



Recipe of the Week

Rice-Veggie Pilaf

-submitted by CSA member Xenia L.

CSA member and farmers market customer Xenia L. sent us this great recipe she developed. It's extremely versatile—try it with any of the greens in your share. Keep it handy. The dish will turn out very different each time, depending on the combination of greens you use. Thanks for sharing, Xenia!

1 onion, chopped	1 cup white rice, presoaked 2+hours and drained well
4 cloves garlic, sliced or minced	Any mix of greens at hand
Fresh ginger, finely grated	Oil for sautéing
3-4 stalks celery, chopped	Fresh turmeric or any other spices of your choice to taste
2 cups chicken broth (or any other kind)	Salt & pepper to taste

Heat oil, sauté onion, garlic, ginger, and celery adding turmeric or any other spices of your choice. I like to add a pinch of turmeric for color (*ed: fresh turmeric adds a fragrant note to the dish*) plus it is so beneficial for you. Sauté for about 4-5 minutes, veggies should still be crisp.

Add broth, salt, pepper and bring to boil. At this point you can taste and see if anything else needs to be added. Add drained white rice. You may use brown rice, however proportion of water to rice and cooking time may be different. It takes 2 cups of liquid to 1 cup of white rice. This proportion may vary slightly with different types of rice. Place the rice on top and evenly spread rice to cover the whole area, but DO NOT stir.

Once it starts to boil, turn down the heat and let simmer covered until rice takes in the liquid. It takes about 20 minutes. Periodically take off the lid to get the moisture off it. You do not want too much extra moisture added to the rice as it will make it mushy. When the liquid is no longer visible from the top, you can stick a fork through to see if there is any liquid left at the bottom. If there is still a lot of liquid and the rice is about ready, just take off the lid and turn up the heat to let the moisture evaporate sooner. Some liquid is OK; the next step will take care of it.

A minute or two before turning off the stove, add the chopped greens on top—again, do not stir. Cover and simmer for another minute. Turn off the heat, stir your pilaf, take the pot off the stove and wrap it with heavy towel or blanket and let it sit for about 5-10 minutes. This will allow the rice to take in remaining moisture and aroma. Then it is ready to be served.

This dish comes out best if cooked in an old-fashioned cast iron skillet/pot. If you don't have one, a stainless steel one will do. It may sound complicated, but don't be afraid to give it a try. Once you do it, you've got it! Get creative with it. Use whatever veggies or spices you have at hand. Enjoy it!

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, 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

Visit our **blogs:** www.redlandrambles.com, and 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

COLD-BRRRR!!

Last Sunday, as we got in the truck to drive to market, SURPRISE! frost! We got the warning too late the evening before to cover the plants, so off we went to market, fingers crossed. Everything was OK, except the poor suffering beans that just can't keep taking the added stress.

Wednesday, we got the heads-up that another 'cold weather event', as they call it, was happening that night and into Thursday morning. We covered the tomatoes and the remaining beans. It's a good thing, too, as we DID have frost – more than on the previous week. Though mild compared to the hard freezes and terrible winter storms up North, these freezes do affect the crops here, as this is the height of the growing season. So let's hope for cool but milder weather for the rest of the winter.

WHAT'S THIS STUFF IN MY SHARE AGAIN?

You think planning what goes in each week's share boxes is easy? Everyone just pops out to the fields, picks and chooses all the pretty stuff, and voilà! We have a share. Nah. All these weather shenanigans, added to the normal vagaries and uncertainties of farming, result in some interesting and sus-

pense-filled moments trying to put together your share box

Take this week, for example—I originally thought we could include BrusselKale in the shares. Based on what else was available for harvesting, I took it off the list—and a good thing, too. Turns out there's been such a demand on the market for this new veggie that there was virtually NONE to be had this week (well, a measly 5 pounds, but how do you divide that up among 265 shares)? Then I got word that one of the farms could only provide a maximum of 5 cases of anything—enough for the family shares, but not for the small shares. Bummer. Back to the drawing board.

We had been planning to include kohlrabi in the shares this week, but got notified Tuesday that there were none. No explanation—still wondering what may have happened—perhaps the cold? Bugs? Their CSA got them all? Who knows? Change of plans.

Then, collards from right down the street, and Garnet mustard greens. Hooray! Except—not enough mustard for the small shares. (The family shares got mustard a couple of weeks ago. It would've been nice for the small shares to get some.) OK—flip them around. Oops! Still a bit short on

the collards, AND the mustards. We can fill in the mustards from our farm. Run around seeing if other farms have enough collards.

Yes, we can fill the shortage of 55 bunches from one of the other farms.

OK-looking good. NO, wait! Got a last-minute call as the truck was picking up the veggies from the farm—sorry, can't find the beets with tops (maybe they got sold? Put on another truck by accident? That's happened once or three times. What can we substitute? Hmmm...can we just give everyone collards? Yes, but all told, it took 3 farms' output to complete the amount needed.

Final hurdle—the quantity of tomatoes harvested fell way short of the predicted amount...blame it on the cold weather...so everyone got some, but not the quantity I was planning on originally.

Even after all that, we got the shares packed in record time. Now to finish the newsletter—heck, maybe it will even be done before dark!

Enjoy your shares!

TRIAL SHARES

Next week is the last week of the trial shares. To continue uninterrupted, make sure you sign up when you're notified!



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



Featured Items

Collards The quintessential 'Southern' food. But please don't cook it to death. Enjoy it roughly chopped, cooked in olive oil, Florida Keys Sea salt and freshly ground pepper. Throw in some onion, and if you like, bits of sausage, ham or bacon (fry it first to release the fat and flavor). Try them in Xenia's recipe (on the back page of this newsletter).

Baby Bok Choy Young bok choys are sweet, juicy and tender. Wash off the dirt, and steam, lightly seasoned, or eat them raw with an Asian-style dressing. Delicious!

Parsley Parsley is a very nutritious green. Tabbouleh is a traditional Middle Eastern salad made with chopped parsley (lots!), tomatoes, cucumber (optional), bulgur wheat, and mint, and seasoned with onion, garlic, lemon juice, olive oil, and salt. Variations include cilantro, or substituting couscous for the bulgur.



Family Share



Mediterranean Share
5-bean Monk Kibbeh



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 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, 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!...

One week left in the Trial Shares! We hope you are enjoying your shares, and choose to continue weekly until the end of the season (April 19-20).