



Recipe of the Week

Pepperonata

-from Mandy C in Nigella.com

3 Tbsp good quality olive oil	1 pinch saffron strands
1 large onion, thinly sliced	2 peppers, de-seeded and sliced into strips (colored peppers make great eye candy!)
1 clove garlic, thinly sliced	6 plum tomatoes
1 pinch chili flakes	1 pinch sugar

Heat 2 tbsp of the olive oil in a wide, shallow pan. Add the onion and fry gently for a few minutes, until it is soft and translucent. You don't want to color the onion.

Add the sliced garlic, chili flakes and saffron and fry for 1 minute. Add the sliced peppers to the pan, and stir everything together until it is well mixed. Fry for 3-4 minutes until the peppers are just starting to soften.

Add the chopped tomatoes with a pinch of sugar, and the remaining tbsp of olive oil. Cover, and cook over a gentle heat for up to one hour, taking the lid off for the last 10 minutes or so to allow the juices to thicken.

This dish can be prepared in a thousand variations. For example, instead of cutting the peppers into strips, dice them. Use different color peppers, or all the same color. When serving, garnish with chopped fresh basil, or chopped parsley. Add 1-2 tablespoons of balsamic vinegar, and some chopped kalamata olives, chill and serve as a salad. Add chopped chicken, or Italian sausage, or spicy meatballs. Serve over baked fish. Smother with melted mozzarella. The possibilities are endless, so make a big batch and use it in several dishes during the week.

Wheat Berries with Charred Onions and Kale

-adapted from bonappetit.com

1 1/2 c wheat berries	8 tbsp olive oil, divided
2 medium onions, halved, divided	Freshly ground black pepper
5 sprigs thyme	1 bunch kale, stemmed leaves torn into 2-in pieces (abt 8 packed cups)
1 tbsp Fla Keys Sea Salt plus more	1 tbsp fresh lemon juice

Combine wheat berries, 1 onion half, thyme sprigs, and 1 Tbsp. salt in a large saucepan; add water to cover by 2 inches. Bring to a boil; reduce heat to medium and simmer until wheat berries are just tender but still firm to the bite, about 35 minutes. Drain; discard onion and thyme. Place wheat berries in a large bowl; let cool.

Cut remaining 3 onion halves crosswise into 1/2-inch slices. Heat 1 Tbsp. oil in a large cast-iron or other heavy skillet over medium-high heat; add onions. Season lightly with salt and pepper. Cook, stirring occasionally, until onions are charred in spots, about 5 minutes. Transfer to bowl with wheat berries. Add 1 Tbsp. oil to same skillet.

Working in 3 batches, add kale and cook, tossing occasionally, sprinkling with salt and pepper, and adding oil as needed between batches, until charred in spots, about 1 minute per batch. Add to bowl. Drizzle with lemon juice and any remaining oil; toss to coat. Season to taste with salt and pepper.

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



Spotlight on Bell Peppers

This past Monday we bid adieu to Farmer Mike, who spent 2 months with us farming and working the market. Mike loves to camp out, and that's what he did while he was here, enjoying our warm weather while up north everything was frozen and stormy.

Now Mike on his way to start farming a new plot of land in up-state New York, where he runs a small CSA and sells at a couple of local markets each summer and fall. Though it's still cold up there, this is the time to get the seedlings started for transplanting in May.

We wish Mike the best of luck and a great growing season. We're planning to visit his new farm when we head up to the White Plains area for Rachel's graduation in mid-May (yes, our daughter is getting her Bachelor's! It seems like only yesterday that she was in grade school).



Bell peppers, a type of sweet peppers, are a fruiting vegetable in the Solanum family. Most commonly available in its green, unripe form, bell peppers undergo a color change as they ripen. Depending on the variety, a sweet pepper can ripen to a rich red, a vibrant yellow, deep orange, deep purple, or even a chocolate brown.

Peppers are chock full of nutrition, with loads of Vitamins A, C, K, B6, Thiamin and Folate. It's rich in minerals too—Manganese, Potassium, Copper, Iron, Magnesium, and even Calcium. The nutritional content of pepper changes as it ripens. Most notably, their Vitamin A and C content increases markedly.

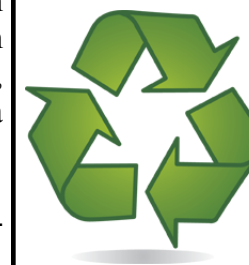
Sweet peppers are great raw, lending a nice crunch in salads. Strips of raw peppers are good served with dips, making a wonderful low calorie substitute for chips.

Cooked, sweet peppers are used as everything from seasoning to a side dish to a substantial component of a main dish.

WANTED

Your plastic grocery bags!

We've been proudly bag-free at our market booth since 2012. Rather than selling someone a new bag for 25¢, we'd much rather:



**REDUCE,
REUSE &
RECYCLE**

Instead of taking your lightly-used plastic shopping bags to Publix or throwing them out, please send them our way or bring them with you when you visit us at the Pinecrest Farmers market. We have a big blue donation container set up adjacent to our booth, where you can 'take a bag or give a bag.'

If you send your bags to us via your site host, please make sure you bag them securely so they don't get all ripped up on their way back. Here's your chance to clean out your cabinet! But, please DON'T include plastic wrap, torn bags, or newspaper bags—those are too skinny for most produce.

Community Supported Agriculture

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



Featured Items

Red Round Radish There are so many kinds of radishes that you could probably eat a different variety every week for 4 months, and still miss out on some. These red round radishes are probably the most 'traditional' kind known here in the US. These radishes take 21-28 days from seed to harvest, a pretty amazing feat for something that forms a fat root. In cold climates, 'storage' radishes are much more common. Those easily take 60 days or more to grow to harvestable size. All radish tops are edible. And the roots keep very well for a long time in the veggie drawer of your refrigerator.

Microgreens/ Sunflower shoots Both of these nutritious baby plants are great as sandwich fillers, in salads, or as a garnish. When seeds sprout, many enzymatic changes take place. The food stores in the seed are mobilized and travel up to the newly-growing point, and you get all those nutrients when you eat them.



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
Hommos



Cheese Share
Feta



Small Share