



Recipe of the Week

Eggplant Latkes

-adapted by former CSA member Karen P. from 2010 Florida-Agriculture.com

1 large Eggplant (for smaller eggplant, use a little less of the other ingredients)	1/4 c finely grated Parmesan or other robust hard cheese (optional)
1/2 c finely chopped fresh parsley, or a mixture of herbs (a little basil is good)	1 Tbsp baking powder
3 eggs	1 1/2 to 2 cups water
1 1/2 c flour (unbleached/all purpose/whole wheat or a mix)	Kosher salt and Freshly ground pepper to taste
1/4 to 1/2 c cornmeal, med or fine grind (increase quantity if not using cheese)	High-heat vegetable (or coconut) oil for frying

Peel eggplant, discard ends, slice in 1/4" thin rounds, slice rounds in half and then into thin julienne strips. Place in colander, salt and toss, and let drain while preparing batter. (Note: this is to remove some moisture).

In a large bowl, beat eggs, add dry ingredients and 1 1/2 cups water; mix well. Gently squeeze eggplant and shake well, then turn out on paper toweling and pat dry. Add eggplant and parsley/herbs to batter, stir gently. Batter should be thick enough to spoon out but if too thick, add some water. Add salt and pepper to taste.

Heat about 1/4 inch of oil in large frying pan. Using 1/4 cup measuring cup, drop batter into pan to fry, about 4 or 5 at a time. Do not crowd pan or they will not crisp properly. When bubbles start to form in the top side, flip the latke and fry the other side until both sides are browned and crisp. Drain on paper towel and keep warm in 250° oven until all are completed – you may need to add more oil.

Makes 6-12 latkes, depending on the size of the eggplant. Time: about 30 minutes.

Note: extras can be frozen with wax or parchment paper between pancakes, then taken from freezer and thawed/rewarmed in a low temperature frying pan. Or the microwave, but then they lose their crispiness.

Have a wonderful summer!

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

This the very last share delivery of the 2012-2013 season. What a great season it's been!

If I had to characterize this year, I'd say it's the year of kale. Not that we had that much of it in the shares—we had it a total of 7 times over 20 weeks, on average once every 3 weeks. Rather, public awareness of the nutritional powerhouse of dark leafy greens has peaked this winter, and kale is the one with which the consumer is most familiar.

Did you feel that you were "always getting ___(fill in the blank)___" in your share? Here's some interesting statistics showing how often we REALLY included some of the more common items in the FAMILY share boxes:

- Kale (all types) 7; Chard 6;
- Collards 3; Lettuce 12; Beets 4;
- Broccoli & Romanesco 9;
- Cabbage 5; Yukina Savoy 4;
- Green Beans 7; Turnips 6;
- Squash (all types) 7; Eggplant 6;
- Tomatoes 6; Cucumbers 3;
- Radishes (all kinds) 5;
- Sprouts, Peashoots and Microgreens 5; Oyster Mushrooms 2.

We would have included some of these items, like Tomatoes and Cucumbers, more often, but we had some crop failures. Likewise, we would have given less turnips if we had only had potatoes, but they

were hit by blight so hard we had no potatoes at all. And normally we would have had carrots 2-4 times, but the early plantings never germinated, and there was not enough time to harvest a later sowing in any quantity.

Still, we had a good variety of vegetables.

It was a strange year for fruit—we had very very little citrus, but to make up for it, we had lots of strawberries—six times—and they were as local as you can get!

Here's some of the fruit breakdown:

- Strawberries 6; Carambola 1;
- Avocados 6; Canistel 3;
- Citrus 3; Black Sapote 2;
- Caimito 3

This is by no means an exhaustive list—we had well over 70 different share items over the course of the season! Amazing the variety and diversity of produce that can be grown right here in the South Florida area—and organic to boot!

Sometime in May we'll begin accepting enrollment for next season. As a current CSA member, you'll get first crack at renewing, and you'll get an early-bird discount! Plus, you can spread out your payments over several months.

During the summertime, you can order from our webstore, as

various fruit come into season—mango, avocado, lychee, longan—and you can order eggs, honey and whatever else we have available. Pickup sites are limited to the farm, Dadeland, and Miami Shores, but these sites should be reachable to most of you. Keep an eye out for our emails.

Have a great summer!



You can tell summer is coming. Our awesome Donnie avocados are growing quickly! Look for them starting in late June.

UPDATE on RACHEL'S EGGS

We continue with an egg shortage, so we're saving up your cartons to send you some 'makeup' eggs over the next couple of weeks. We'll keep you informed via email when we'll be sending out your eggs.



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



Family Share

Featured Items

Florida Keys Sea Salt! Those of you with a salt share already know about this wonderful, locally-produced artisanal salt from Sugarloaf Key. For the rest of you, here's your chance to enjoy it.

Lime Basil Flower Tea We've been carefully cutting off the flower spikes on our lime basil plants all season, and drying them in anticipation of providing everyone a chance to brew up some really tasty drinks. Hot or cold, it's awesome. Just steep a tablespoon for a few minutes in piping hot water, strain and serve hot or over ice for a chilled drink. Sweeten it a bit if you like, but taste it first—you may find you don't need any sweetener at all.

Lemongrass There are two types of lemongrass. The one you normally see at the store has a swollen fi-

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brous stalk, which is the part most often used. The other kind, less often found here, is the East Indian Lemongrass. It has a finer leaf and base. Both have a lemon flavor and fragrance, and are used in both cooking and teas. Try cutting your stalks into small pieces. Boil gently for 10-15 minutes, then let cool. Strain & sweeten.

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'.



Cheese Share

**THIS IS THE
LAST SHARE
DELIVERY OF
THE SEASON.
ENJOY YOUR
SUMMER!**



Small Share