



Recipe of the Week

Stir-fried Iceberg* Lettuce

-from *Serious Eats: Healthy & Delicious*

1 tsp soy sauce	3/4 Tbsp peanut oil
1 tsp sesame oil	4 scallions, cut on the diagonal into 1-inch pieces
1 tsp rice wine or dry sherry	3 cloves garlic, minced
3/4 tsp sugar	1/2 head iceberg *or other sturdy lettuce, cored, trimmed, leaves torn into 4-inch pieces
1/2 tsp freshly ground black pepper	Salt to taste

Combine soy sauce, sesame oil, sherry, sugar, and pepper in a bowl. Stir to mix. Set aside, but keep it close to your pan.

Heat a large nonstick skillet over high heat, about 3 or 4 minutes, or until very hot. Add peanut oil. Immediately add garlic and half the scallions. After 5 or 10 seconds, once the garlic starts to change color, add lettuce. Sauté 60 seconds, stirring every so often.

Add sauce. Cook another 60 seconds, stirring so all the lettuce gets some of the sauce. Kill heat. Salt to taste. Remove to a bowl. Top with extra scallions and serve.

Lettuce Soup

-by Carolyn Cope from *Serious Eats: Crisper Whisperer*

1/4 c olive oil	3 c chicken stock	1 tbsp lemon juice
1 med onion, diced	1 1/2 tsp salt	1 tbsp parsley leaves
10 leaves Romaine lettuce, torn in pieces	1/4 c heavy cream	Freshly ground black pepper
1 lb Yukon gold potatoes, peeled & diced	Pinch ground nutmeg	Small head soft lettuce, torn into pieces

Heat the olive oil over medium heat in a 4-quart saucepan. Add the onion and cook until beginning to soften. Add the lettuce, potatoes, chicken stock, and salt. Bring to a boil over high heat, then cover the pot and reduce the heat so that the liquid stays at a brisk simmer. Cook until the potatoes are tender, about 20 minutes depending on the size of your dice.

Turn off the heat, add the cream, nutmeg, lemon juice, parsley, and a bit of freshly ground black pepper. Carefully puree the soup with an immersion blender or in batches in a blender. Taste and adjust the seasoning. Serve hot or cold. The soup will keep in the fridge for up to a week, and the flavor improves as it rests. Reheat gently before serving if desired.

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 Asian Turnips

I don't know about you, but growing up in Miami (and earlier in Cuba), I was not exposed to either Eastern European or Southern US cooking, except very peripherally. Consequently, my experiences with turnips were very few and far between. When I did finally make their acquaintance, they remained just that—recognized, but not well-loved.

White Asian Salad Turnips changed all that. Easy to grow, they are a delightful crunchy, tasty twist on the 'traditional' turnips more familiar to the Western world. Turnips are native to western Asia, which makes sense when you think about the types of dishes where you often see them—hearty stews, soups, or casseroles.

Yet another Brassica (in the same family as broccoli, kale, and cabbage), these turnips are packed full of nutrients. They're chock-full of phytochemicals, low in calories,



White Asian Salad turnips

and high in calcium, iron, and Vitamin C. They do contain goitrogenic compounds, which interact with thyroid functions, so if you have a thyroid condition you should probably limit your intake.

Traditional Asian medicine promotes turnips to help clear up respiratory problems. Farm intern Hiromi, who was with us for 2 seasons some years back, showed me how to make a very simple 'pickle' used as a folk remedy and tasty too. Slice up enough turnip roots to fill a pint mason jar packed tightly. Then fill the jar with honey, leaving a scant 1/8" head space. Cover and leave on the counter for 2-3 days. The honey draws out the moisture from the turnips, becoming a runnier syrup. Refrigerate, and take a spoonful or two to help calm coughs and clear congestion. You can eat the pickled turnips too.

A "mess of greens", typical Southern soul food, is often a mix of mustard greens and turnip greens, with the turnip root diced up and included in the dish (those little tiny white cubes). It's traditionally boiled to death with some fatty pork, liberally salted, and served along with some delicious meaty ribs.

Asian turnips are also known as Salad turnips, because they're mild in flavor, sweet, and very crunchy raw. Enjoy them!

Musings from the farm crew

I didn't know it was possible to be excited to go to work in the morning—until I got a job at Bee Heaven Farm. Having no prior farming experience I had no idea what to expect, but Margie and the whole crew have been nothing but welcoming, accommodating, and informative. I have only been employed here for one week, and I am feeling more like an expert each day...if only I could keep the names of those Asian greens straight!

This is the first job I've ever felt a complete sense of pride in being a part of. I am consistently impressed by the amount of care and dedication put into each and every thing we do. Margie expects only the best of her employees, and we are happy to provide only the best to our community. I knew this job would be a wonderful opportunity, but I had no idea just how wonderful things truly could be around here!

(Ed: Kara is our newest crew member, having arrived with glowing recommendations from Nicole, our farm intern. We're happy to have her. Come meet Kara any Sunday at our Pinecrest Market booth. Welcome, Kara!)

Community Supported Agriculture

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



Featured Items

Shiitake Mushrooms This week we welcome Scott from Sublicious Farms in Davie, who provided the mushrooms in the family shares. The last time we had shiitake mushrooms was several years ago, from another grower near Bradenton, who is no longer in the business. I love these mushrooms sliced and simply sauteed in a bit of butter, then folded into an omelet (or scrambled eggs, if you're in a hurry to eat). Delicious!

Rainbow Chard This rootless beet (yes, it's actually the same species, selected over the centuries to put its energy into making big beautiful leaves and juicy stems) is another nutrition powerhouse, and pretty to boot! Troll online for lots of recipes, or treat yourself to a simple tasty soup made with lots of chard, scallions, 3 kinds of beans (any 3 kinds—try chickpeas, pink beans, and navy/white beans, and/or throw in some lentils about 30 minutes before serving, so they don't disintegrate). If you like, take a shortcut and use canned beans (rinsed). Add Italian seasoning. Serve with freshly-grated parmesan or similar cheese. Enjoy!



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
Sfouf



Cheese Share
Double-cream Feta



Small Share