



Recipe of the Week

Cream of Cilantro Soup

-adapted from *food.com*

1 bunch of cilantro (set aside a few leaves for garnish)	1/2 tsp Florida Keys Sea Salt
32 oz chicken or vegetable broth	1/2 tsp cayenne or 1 tbsp chopped jalapeno
2 tsp butter	1/2 tsp cumin
2 tsp flour	Garnish:
1 8oz package cream cheese	Sour cream
1 pt sour cream	Chopped cilantro leaves
2 cloves garlic	Red pepper flakes

In a food processor puree the cilantro with 1 cup of the broth, and blend to smooth.
 In a large saucepan melt the butter over medium heat and whisk in the flour. Slowly add the remaining broth, whisking to smooth. Boil, while whisking, for 1 minute.
 Stir in the cream cheese, cilantro mixture, sour cream, garlic, salt, pepper, cumin. Reduce heat and simmer for 15 minutes. Ladle into bowls and offer garnishes at the table.

What to do with 100 red ripe Jalapeños?

- contributions from gardenweb forum

- Slice them length-wise fresh, seed them and fill the halves with cream cheese, and freeze them on a baking sheet. When frozen, put them in a freezer bag for storage. When you get a hankering for "poppers", wrap each frozen half with a half slice of bacon and bake.
- Dry ripe jalapeños (in a dehydrator) and then smoke them. This turns them into chipotle peppers! Put some on your burgers or flavor your salsa with them.
- Use any French bread recipe to make jalapeño bread. Roll the dough out and sprinkle diced jalapenos and grated cheddar cheese on the dough. Roll it up jelly roll style into a loaf and bake it.

Who are my farmers this week?

This week: Verde Farm (Redland), Worden Farm (Punta Gorda), and Bee Heaven Farm (Redland) were the growers who produced the items in your shares. For the add-on shares: Bee Heaven Farm (Redland), Flair's Fayre (Redland), Abigail Farm (Redland), PNS Farms (Redland), Hani's Mediterranean Organics (Redland), Rochelois (Redland), Florida Keys Sea Salt (Sugarloaf Key), Miguel Bode Honey (Miami), Ocean Garden Nursery (Redland), Sem-Chi Rice/Florida Crystals (Clewiston)

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 12+ years of information on crops & recipes.

Share your recipes! Email your recipes to: recipes@beeheavenfarm.com

Visit the Redland Rambles blog, where you can get a sneak peek of your share boxes late Friday night: www.redlandrambles.com



Happy New Year 2015!

The past year flew by in the blink of an eye! We're already a quarter of the way through the CSA season. Wow.

We're back at the market every week from now through the end of April, so come visit us at the Pinecrest Farmers Market on Sundays from 9am-2pm. Pick up some additional goodies. Didn't get enough kohlrabi? We have more. Didn't get a chance to place a web order? Swing by the market.

This week we welcome farm apprentice Keith. Having spent the past 7 weeks at Worden Farm, he has transitioned to Bee Heaven Farm for the remainder of the season. He's hoping to start his own farm in Massachusetts down the line. You can meet him at the market on Sundays.

Next week-sneak peek... Verde Farm is harvesting its first crop of carrots and we're grabbing them for the shares!

....and from the newsletter archives



Farmers Market

Schedule

Sundays 9a m-2 pm
Pinecrest Gardens
 SW 110th St & 57th Ave
 Every Sunday
 January 4 thru April 26



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

Featured Items

Kohlrabi Here's a second chance to enjoy this amazing versatile vegetable that's full of nutrients and delicious to boot!

Beets w/tops Two of my favorite veggies are pickled beets and roasted beets...wait! It's the same veggie! And then, there's the beet greens

Bok Choy This Asian type of open cabbage is great eaten cooked or raw. Cooked lightly, it remains crispy with a delightful watery crunch.

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. Can't remember what you're supposed to take? It's all listed on the sign-in sheet. Add-on options and special orders have YOUR NAME on them.

Herb Corner

Cilantro Cilantro is a versatile herb that's popular around the world. It's hard to say that it 'belongs' to any particular cuisine. Cilantro is equally at home in a Mexican, Indian, or Vietnamese dish. One of the best soups I've ever had was a simple cream of cilantro soup from a local Mexican restaurant.



Family Share



Mediterranean Share
Redland Medley



Cheese Share
Hani's Cheese



Small 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!...

Remember to bring back your empty boxes each week. Please be careful not to tear them. You don't need to pull or yank—gently squeeze the "hinged" part of the lid and the bottom flaps and they'll pull right out without ripping.