

Recipe of the Week

Honey Chicken with Pak Choy

-adapted from *taste.com.au*

1 tbsp vegetable oil	1/4 cup tamari (or soy sauce)
1 red onion, halved, thinly sliced lengthwise	2 tbsp oyster sauce
1 garlic clove, crushed	1 1/2 tbsp honey
2 large single chicken breast filets, coarsely chopped	1 tbsp sesame oil
2 tsp finely grated fresh ginger	1 bunch pak choy, cut diagonally into chunks

Heat the vegetable oil in a wok over high heat. Add the onion and garlic, and stir-fry for 1 minute. Add the chicken and ginger, and stir-fry for 1 minute. Add the tamari, oyster sauce, honey and sesame oil. Season with pepper. Stir-fry for 8 minutes or until chicken is cooked through. While chicken is cooking place the pak choy in a heatproof bowl. Cover with boiling water. Let sit a few minutes. Drain. Serve over rice, dividing pak choy and chicken equally on each plate. Enjoy! You can substitute pork or firm tofu for the chicken.

Dill and Beer Quick Bread

-from *Cooking for Two*

3 cups all-purpose flour	2 tsp ground mustard seed
2 1/2 tsp baking powder	1/4 cup minced fresh dill
1 tsp salt	12 oz porter or other dark beer

This is a really simple and quick recipe. The beer makes all the difference.

Heat oven to 400F. Grease an 9 x 5 loaf pan (splurge on a good quality pan-you'll love the results). Mix all the dry ingredients together. Add beer and mix until just blended then spoon into pan. Bake for 50 - 60 minutes until a toothpick inserted in the center comes out dry.

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

In another week, we'll hit the midpoint of our CSA season. (Boy, that sounds wrong somehow—didn't we just start a couple of weeks ago?)

We're in that semi-limbo time when we're normally experiencing enough cold weather to stop some crops, while kickstarting others. You'll notice there's not much in the way of cucumbers and squash, and the tomatoes got chilled. In the farms higher up in Punta Gorda, Okeechobee, and Belle Glade, the cold weather means that they have to replant cukes, squash, basil, tomatoes, and beans for a second spring crop. Those with greenhouses can protect basil and tomatoes from meltdown.

Happy Chinese New Year
Year of the Horse



Down in the Redland area in South Dade, we're seeing carrots, beets, snow peas, kales and other salad greens embracing the cooler weather. You can actually see them growing from one day to the next.

We can expect another month of potential cold weather—officially, we could have cold snaps until mid-March! Then the warming trend begins, signaling the approaching end of season.

In the interim, we can look forward to carrots in 4-6 weeks!

INTERN CORNER

Hello CSA members. My name is Mike Libsch. I recently returned to Bee Heaven Farm. I have worked on the farm during 3 previous winters and am happy to be back. During the summers, I run my own small (1.5 acres) vegetable farm in Upstate New York.

People often ask me how Florida farming compares to New York farming. Surprisingly most vegetables can be grown in both places, though timing of planting and harvest is very different. In Florida, the big planting push is in the fall and many crops are harvested in the winter and spring. In New York, most vegetables are planted in the

spring and early summer for harvest during the summer and fall.

In both places, there are a few insect pests that make life difficult. In South Florida these include aphids, whiteflies, and cabbage butterflies. In New York, there are lots of flea beetles and grasshoppers. There are also lots of deer in New York. Deer do serious damage when they get into the garden.

Because it is warmer on average in South Florida during the winter than it is in New York during the summer, heat-loving crops like eggplants, peppers, tomatoes, and squash grow faster here. Cold-loving crops like spinach, lettuce, and many Asian greens seem happier up north.

During January, I definitely recommend farming in Florida where it is warm. (Though you should try not to gloat too much when you talk to your friends who live up north).

It's good to be back at Bee Heaven Farm. I hope that you are all enjoying the great vegetables!

(Ed: Mike runs New Leaf Farm in upstate New York and visits his family in South Florida when he comes down, usually bringing a blast of winter weather with him!)



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



Featured Items

Misticanza A traditional mix of salad greens, ours contains a mix of lettuces, pei tsai, arugula, tatsoi, mustards, and red mizuna. Enjoy the flavors with a simple splash of good olive oil and balsamic vinegar.

Pak Choy There are many types of 'choy'. Some have white stalks with dark green leaves. Others have light green stalks and leaves. Some are shaped like a bulbous vase, while some are upright. They all taste slightly different from each other.

Dill Poor dill is often bypassed, due to what I believe is failure of the imagination. Use it to bed (and top) a nice piece of salmon. Snip some into your salad. Throw some in any soup. Mix it with yogurt or sour cream and spices for a great dip. Blend it in to soft butter and use as a spread. Make dilly bread or dilled green beans. And of course, refreshing in a cucumber salad, and to make pickles! What else can you think of?



Family 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!...



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.

IMPORTANT NOTE: *DO NOT* attempt to eat the **Canistel (Eggfruit)** until it is fully ripe. This means SOFT! The skin will slip off easily and the flesh will be creamy, with the color and consistency of hard-boiled egg yolk. It is slightly sweet and great for smoothies.

I repeat—*DO NOT* try to use it before it is fully ripe, or you WILL be sorry!



Mediterranean Share
Tabbouleh, or Foule



Cheese Share



Small Share

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).