



## Recipe of the Week

### CSA Salad with Mustard and Dill

Long-time CSA member, blogger, and author Ellen Kanner loves to cook and play with her food. She publishes a weekly column/blog post in the Huffington Post titled “Meatless Monday”, and is “The Edgy Veggie” columnist for The Miami Herald. Ellen recently published “Feeding the Hungry Ghost”, a cookbook/spiritual/philosophical journey through food, recipes, and eating locally. You can buy a copy on our webstore to be delivered along with your share, or at our market booth at the Pinecrest Farmers Market.

Ellen shares a very adaptable recipe designed to use multiple ingredients that are often included in the CSA share boxes.

- 1/4 cup olive oil
- 2 teaspoons Dijon mustard
- 2 teaspoons sherry or cider vinegar
- 1 tablespoon agave or honey
- 2 tablespoons fresh dill, finely chopped, plus additional for garnish, if desired
- 1 zucchini, sliced into thin discs
- 1 medium onion, sliced into half moons
- 1 red pepper, sliced into slim strips
- 4 to 5 cups loosely packed tender fresh greens — arugula, lettuce, whatever’s in your CSA box this week
- 1/2 bunch French breakfast or other mild radish, sliced thin (about 1 cup)
- 1/4 cup toasted almonds, coarsely chopped

- Preheat oven to 375 degrees.
- Lightly oil a large rimmed baking sheet.
- In a small bowl, whisk together olive oil, Dijon mustard, sherry or cider vinegar and agave or honey until ingredients emulsify, about a minute. Add chopped dill and give another quick whisk. Set aside.
- Spread sliced zucchini, onion and pepper on the baking sheet, taking care not to crowd the vegetables. Brush generously with the dressing, using about half. Reserve the remainder for serving.
- Roast vegetables for about 30 minutes. Give them a stir and a flip about halfway through. They should be slightly tender at this point. Give them another 10 to 15 minutes, then remove from the oven and set aside for a few minutes to cool.
- Spread greens on a platter. Lay the roasted vegetables on top. Sprinkle sliced radishes and chopped almonds over all, plus the additional chopped dill for garnish, if you like, and drizzle the remaining dressing on top.
- Serves 4 to 6.

**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](http://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](mailto:recipes@beeheavenfarm.com)

Visit our **blogs:** [www.redlandrambles.com](http://www.redlandrambles.com), and [www.beeheavenfarm.wordpress.com](http://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

The weather is warming up—yes, really! I know it’s been a warm winter, but the quality of the heat is changing. From now on we can pretty much expect days to be hot and the sun to be more relentless. This is the time of year when we start receiving “UV index” warnings on a regular basis, something we rarely get during the winter months.

This means it’s more important than ever to collect your share as early as your site allows, so they’re not sitting out getting hot.

The shares travel in our refrigerated box truck to the pickup sites, so they arrive nice and chilly. But the moment they’re unloaded, the warming begins. Keep that in mind, and remember, once we’ve dropped them off, it’s beyond our control!



### Spotlight on Bok Choy

Crunchy, juicy Bok Choy is loaded with Vitamins A and C, folate and absorbable calcium, and rich in phytonutrients. It is one of the lowest calorie foods around, at 9 calories per cup (shredded) with barely a trace of fat. You can eat your fill of bok choy or any of its close cousins, and never feel guilty

of excess—provided, of course, that you’re not drowning it in a heavy sauce.

Bok choy in Chinese means “white vegetable”. It is an ancient vegetable, grown in China for thousands of years. There are many varieties of bok choy, ranging from white to green stalks, with leaves from deep wine red to dark green to a light jade green.

Thinly-sliced bok choy can be served raw in a salad with snow peas, shredded carrots, sliced red pepper, chopped cucumber, chopped cilantro, and sliced green onions. Whip up a quick Asian style dressing with tamari, rice vinegar, a small amount of brown sugar, minced garlic and fresh ginger, sesame oil, and olive oil, and you have a refreshing and nutritious meal. Add unsalted peanuts for additional protein and you have a full meal.



<i>Food Miles From BHF</i>	<b>Our Farm Partners</b>	<i>USDA Organic</i>
125	Worden Farm*	✓
3	Homestead Organic Farms*	✓
4	Paradise Farms Organic*	✓
1.5	Health & Happiness Farm*	✓
7	Verde Farm	
4	Sawmill Farm*	
7	Possum Trot	
95	Witt Road Organics	✓
8/110	Florida Specialty Farms	✓
0.5	Green Groves/BHF	✓
3	Hani’s Mediterranean	
0	Bee Heaven Farm*	✓
87.5	Florida Keys Sea Salt	
7.5	PNS Farms	✓
0.1	Abigail Farms	
7	Flair’s Fayre	
*Redland Organics founder & grower member		





## Featured Items

**Watermelon Radish** This cute round white radish with the large leaves hides a shocking surprise inside. Also known as Red Heart radish, its mild inside is a flaming pink! Each radish has a different pattern. In some, the pink is a small core with rays reaching out to the periphery. In others, the entire interior is totally and brilliantly pink. Slices of this radish make a beautiful presentation, and large or small, it stays crunchy, juicy and mild (you do very occasionally run into a sharp one). The leaves are quite edible as well, and there's often enough to include in a good stir fry or sauté.

**Parsley** A big bunch of parsley is great for making Tabbouleh, that Middle-Eastern light but filling salad traditionally made with cracked and soaked bulghur wheat. There are many variations, some substituting quinoa or another grain or seed, but they all include copious amounts of parsley, oil, lemon juice, and mint. Quick and easy, refreshing! Serve on a plate surrounded by slices of watermelon radishes for an elegant presentation.



## 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](http://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](mailto: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.



Fish Shares



Mediterranean Share  
Zucchini/Tomato Ratatouille  
And basmati rice-a-roni



Cheese Share  
Labneh pickled in  
olive oil



## Small Share