



Recipe of the Week

Black Sapote Bars

-by Marian Wertalka.

This recipe originated back in 2009 with then CSA member Bill Jacobs, who published it in his Tinkering with Dinner blog. He played again with the recipe in 2011, before he stopped blogging his cooking escapades. Recently, La Diva Cucina revisited Bill's recipes, made some tweaks, and published the result in her blog, accompanied by some great pictures of the fruit in various stages of ripening, and step by step preparations. Her [blog entry](#) includes links to Bill's recipes. Marian read Laura (La Diva)'s comments about the crumbly crust, and experimented with a variation of [thepioneerwoman.com](#)'s strawberry oatmeal bars. The winning result is presented here!

Crust:	Filling:
1 ¾ stick cold butter, cut into pieces	1 ½ cups (5 medium fruit) black sapote, cleaned
1 ½ cups all-purpose flour	1/3 cup sugar
1 ½ cups oats	¼ teaspoon ground cinnamon
¾ cup packed brown sugar	1 teaspoon cocoa powder
1 teaspoon baking powder	1 teaspoon vanilla extract
¼ teaspoon salt	¼ teaspoon fine ground coffee
	¼ teaspoon salt
	1/8 teaspoon cayenne (optional)

1. Preheat oven to 350 degrees. Butter a 9x13 baking pan.
2. In a large bowl, mix together flour, oats, brown sugar, baking powder, and salt. Cut the butter in with a pastry cutter until it looks like coarse crumbs. Sprinkle half the mixture into the pan, and pat it lightly to pack it down.
3. In another bowl, mix together the cleaned black sapote (no skin, no seeds) with the other filling ingredients. Spoon the mixture on top of the bottom layer of crust, and spread evenly with a butter knife.
4. Sprinkle the other half of the oat mixture over the top, and gently pat down.
5. Bake until light golden brown on top, about 25-30 minutes. Remove from oven and let cool in pan. When cool, cut into squares and serve.

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.

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Farm News

Halfway through the season—already!

This week, in the shares...

Romanesco, aka fractal cauliflower. It's creamy, with a taste something between broccoli and cauliflower. It's great raw or cooked, but what really endears it to me are the fractal patterns in it.

What are fractals, you say? Remember the 'golden ratio'? Everywhere you turn in nature you find patterns that reflect this magic number, which quantifies the wonderful spiral patterns in shells, whirlpools, and this cool vegetable.



Take a thin slice off the base, place it in a shallow bowl with water, and set it on your table to admire for a day or so, then eat it!

Check out the whorls upon whorls upon whorls, in ever decreasing sizes, down to the microscopic level. Lose yourself in meditation admiring this miracle of

nature. For this is NOT a GMO crop, but an ancient vegetable known from Roman times.

When you're ready to eat it, try roasting it. Cut your Romanesco in half vertically (leave the outer leaves on or chop and cook them separately), slather it with olive oil and your favorite seasonings. I used za'atar, a Middle Eastern spice blend containing sumac, which has a lemony overtone. When it's fully roasted, and the tips are slightly browned (finish it off in the broiler if needed), squeeze a fresh lemon over it and serve. Delicious!

Black Sapote is at its prime now. This is a tropical persimmon, and, like the persimmons you probably know, cannot be eaten until fully ripe. ***DO NOT*** attempt to eat a **BLACK SAPOTE** until it is fully ripe. This means **SOFT and UGLY!** When you think it's just about ready for the compost heap, that's when it's time to eat it. Look at the picture to the right.

Black Sapote is often misleadingly called 'chocolate pudding fruit', due to its resemblance to pudding or mousse inside when ripe. It doesn't taste like chocolate, though. It has its own mildly sweet flavor.

Here's my favorite way of eating this fruit, which our interns invented one year when we had an overabundance of ripe fruit and strawberries. Remove the seeds and any hard bits. Slip off the skin if you like, or leave it. By the time the fruit is fully ripe, the skin is nearly disintegrating (it's like tomato skins—your choice to remove them or not when making sauce). In a bowl, stir it up. Add sliced ripe strawberries and walnut pieces, and a dish of nutmeg. Totally optional and not really needed: cinnamon, a bit of lemon juice or a sprinkle of salt to brighten the flavor, perhaps a bit of honey, or a bit of vanilla.



