



## Recipe of the Week

### Shaved Fennel and Grapefruit Salad

-adapted from *The Fresh Market's Fresh Flavors Feb '13*

1 whole grapefruit (white or pink)	1/2 cup feta cheese, crumbled
1 bulb fennel	2 Tbsp Extra Virgin Olive Oil (EVOO), divided in half
1/2 cup fresh flat leaf parsley, chopped	Florida Keys Sea Salt, to taste
1/2 cup fresh mint leaves, chopped	

Remove tough base of fennel bulb. Cut off stalks about the point where the ferny leaves begin (save the fronds for pesto recipe below). Cut the bulb in half vertically and slice paper thin. Rinse briefly to remove any sand and drain in colander.

Cut off top and bottom ends of grapefruit and stand up on 1 flat side. Using a sharp knife and starting at top of fruit, trim off all peel and white pith, following curve of fruit. Working over a large bowl, slice between white membranes, releasing segments and allowing juice to drip into bowl. Squeeze any remaining juice into bowl. Add 2 tablespoons EVOO, fennel and herbs and toss gently to combine.

Arrange salad on a platter. Crumble feta cheese over grapefruit mixture and drizzle with remaining 2 tablespoons EVOO. Grind sea salt over top and serve.

### Fennel Frond Pesto

-adapted from *The New York Times' Diner's Journal*

1 cup roughly chopped fennel fronds	1/2 tsp Florida Keys Sea Salt
2 cloves garlic, roughly chopped	1/4 cup EVOO
2 Tbsp pine nuts, slivered almonds, or toasted pistachios	1/2 cup grated Parmesan cheese (optional)

Combine the fennel fronds, garlic, nuts and salt in a food processor or blender and pulse until the mixture is chopped up.

Add oil and process/blend until the mixture becomes paste-like. (You may have to scrape down the sides of the bowl.) Serve pesto at once, refrigerate for up to a week, or freeze for up to a month.

Fennel pesto is great with penne pasta (we served this at Farm Day). We recently made a simple pizza by brushing the crust with the pesto, topping with thinly-sliced eggplant, then adding shredded white Cheddar cheese (substitute your favorite), and baking for approximately 12 minutes until the cheese became bubbly and golden on top.

This recipe, made without the optional cheese, is a particularly good partner for seafood.

**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.

**Find past newsletters online!** Go to [www.beeheavenfarm.com](http://www.beeheavenfarm.com), click on CSA, then Newsletters Archive. Use the search box to search 11+ years of information on crops & recipes.

**Share your recipes!** Email your recipes to: [recipes@beeheavenfarm.com](mailto:recipes@beeheavenfarm.com)

Visit our **blogs:** [www.redlandrambles.com](http://www.redlandrambles.com), and [www.beeheavenfarm.wordpress.com](http://www.beeheavenfarm.wordpress.com). In those blogs, you'll find links to other interesting CSA member blogs. Tell us about yours, so we can include it.



## Farm News

### HAPPY NEW YEAR!

Well, here it is 7 pm on Friday. We just finished packing the fish shares—the last item to arrive. Marian, our erstwhile farm photographer, historian and Redland Rambles blogger, has shot the shares and uploaded the pictures to the farm's dropbox. Now it's time to finish the newsletter and wrap up our share packing day.

But wait...the front page of the newsletter is empty! I need to write something. I usually have plenty to say, but today, my mind is a blank (happens more and more as I'm getting older).

Student artist daughter Rachel is in town for winter break. She usually writes a piece for the newsletter while she's in town. I asked her this morning if she would write a piece, but between one thing and the next, the day flew by and she had to run off to a hot date. I was left with a blank column. Hmmm...

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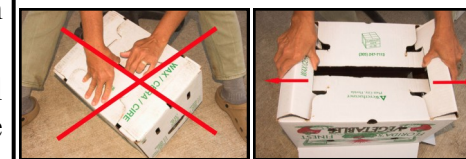
OK-here goes. Since this column is titled "Farm News", let me start with that. Our Farm Day celebration, as usual, was a fun event.

The ever-popular hay ride had a waiting line, as usual.

We had some awesome food, all prepared from the very same produce you find in your share box each week. Caryl Zook, organic farm chef extraordinaire, prepared roasted veggies (eggplant, beets, squash, zucchini), a shaved fennel and beet salad, sauteed mixed greens, and pasta with fennel top pesto (see a recipe on the back page). She also prepared grass-fed

### WANTED

Your CSA BOXES  
in good condition



and calling all coolers—  
PLEASE RETURN HOME!  
We need you to keep the  
eggs, cheese, med, and  
fish shares cool.

beef/Sem-Chi rice meatballs in a broth with collard greens, pickled yukina savoy and chard stems, an outrageously good salad with lettuce, chard, yukina savoy, carambola stars, and a dressing made by moi by simply mixing wildflower honey with homemade pineapple

vinegar (with some apple cider vinegar). And the stuffed 8-ball squash flew off the platter (you can see it in the picture below, on the left side of the table).



Chef Caryl sharing her vegetable cooking secrets with an appreciative attendee

I know there were more goodies, but can't remember them all. We also made allspice leaf iced tea, and lemongrass iced tea. Cantankerous chef Robert Barnum roasted local bicolor sweet corn by the campfire (out of the back of his pickup truck!)

Grant Livingston played a lot of his original music, much of it about South Florida and the Everglades.

A fun time was had by all!

Community Supported Agriculture

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





## Featured Items

**BrusselKale** A new veggie! BrusselKale is a brand new vegetable that was developed by seed breeders in England by crossing Brussels sprouts with English kale the old-fashioned way (no GMOs here) over a 15-year period. BrusselKale has a flavor that's milder than either Brussels sprouts or kale and contains double the amount of vitamin B6 and vitamin C of Brussels sprouts. Florida Specialty Farms, a division of Rock Garden and the G.R.O.W. people, is growing this new crop in their Okeechobee and Homestead fields.

Rock Garden has developed a retail package that's super convenient. You can pre-season BrusselKale right in the package with a bit of oil or butter and your favorite seasonings, then microwave and serve it right from the bag. BrusselKale is great juiced, raw (perhaps served with a dip) or in a salad. Cooking is easy—boil, steam, blanch, stir-fry or roast it. **'BrusselKale' is a registered trademark of Rock Garden.**



Family Share



Fish Share



Mediterranean Share  
Hommos



Cheese Share



## About the shares...

There are two sizes of box, labeled FAMILY & SMALL. Please make sure you've taken the correct size, and take ONLY what belongs to you.

Options and special orders have YOUR NAME on them.

Would you like to know more about any share item, including more tips and recipes? We have all 11 past seasons on line in our newsletter archive. Our handy search function lets you enter any search term and finds all mentions of it in the archive. Just use this link to start your search: <http://tinyurl.com/bqu214f> or go to our website at [beeheavenfarm.com](http://beeheavenfarm.com) and click on the link provided.

**Have you created a simple or fancy recipe using the ingredients in your share box? Share it with your fellow CSA members!** Email it to [recipes@beeheavenfarm.com](mailto:recipes@beeheavenfarm.com), and if you have a picture, by all means send it along. We may include it next time those items appear in a share.



Small Share

**What does it look like?** Every week, we include pictures to help you identify everything in your shares, especially those strange things you never saw before!...

**CSA schedule:** We're back from the holiday break.

**Share delivery will continue weekly until the end of the season (April 19-20).**