



Recipe of the Week

Yukina Savoy Salad with Cilantro

-from the Just Food people, adapted from *Chez Panisse Vegetables* by Alice Waters

Shallots (or scallions), chopped	Olive oil
White wine vinegar	Salt and Pepper
Yukina Savoy, coarsely chopped	Cilantro (or ground coriander if no fresh cilantro)

Soak the chopped shallots in a little white wine vinegar for 15 minutes. Then toss the yukina savoy with the shallots and vinegar, olive oil, and salt and pepper (sprinkle ground coriander if fresh cilantro is not available). Let this mixture sit for about 10 minutes. Add fresh cilantro to taste. Adjust seasonings to your liking.

Beet Chips

-adapted from *Just a Pinch* recipes

Beets, tops cut off (reserve for another dish)	Florida Keys Sea Salt to taste
Olive oil	Freshly ground pepper to taste

Pre heat oven to 400 degrees F. Clean the beets—no need to peel them. With a mandolin or a very sharp knife slice the beets thinly.

Put a cookie wire rack on top of a cookie sheet. If you don't have a wire rack, then brush the cookie sheet with olive oil. Brush beets with olive oil salt and pepper them on both sides.

Arrange beets on wire rack (or cookie sheet).

Put in oven and bake for 30-35 minutes. If not using a wire rack, turn the beets chips over half way through the cooking process.

Take the beets out of the oven. Let them cool and harden. You can do this with sweet potatoes, eggplant, zucchini, carrots, or any other root vegetable. Enjoy!

**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  
Yukina Savoy

Almost every Oriental green I've ever come across is a Brassica of some sort. Cruciferous vegetables, as pretty much everyone knows nowadays, are powerhouses of nutrients. More and more, we are finding chemical compounds in the entire mustard family with immune system, anticancer, gene-repair, and other beneficial properties.



Yukina savoy is one such vegetable, most closely related to tatsoi and bok choy. It grows in a rosette with very dark green, slightly savoyed (crinkled) spoon-shaped leaves and pale green petioles. I like to describe it as looking like tatsoi on steroids.

You can eat yukina savoy raw or cooked. Its petioles ('stems') are juicy, so it's a good choice for juicers, and provides a lot of good fiber and vitamins A and C.

Like tatsoi, which is often included in salad mixes, yukina savoy is good in salads, and like spinach, is also good cooked quickly.

Food Miles From BHF	Our Farm Partners	USDA Organic
125	Worden Farm*	✓
3	Homestead Organic Farms*	✓
4	Paradise Farms Organic*	✓
1.5	Health & Happiness Farm*	✓
7	Verde Farm	Pend.
4	Sawmill Farm*	
7	Possum Trot	
60	Sublicious Farms	
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

Intern Musings

The season is nearing its end, and it tastes bittersweet (bitter for you, sweet for us). Our beds will be put to rest, and so will we. We'll reclaim our weekends to do things normal people do, like relax and enjoy time with friends.

Summer season is dedicated for harvesting mountains of avocados and preparing the soil for our next growing season. I'm already dreaming of avos falling to the ground in mass quantities as I use those to make bowlfuls of guacamole and salad and sandwiches and smoothies and desserts and everything one could ever do with one of Florida's huge, gorgeous, smooshalicious Donnie avocados.

Are your mouths salivating yet?

Our avocados will be available for purchase at our webstore in late June once our summer season is in full swing. Be sure to keep an eye out for our email updates (if you're not already signed up, visit [bee-heavenfarm.com](http://bee-heavenfarm.com) and enter your email address).

- Nicole F.



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



Featured Items

Cherry tomato mix There's an assortment of cherry tomatoes in the shares, including Sun Gold, Red Sweeties, White Cherry, Black Cherry, and possibly a few others. Tomatoes are winding down, but there's a few late plantings kicking in now, like the ones at Verde Farm.

Dandelion Greens These bitter greens, actually an Italian chicory, are associated with springtime. Here, of course, it's not about the melting snow and the first greens of the season. But they're just as nutritious. Best cooked, unless you really enjoy their bitterness, dandelion greens pair well with strong flavors—think goat cheese, bacon, potatoes, anchovies, spicy sausage...



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.



Fish Shares



Mediterranean Share  
Lentils with Quinoa



Cheese Share  
Creamy Chèvre



Small Share