



Recipe of the Week

Brusselkale

Folks are just starting to play with this new vegetable. It's a hybrid created the traditional way (no GMOs here!) by crossing related plants: kale and brussel sprouts. I think it inherited the best of both—lots of nutrition, fiber, and a sweetness brought out by cooking.

We first offered it in your shares in early January. Now it's back with a new harvest from the Okeechobee fields.

As part of the SoBe Wine and Food Festival activities this weekend, several restaurants in the area will be serving Brusselkale. And we'll have it at the Pinecrest Market, where you can come buy more after you scarf down the bag included in your shares!



Since there aren't a lot of recipes out there yet specifically for Brusselkale (across the pond it's known as Flower-Sprouts), we invite you to try your hand at it and send us YOUR favorite way to prepare it.

- In the meantime, here are some suggestions:
- Chinese Stir-fry, in peanut oil with garlic, fresh ginger, chili pepper, red onion, soy sauce and sesame seed.
- Blanched, then sauteed with garlic, olive oil, salt and pepper, and tossed with linguini (or your favorite pasta).
- Thai style with oyster sauce and chili peppers.
- In a peanut sauce.
- Simply steamed!
- Add a handful to a pot of beans, about 10 minutes before serving.

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

Weather Station at BHF

Back in December we were made aware of a cost-share program being offered by the Florida Department of Agriculture and Consumer Services (FDACS). The program pays for 75% of the cost (up to \$5000) for growers to install a weather station on their farms.

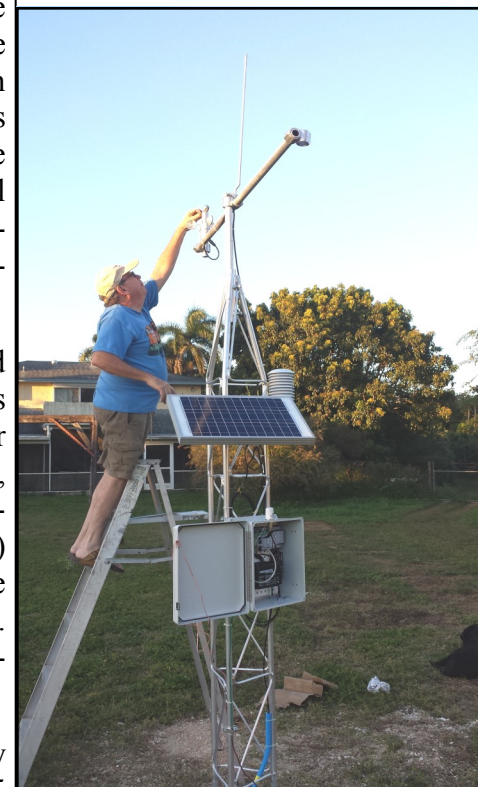
These weather stations are part of F.A.W.N. (Florida Automated Weather Network), and provide valuable information for things like frost protection and crop irrigation planning. Weather stations such as ours are located throughout the state of Florida. There are several here in Miami-Dade county, coordinated by our local UF/IFAS Extension office.

We applied and were approved to participate in the program. This past week we installed the weather station. The last couple of sensors, to monitor solar radiation (for calculating evapotranspiration rates) and for measuring temperature close to ground level, just arrived. Those will be installed this weekend.

The weather station is already recording observations every 15 seconds, and soon, when the networking account is set up, the

weather station will begin transmitting its information every 15 minutes to F.A.W.N. Anybody will be able to access the website and see weather conditions—current temperature, wind speed and direction, humidity, rainfall, and solar radiation, real-time.

We'll let you know the station ID and the website link as soon as it's online!



Nick releasing the pin on the weathervane

Verde Farm harvests begin

This week we welcome the first of Verde Farm's harvests. The tatsoi in your shares was grown and harvested by Farmer Chuck and his crew of Verde Gardens residents. Verde Gardens provides housing for formerly homeless families, and incorporates a working farm in the development, providing work and training opportunities for the residents. Urban Oasis Project took over management of the farm last July, and is well on the way to turning into a productive operation.

You'll be seeing more Verde Farms produce in the shares—our goal is to include at least one item from the farm every week for the remainder of the season.

Carrots!

Hooray, CARROTS! After a series of attempts early in the season that didn't germinate, got flooded out, or smothered by weeds, Sam at Witt Road was the first farm able to harvest enough to include some in the shares.

The carrots here at Bee Heaven farm are looking good, but still have a few weeks to go before we can start harvesting them en masse.

