



Recipe of the Week

Bulalo

-adapted from callcenterguy's recipe in *grouprecipes.com*

This is a popular Filipino recipe, very like 'caldo de res', but with a different mix of vegetables. Try it with other meats such as goat or lamb. Feel free to add bits of corn, chunks of celery, or chayote squash.

For a meat-free version, start with a rich vegetable broth, omit the meat, increase the proportion of starchy veggies and decrease the cooking time.

1 1/2-2 lbs bone-in beef shank (bulalo)	Florida Keys Sea Salt
1 whole onion	1 bunch of pei tsai
1 whole head of garlic	1/2 head Chinese (Napa) or other cabbage
1 allspice leaf	3/4-1 lb potatoes
6-8 peppercorns	1 large carrot

Have the grocer or meat vendor cut the shank crosswise into 1-1/2" thick pieces. The best way to do this is to have it cut with an electric meat saw.

Place the beef shanks in a large casserole. Cover with water. Add the whole onion, garlic (pierced in several places with a sharp pointed knife), allspice leaf and peppercorns. Season with salt. Set over high heat and bring to a boil, removing scum as it rises. Lower the heat, cover and simmer for two hours or until the beef is fork-tender. Alternatively, pressure-cook for one hour and 30 minutes.

Using a slotted spoon, carefully remove the beef shanks and arrange at the center of individual soup bowls. Strain the broth. Reheat to boiling point.

Peel the carrot and potatoes and cut into chunks. Core the cabbage and cut in half. Trim the ends of the pei tsai. Add the carrots to the broth and simmer for 5-7 minutes. Add the potatoes and cabbage leaves and simmer for another 8-10 minutes. Lastly, add the pei tsai leaves and simmer for another 3 minutes.

Scoop the vegetables out and arrange around the bulalo. Pour in hot broth and serve at once.

Escarole Tips

Escarole is a very mild chicory, with hardly any bitterness. Serve it as a salad, torn into pieces and mixed with butterhead or another soft lettuce. Add some thinly sliced onion or chopped scallions. Top it with a simple Asian-style dressing of oil (add a teaspoon of toasted sesame oil for extra flavor), vinegar or lemon juice and a dab of soy sauce; or make a honey/citrus dressing (honey plus any citrus juice—acid ones like lemon are the best). Sprinkle toasted sesame seeds on top and enjoy!

Cooked, escarole acts as its own thickener, yielding a translucent, slightly viscous sauce. Take advantage of this trait by preparing a stir-fry dish without needing to add cornstarch.

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

Happy Valentine's Day!

Every year we try to do something a little special with the shares, to show our appreciation for your Community Support of (local, organic) Agriculture! This year is no different. We've included a couple of treats to sweeten your weekend.

First, a jar of our own farm wildflower honey for your honey. Those of you who have tried it in the past, or have a honey share, already know and love it. For those of you new to it—you're in for a nice treat. What amazes me about our wildflower honey is how consistent it is, given that the composition of the honey varies based on whatever combination of things are flowering around us. Avocado blooms contribute a dark, rich honey tone. Bidens pilosa (aka Spanish needles, beggarticks, and other names), is a native 'weed' that grows and flowers year-round, providing butterfly food and lots of pollen. Campanilla, our 'bee vine', flowers briefly in the winter, but

yields lots of tasty nectar. Lychee and longan blooms lend their special lightness to the honey. We like to leave bolting vegetables like basil flowers, radish and mustard, arugula, cilantro, dill and others around to feed the bees and other beneficial insects that are attracted to them. Cabbage palms, royal palms, and other native plants are covered in bees when they bloom. All this variety combines to yield a sweet honey, which our beekeeper, Miguel, simply strains and bottles for your enjoyment.



Our honey is never heated or filtered, so the tiny bits of pollen and wax are still in it. Over time, they will slowly settle to the bottom of the jar. Sometimes the tiny grains act as a catalyst to begin the crystallization process. If you leave it alone, it will eventually acquire a spreadable consistency, and may be slightly gritty, depending on the size of the sugar crystals that form. When this happens, you can con-

tinue eating the honey as is. If you prefer, you can set the honey jar out in the sun or put it in your car for a couple of hot days, and it will all go back into solution.

NEVER REFRIGERATE HONEY. IT DOES NOT SPOIL.



The next treat in your share box is a small jar of rose petal jelly, lovingly prepared by Cuckita and her family at Rochelois Jams.

Using local ingredients and organic Florida sugar, she makes delightful jams, jellies and preserves. She uses pesticide-free or organic tropical fruits and flowers to make these flavorful jams.

You may have already spotted our 'Jams/Jellies' tab on the web-store. This week we're formally introducing them and their products, and announcing the availability of a 'Rochelois Jams' add-on share option—a monthly share consisting of a randomly-selected flavor. Sign up for one or more. There are two distributions still left in the season (first weekend in March and April), and you can simply log in to your account and add it. Or, if you're shopping on the webstore, you can add some to your order. You'll love them!

Community Supported Agriculture

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



Featured Items

Allspice Leaves Allspice or Pimenta leaves, known in the Caribbean as West Indies Bay, are used as flavorings and for teas. You probably already know allspice berries, which are a component of pumpkin pie spice as well as other spice blends, and also sold as whole dried berries. Their spicy but sweet aroma, added to a stew, will scent the entire house as you cook it.

Allspice makes an amazing tea, good hot or iced. You can sweeten it lightly or drink it unsweetened. Just boil a potful of water, throw 3-6 leaves in and let steep for awhile. Taste and dilute if needed.

Pei Tsai You've already had this light open-headed type of cabbage as an ingredient in our Misticanza salad mix. All grown up, now, it's still great in salads (mix it with spinach or arugula for taste and color contrast), or lightly cooked in a stir fry. It's sweet, mild, and crunchy!



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.



Mediterranean Share
Deconstructed stuffed
cabbage



Cheese Share
Hani's Cheese



Small Share