

Recipe of the Week

Chunky Celery Soup

-adapted from 101 Cookbooks

1 large onion	2 cloves garlic, chopped
1 large russet potato	5 cups vegetable broth (water or chicken broth also work)
3-4 small to medium carrots	2 cups cooled wild rice, brown rice, barley, of wheat berries
10 stalks of celery, washed well	1/3 cup celery leaf pesto (optional)
3 Tbsp extra-virgin olive oil	Parmesan cheese, freshly grated (optional)

Chop the onion, potato, carrots, and celery into pieces that are about 1/2-inch or smaller. Do your best to cut everything roughly the same size, this will keep cooking time across the ingredients somewhat uniform. You should end up with about 2 1/2 cups of chopped celery.

In a large thick-bottomed soup pot over medium high heat combine the olive oil, onion, potato, carrots, celery and a few big pinches of salt. Saute for about ten minutes or until the onions and celery soften a touch and expel some water. Stir in the garlic and add the stock. Bring to a simmer and let cook for another 10 minutes or until the celery, carrot and potatoes are just cooked through - resist the urge to over cook them into mush. Stir in the rice a few minutes before the potatoes and carrot are cooked though. Remove the soup from the heat and ladle into soup bowls. Top each with a generous drizzle of the celery leaf pesto (optional, see below) and/or some Parmesan cheese.

Celery Leaf Pesto

1 cup lightly packed celery leaves	1/3 tsp Florida Keys Sea Salt
1 large clove of garlic	1/3 cup extra-virgin olive oil

Puree all ingredients in a food processor for about 30 seconds.

Marian's Rambles...

**Welcome, trial share members!** You're probably wondering what to do with some of the greens in your box. Take a look at the pictures on the inside of the newsletter for their names. (The share pictures are also posted on the [RedlandRambles.com](http://RedlandRambles.com) blog.)

Komatsuna is a Japanese braising green, juicy and kind of sweet (for greens). Yukina savoy is another cooking green, but it can also be eaten raw. Its green leaves taste like spinach and the stems are crunchy.

Don't throw away the tops of the scarlet queen turnips! They are strong and spicy, and can be cooked along with the turnips. I like to sauté greens with onions and tomato, or with garlic and hot pepper, or with mushrooms. Enjoy your trial, and feel free to stay on for the rest of the season.

Joining the CSA is a great way to support your local farmers, and you will enjoy the freshest veggies in town.

(Ed: Marian is the keeper of RedlandRambles.com and our farm photographer/historian.)

**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

WANTED



all coolers—  
PLEASE RE-  
TURN  
HOME!

We need you to keep the  
eggs, cheese, med, and  
fish shares cool.

Winter has finally arrived! We had patchy frost early Friday morning here in the Redland area. We're generally a good 10 degrees colder than up in the city, where you have the moderating influence of the nearby ocean, and there's a lot of asphalt and buildings radiating heat. We covered the tomatoes and the beans, and it looks like everything came through OK.

The whitefly damage, however, is another story. We have had to pull up 3 rows of beans after just one harvest, because the plants were totally infected with mosaic virus. This virus is spread by whiteflies. Usually, the fly larva puncture the beans and the tomatoes with their syringe-like sucking mouthparts, damaging the fruit. This season, though, the virus is prevalent, hurting the plant's ability to produce.

Cold weather helps knock

down the whitefly population, so we're looking forward to more cool weather (just no frost!).



**SPOTLIGHT ON:**  
Keep your veggies fresh

Here's a few simple tips to help you keep your CSA share produce in tip top shape.

- 1) Store greens in a plastic bag inside the vegetable drawer.
- 2) Do not wash greens or lettuce until ready to use. Lettuce keeps much longer this way.
- 3) Wilted greens can still be used. Revive a wilted bunch of greens by cutting off a bit off the bottom stems and sticking the bunch in a glass of ice water for awhile. Then see #1.
- 4) Cut the roots (turnips, beets, carrots) from their tops to keep them from getting limp. Store them separately.
- 5) Limp roots can be revived by soaking in ice cold water for an hour or two. They'll be good as new!
- 6) NEVER put tomatoes or any unripe fruit in the refrigerator. After cutting a ripe tomato, store it briefly in the refrigerator and use it quickly. Cold damages the texture, and destroys much of the flavor.



**REDUCE,  
REUSE,  
RECYCLE**  
Bring back your  
share box each  
week.

Food Miles From BHF	Our Farm Partners	USDA Organic
125	Worden Farm*	✓
3	Homestead Organic Farms*	✓
4	Paradise Farms Organic*	✓
1.5	Health & Happiness Farm*	✓
7	Sunshine Organic Farms	✓
4	Sawmill Farm*	
7	Possum Trot	
95	Witt Road Organics	✓
78	Sem-Chi Rice	✓
8/110	Florida Specialty Farms	✓
0.5	Green Groves/BHF	✓
3	Hani's Mediterranean	
0	Bee Heaven Farm*	✓
87.5	Florida Keys Sea Salt	
7.5	PNS Farms	✓
0.1	Abigail Farms	
7	Flair's Fayre	
*Redland Organics founder & grower member		



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





## Featured Items

**Celery** Don't like celery much? That's because you haven't had celery straight from the farm, complete with leaves and its full complement of nutrition, as opposed to the heavily-trimmed, blanched, and stored who-knows-how-long stuff you buy in sleeves at the market. Farm-fresh celery has a hearty, somewhat salty flavor to it, and the leaves are somewhat sweet and mild, especially when cooked or lightly roasted.

**Komatsuna** Unless you've been a member of our CSA for some time, chances are you have never run across this mild Japanese green. Juicy, mild and tender, komatsuna shows off simply prepared. Quickly stir-fry or steam it, adding soy sauce, mirin (rice vinegar), sake (optional), and a bit of sugar (optional). Komatsuna is often served in an egg dish. Try it in an omelet, or as a scramble.



## 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.



Family Share



Mediterranean Share  
French Lentils mutall'a



Cheese 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!...

**Welcome, Trial Share members! We hope you are enjoying your shares, and choose to continue weekly until the end of the season (April 19-20).**