Community Supported Agriculture

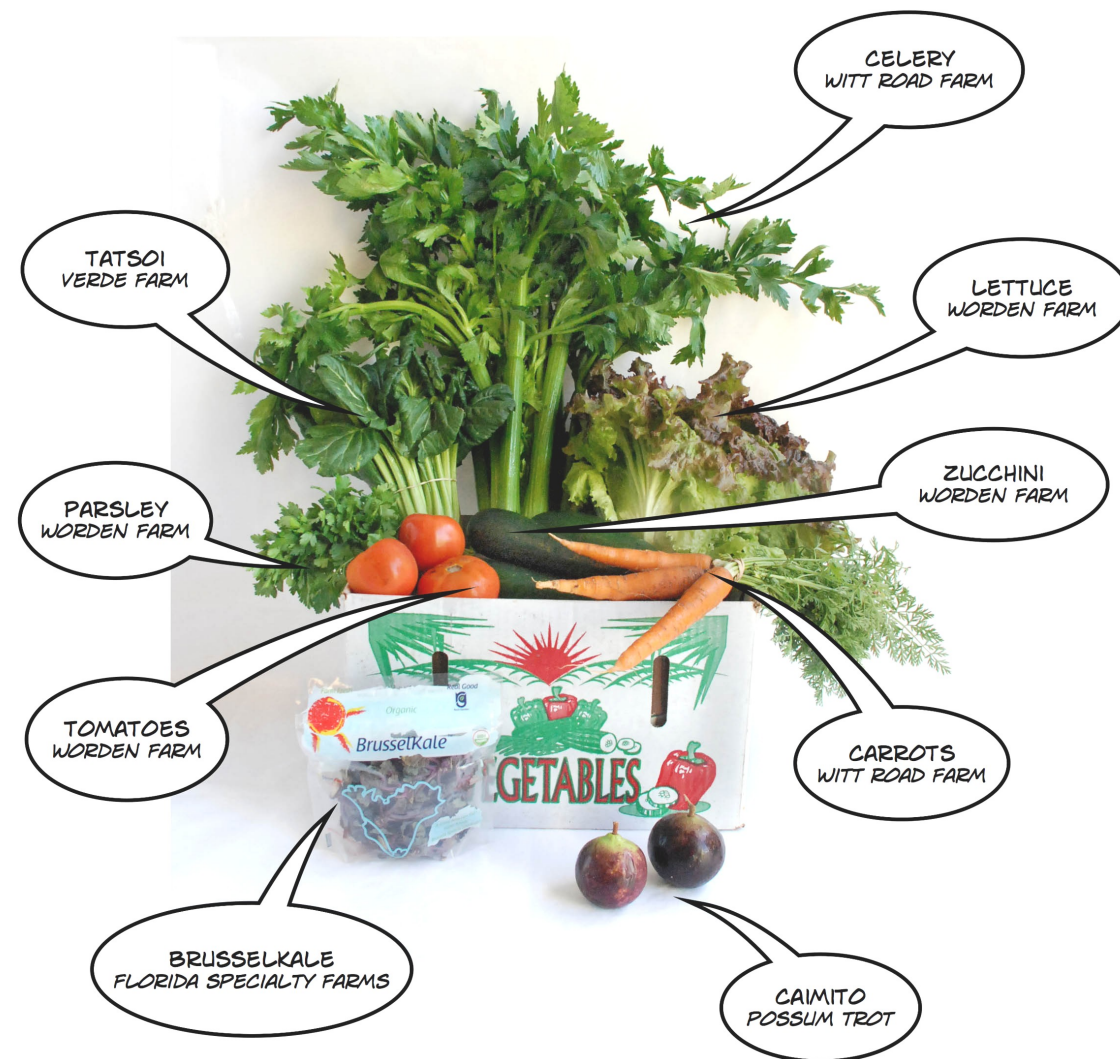
It's rich, "organic", down-to-earth, user-friendly, and nourishing!



Featured Items

Tatsoi This versatile and nutritious green is also called Japanese Spinach, because it is often used as a substitute for spinach. Mild, tender, but with a juicy crunch, it's good raw in salads as well as cooked.

Zucchini After an absence during the coldest part of the winter, we again have a squash. Get creative with zucchini—cut it lengthwise, scoop out the insides and mix with onions, shredded cheese, chopped pepper for color, and some bread crumbs (panko is good). Season to taste and bake! Easy and quick. You can add some chopped sausage or mushrooms in the stuffing for variety.



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/bqu2l4f> or go to our website at beeheavenfarm.com and click on the link provided.

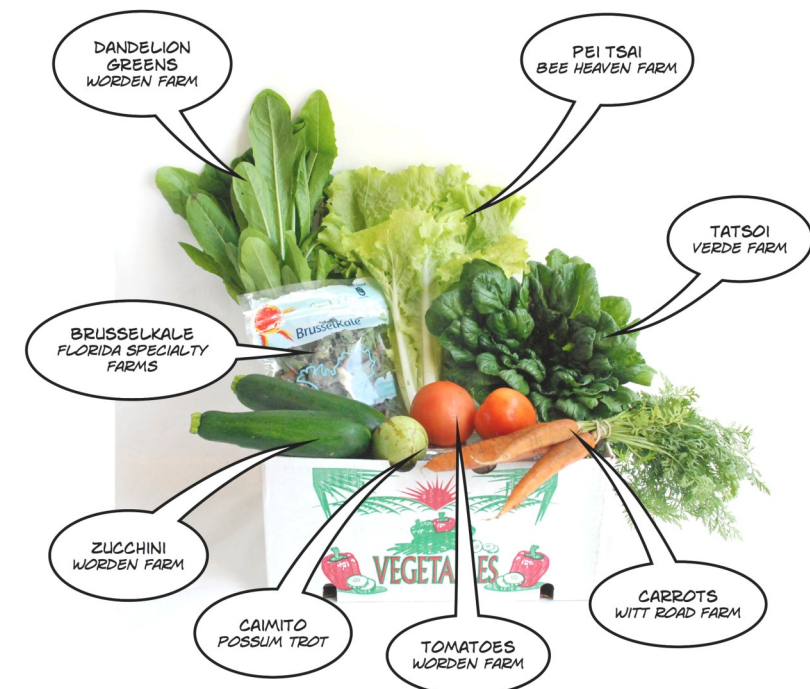
Have you created a simple or fancy recipe using the ingredients in your share box? Share it with your fellow CSA members! Email it to recipes@beeheavenfarm.com, and if you have a picture, by all means send it along. We may include it next time those items appear in a share.



Mediterranean Share



Cheese Share
Hani's Cheese



Small Share