough (your knife doesn't cut through the stems easily), peel the stems before chopping and boiling. Always give the leaves a good rinse to get rid of any dirt or sand.

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.

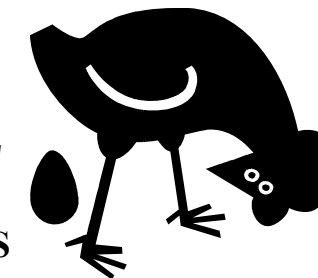
Need more recipes or tips? We have them! Go to www.redlandorganics.com, click on CSA, then Newsletters.

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



UPDATE on RACHEL'S EGGS

Though it looks like we have identified and isolated the culprits involved in the hen attacks, a lot of hens have been traumatized and stopped laying altogether. They will need time to recover.

We are continuing to be short on eggs, so we're going with 'Plan B' - makeup eggs! This week Gables/Sunset, Dadeland, Palmetto Bay and Bee Heaven Farm pickup sites have only some, or no eggs. Next week we expect more of the same.

We'll be sending out makeup eggs starting in two weeks. We're preparing your egg cartons and holding the ones we can't fill, so we will know exactly who we owe eggs. We'll keep you informed via email when we'll be sending out your eggs.

This week we bid goodbye to Victor (the son). He and his family are making a big move out of South Florida, further upstate. They're heading to a nice piece of land near Bonifay, where Victor hopes to do a bit of farming himself. His dad, also named Victor, will be doing the farm pickups and deliveries

Victor, first the dad and later the son, has kept the food flowing for 10 seasons—since 2003. Good luck on your move, Victor and family!

Every year, after the season is over, we have a **gleaning day and potluck for our CSA members**. This year is

NEXT week is our LAST SHARE DELIVERY (APRIL 13-14)

On your last pickup, please take your share box with you, and store it, repurpose it, or drop it off at the farm on Gleaning Day (TBA). We are not planning to return to your pickup site until the new season begins in the fall. Thank you.

these last two weeks of the season. Some of you know him from years past. We've come full circle—when our CSA got too big for me (Farmer Margie) to do the deliveries by myself with the pickup truck, I hired Sonic Express Delivery Service.

no exception, but we haven't set the date yet, as we're planning on attending the farmers market through the end of April, weather and crops permitting. We'll let you know just as soon as we set the date, and we'll be sending out a reminder email.



Farm Intern Tim hard at work!



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



Family Share

Featured Items

Callaloo An edible amaranth that is highly nutritious, this green is well-known in Greece, Africa, Jamaica and other Caribbean Islands. It cooks up sweet and tender—especially the stems (if they have a tough skin, peel them). Don't overcook them!

Bay Leaf This member of the primitive *Lauraceae* plant family is a close relative of the avocado, and it is also at risk from Laurel Wilt, the disease currently threatening backyard avocado trees and our local avocado industry. Hang the sprig up to dry, right in your kitchen (if your cabinets have handles, this is a convenient place to hang your sprig). Once the leaves are brittle, they are fully dried and can be put away in your spice cabinet. Keep

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them dry and out of the light for the longest shelf life. Bay Leaf adds a nice flavor to stews and soups. If in doubt, throw in a bay leaf!

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 Callaloo? Use the search box and you'll find several great 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'.



Mediterranean Share



Cheese Share

Sfoof or Namoura

Hani's Cheese



Small Share

NOTE: next week (April 13-14) is the last share delivery of the season