



Recipe of the Week

Kosher for Passover Cream of Zucchini Soup

-Adapted by Linda Cicero for Cook's Corner (in The Miami Herald) from "Gluten-Free Goes Gourmet" by Vicky Pearl

5 large zucchini, scrubbed clean and cut into thirds*	1/4 tsp freshly ground black pepper
3 large potatoes, peeled and cut into quarters	1-2 heaping tablespoons kosher salt
1 large onion, halved	Additional fresh zucchini slices for garnish (optional)

Place all ingredients in an 8-quart pot. Fill 3/4 full with water and bring to a boil over high heat. Reduce heat to medium and cook, with lid slightly ajar, for 30 minutes. Blend in batches in a food processor or blender, or place immersion blender in pot and blend until smooth. Makes 10 servings.

Note: Freezes very well for up to 6 months. Chill before freezing and when ready to use, thaw in refrigerator.

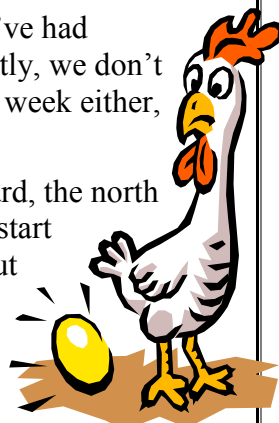
*Combinations of various summer squash work well.

EGG CORNER

With just 2 weeks left in the season, a bunch of our hens have apparently decided they've had enough! We've seen a drastic drop in egg-laying over the past couple of weeks. Consequently, we don't have enough eggs for all of Rachel's Eggs shares. There's no sign of improvement for next week either, so here's what we're doing to make sure everyone gets their full share:

This week and next, we'll send out eggs as usual to all the outlier pickup sites—Broward, the north half of Miami-Dade, and the Keys. We're preparing all the egg share containers, and we'll start filling them up starting with the sites furthest away from the farm, stopping when we run out of eggs. We'll save the unfilled egg share containers, so we know exactly who is owed eggs. This week the farm and Palmetto Bay will not get eggs. Next week—who knows?

We'll do an egg makeup week (or two, if necessary), and we'll remind you to swing by your pickup site to collect your eggs. We apologize for the inconvenience, and be assured, we're giving them hens a good talking to!



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

Passover begins this coming Monday. And next week is Easter. Both of these religious holidays are inextricably bound with food. Depending on your ancestry, those foods could be quite different.

Part 1: Passover

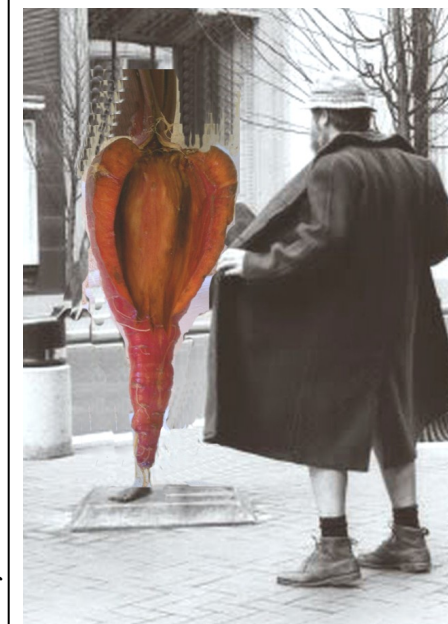


At Passover seders, there are firstly the rituals, which involve use a plate containing various symbolic food items used in telling the story of the Exodus of the Jews from Egypt. There is karpas, from a Greek word meaning "fresh raw vegetable". Parsley or celery is most often used for this purpose, and is dipped in salt water. There is matzoh (unleavened flat bread much like a cracker), and maror, which translates into "bitter herbs". Most commonly, horseradish is used, but Romaine lettuce, endive, escarole, chicory or dandelion greens can be used as well. Then there is the charoset, a mixture recalling the mortar used in building by the Jewish slaves. It's made of fruit, nuts, and spices. The two most common variations include

a) apples, walnuts, cinnamon, wine and honey or sugar, or b) raisins, figs and dates, walnuts, cinnamon and sweet wine. Variations include almonds, chestnuts, or coconut.

The meal itself may feature any number of vegetables, but must omit foods made with yeast or leavening (hence the matzoh). Gefilte fish and matzoh ball soup are indelibly identified with Passover meals in families of Eastern European descent. The main dish could be beef brisket, roast chicken, or turkey. Dessert generally includes honey cake, made with matzoh or potato flour.

Next week—**Part 2: Easter**



Expose yourself—to carrots!



Spotlight on Carrots

"Why is she writing about carrots," you wonder. "Everybody knows what they are!"



But did you know...originally, carrots were NOT orange. Wild carrots were yellow or and purple. They are known to be cultivated in Afghanistan before 900 AD. Orange and white carrots were not mentioned until the 1600s in Europe.

"Baby" carrots are not. They started life out as grown-up carrot rejects—ones that had blemishes or were funky in some way. They're put through a rolling machine that shaves them down to those cute little bite-sized pieces, then sold as "baby carrots" Real baby carrots are not very well-developed, tending to have a long skinny root without much flesh, and may not have a lot of color or flavor. Some varieties of carrot are only 3 or 4 inches long when full-grown. They're baby carrots in a sense. One such variety is Adelaide, which is great to grow in shallow soils.

Community Supported Agriculture

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



Featured Items

Zucchini Summer squash, such as zucchini, has two distinct seasons in South Florida—late summer/early fall, and spring. In between, it's either too cold or too hot and muggy. The exception is Cuban pumpkin and Seminole squash, both of which love the summer heat and rains.

Arugula Pungent and peppery arugula is a wonderful salad green—and also great cooked. I use it as a pasta topping—sautéed in olive oil, with garlic, salt and pepper, a little chopped scallion, and topped with fresh shaved Parmesan, Romano, or any cheese of your choosing. Simple and tasty!



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
NONE THIS WEEK-DOUBLE
SHARE NEXT WEEK!



Cheese Share
Assorted cheeses



Small Share