



Recipe of the Week

When packing the shares, we often talk about what we can make with the contents. Sometimes, the best recipes are off-the-cuff ideas that we run with. Here's a few using items in today's shares. Email your quickie recipe ideas to recipes@beeheavenfarm.com. As you can see, they don't have to be fancy, or even have measurements!

Betel Fish Packets

Cut your favorite mild fish into small chunks. Mince 3-4 scallions, using all the green and white parts, and a jalapeño pepper. Control the heat by including more or less of the pepper seeds. Mix together, and season with salt, freshly ground pepper, and lemon or lime juice.

Put a dollop of the fish mixture on a betel leaf. Carefully fold the leaf over the fish to make a packet.

Cut parchment paper (or foil) into squares and wrap fish packets. Bake in a 350°F oven for about 25 minutes. Serve with sautéed squash on the side.

Cabbage with Mushrooms and Scallions

Cut desired amount of cabbage into pieces approximately 2-inch square. Sauté in good olive oil with sliced mushrooms and scallions cut into 2-inch sections (use the entire green and white parts).

Depending on your mood, season:

- * for Asian flavors, add some freshly grated or minced ginger and a splash of soy sauce or tamari, or 1 teaspoon of black bean sauce.

- * for 'Eastern European', add carrots and caraway or fennel seed, salt and pepper to taste.

- * for Mediterranean flavors, add some freshly-chopped or canned plum tomatoes.

Radish and Celery Salad

Wash and slice a handful of radishes. Cut a couple of stalks of celery into 1/2" pieces. Add some diced scallions (remember to use both the green and the white parts!) and toss everything together with a lemon-olive oil or similar dressing. Serve on a bed of lettuce.

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

Where did the time fly?

Wow—the season is nearly over! Only 3 more weeks left to go. Though it's hard to believe April is around the corner, you can see signs everywhere.

If you have a garden, you're probably wondering why a lot of the plants are starting to look really bad—burnt, eaten, or otherwise looking poorly. We're reaching the end of the South Florida winter growing season, and what you're seeing is what these veggies naturally do here this time of year. Of course, there are those veggies who soldier on unfazed (at least for now) - like collards and kales. Hot peppers like the hot weather too.

We hope you've been enjoying your CSA shares and are already planning on renewing for next season. We'll let you know when enrollment is open. Renewing members get a chance at an early-bird discount! And you can budget your payments when you enroll early.

Spotlight on Cabbage

You probably don't consciously think much about cabbage. It's one of those vegetables we take for granted, knowing we'll always see some at the grocery store, usually tucked away toward the end of the produce aisle. There's always some 'plain' green cabbages, usually a smaller quantity of red cabbages, and a few times a year you'll see savoy cabbage as well. What you normally won't see is the full head of cabbage—instead, you see the 'naked' cabbage, stripped of its outer leaves.

A complete cabbage is a beautiful thing. The tight head sits snugly in the center, cradled and protected by the wrapper leaves. If you're lucky enough to find a cabbage with them intact, they are excellent for making stuffed cabbage rolls or wraps.

Different types of cabbages have different flavors. Red ones eaten raw, for example, are sweet with a slightly spicy finish. Savoy cabbages are great in stews and

soups, as the savoyed (crinkly) leaves hold sauces well in their nooks and crannies. Flat-head cabbages, a type of 'plain' green cabbage, look like a very heavy weight was set upon them and left for awhile, giving it a squashed look. These cabbages tend to be exceptionally tender and sweet.

Then there's the pointy-headed cabbages. You may have had them in your shares last year. These cabbages tend to be overall smaller in size, but they also are extra-sweet, and they're easy to cut.

Cabbage is thought to have originated in Europe before 1000 BC. Savoy cabbage is a mere youngster, appearing on the scene in the 16th century.

Cabbage is an excellent source of vitamins—especially Vitamin K—and minerals, while being a low-calorie food. A brassica, it is full of compounds thought to help reduce the risk of developing a number of types of cancer.