RIPE NOT READY

This simple 'pudding' is delicious and very pretty served in a glass dish.

It bears repeating—*DO NOT* try to use a Black Sapote until it is fully ripe.

Community Supported Agriculture

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



Featured Items

Tangerines Citrus greening (huanglongbing) is threatening Florida's citrus groves, and has severely decimated local citrus here in South Florida. These sweet tangerines, kissed by the cold spell a couple of weeks ago, come from Uncle Matt's organic groves in Clermont, near Orlando. This is outside our normal range (South Florida), but it's an exception I'm willing to make, because (a) they're so good, and (b) we have a relationship with Uncle Matt's. Besides citrus, they also market citrus juice, avocados and blueberries.

Uncle Matt's avocados are grown by Murray of Wyndham Organics, a local grower in a nearby Redland grove. When ready, they are harvested in the summer and packed at our farm, then delivered to the Florida City Farmers Market where the trucks take them away for distribution to various Publix and Whole Foods stores in the Southeast.

Enjoy these juicy orange jewels while we still can!



Family Share



Mediterranean Share
Assorted selections



Cheese Share



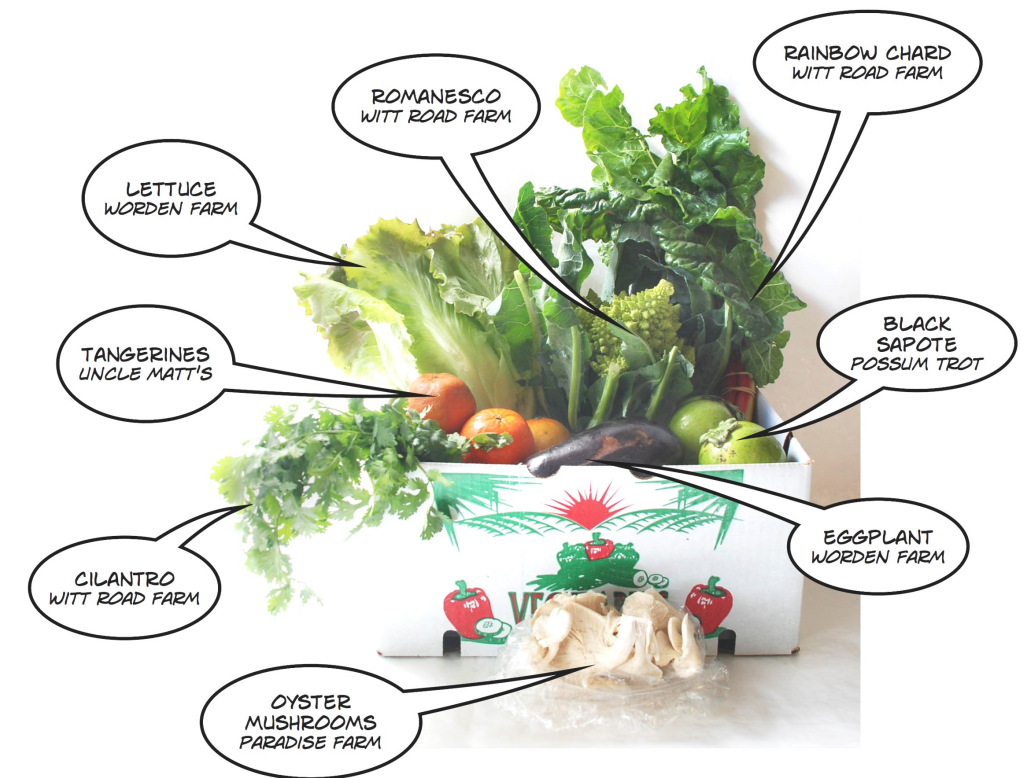
About the shares... There are two sizes of box, labeled FAMILY & SMALL.

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!...