Community Supported Agriculture 

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



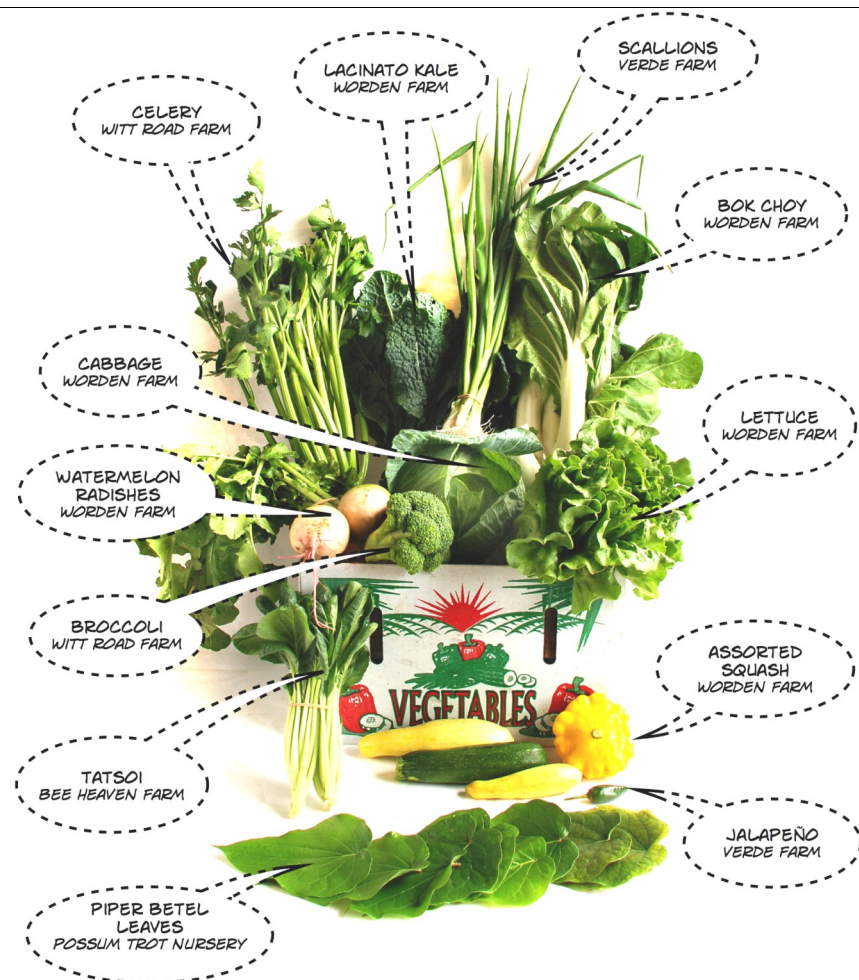
Featured Items

Betel Leaf We've had this amazing vining pepper relative in the shares in past seasons. Not to be confused with a milder-tasting relative often used in Oriental cooking in sometimes copious amounts, a little betel leaf goes a long way! The leaf has a strong flavor closely resembling smoked sausage. Half a leaf finely shredded into an omelet, or a single layer of leaves in a meatless lasagna will leave you swearing there was meat in it.

Betel leaf is also great in fried rolls, Thai-style. Look in our CSA newsletter archive using our search feature to locate recipes and more information on betel leaf.

Here's a shortcut to the search box: www.redlandorganics.com/newsletter-search.htm

Betel leaf has a very interesting story. It is the same betel leaf that, combined with the betel nut (fruit from the betel palm), slaked lime (not the fruit), and saliva, creates a mild stimulant when chewed together well. The saliva triggers the chemical reaction. Many people in Asia are addicted to this concoction like Westerners are to coffee. The quids, as they're called, irritate the gums, leaving your mouth bright red and your teeth reddish-black. But don't worry—you need all 3 ingredients for this unique reaction to happen!



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
Faux salmon (garbanzo beans
and Rainbow carrots)



Cheese Share
Black cumin Haloumi
and Hani's Cheese



Small Share