

Recipe of the Week

Braised Fennel

-adapted from *Epicurious*

1 fennel bulb with fronds	A dash freshly ground black pepper
3/4 Tbsp extra-virgin olive oil (EVOO)	1/2 cup chicken broth (vegetable or beef will work as well)
1/8 tsp Florida Keys Sea Salt	1/8 cup water

Cut off stalks from fennel bulbs, reserving fronds. Set stalks aside for another dish. Cut bulbs lengthwise into 1/2-inch-thick slices, leaving core intact. Chop 1 tablespoon fronds and reserve remainder for fennel pesto (see a [recipe](#) in our 2013/2014 season Week 5 newsletter archive).

Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown fennel slices well, turning over once, 3 to 4 minutes total.

Reduce heat to low. Sprinkle fennel with salt and pepper, then add broth and water. Cook, covered, until fennel is tender, 10 to 12 minutes. Sprinkle with fennel fronds.

What to do with my Yukina Savoy?

Back in week 3 I wrote about my favorite way to eat this versatile vegetable. Juicers will enjoy its mild juicy stalks. I like to prepare the tops like spinach and the stalks in a curry sauce (see [recipe](#) in our 2014/2015 season Week 3 newsletter archive). Include some fresh carrots or eggplant slices in the curry for a nice variation.

...and what about the carrot tops?

Don't throw them out! Like fennel fronds, they make a great pesto, and can be used for garnishes much like parsley. Grab any handy pesto recipe including parsley and substitute part or all the parsley with the carrot tops. Of course, if you have rabbits, be sure to share some of those tops with them!

Who are my farmers this week?

This week Verde Farm (Redland), Worden Farm (Punta Gorda), Health & Happiness Farms (Redland), Sawmill Farm (Redland), Little Cypress Organics/C&B (Devil's Garden/Clewiston) Possum Trot Nursery (Redland) and Bee Heaven Farm (Redland) were the growers who produced the items in your shares. The add-on shares were produced by Bee Heaven Farm (Redland), Flair's Fayre (Redland), Abigail Farm (Redland), PNS Farms (Redland), and Hani's Mediterranean Organics (Redland).

**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](http://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](mailto: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](http://www.redlandrambles.com)

Happy New Year 2015!

Farm News

Six weeks into the season, and some of the longer-season veggies such as carrots are big enough to begin harvesting. Verde Farm's first carrots are in your shares this week.

So far the weather has been very mild and pretty dry. You may have seen the recent article in the newspaper about some of local growers sitting with packinghouses full of vegetables they're having trouble selling, particularly beans and pickling cukes. Ironical, since except for some backyard gardens, there are no local organic cukes growing now. In your shares this week are the last Homestead organic green beans harvest of the fall plantings. If the newly-planted spring crop does well, you'll be seeing Homestead beans again sometime in late March.

Black Sapote

I'm fascinated by this tropical persimmon, which appears to be so different from temperate persimmons, yet upon close inspection, is most definitely a persimmon. How, you say? It's green outside, turns brown and mushy when ready, and is black inside. Well, if you're familiar with persimmons, you know that most varieties cannot be eaten until they are very soft (mushy), or else they're horribly astringent and acrid. The same is true for black sapote. Though temperate persimmons are orange, they undergo some not-so-subtle changes when ripe and ready to eat—the flesh becomes soft, somewhat translucent, and the skin becomes thin and nearly transparent. Ditto for the black sapote, except substitute 'brown/black' for 'orange'. And the way to tell when both are mature and ready to harvest? The sepals (those petal-like parts that remain behind on the fruit when the flower falls off), separate away from the fruit just enough to see light shining through. Backing up to when the tree is flowering, the flowers of both black sapote and temperate persimmons look nearly identical—thick and slightly bulky, and the young fruit, compared side-

by-side, look pretty much the same.

As with any fruit, never put it in the refrigerator until fully ripe. Ripen black sapotes on the kitchen counter. Resist the urge to eat them until they look brown, ugly and ready for the compost. When your thumb pokes through the skin with barely any pressure, THEN it's time to enjoy their mild sweetness. Scoop out the flesh, which will start out looking dull and brown and will turn shiny black as you work with it. Remove the big seeds. Don't worry about any skin getting in the flesh—it doesn't hurt anything.

Black sapote pairs well with sliced strawberries, walnuts and a hint of nutmeg or cinnamon. If you require additional sweetness, add a small amount of honey, and brighten up the flavor with a dash of salt and/or lime juice. Mix all well and eat like a pudding.



Ripe and ready  
to eat

Green and NOT  
ready

Farmers Market

Schedule

Sundays 9 am-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

**Mustard Greens** Here’s a nutritional powerhouse, in some areas outperforming kale! Mustards have significant quantities of Vitamins K, A, and C, B6, and E, plus copper, manganese and calcium, just to name a few.. And plenty of fiber to move things along. As a cruciferous vegetable (like kale, broccoli, collards, cabbage, radishes, most Asian greens, and a host of others), mustard is used in detox programs and touted as an aid in lowering cholesterol levels.

Mustards are thought to have originated in the Indian Himalayas. There are many varieties of mustards. In this week’s shares, there is a red-leaf Garnet mustard in the family shares, and a green, Suehlihung type with serrated leaves in the small shares. Both have a spicy, peppery flavor, strongest when eaten raw.

When cooked, mustard’s spiciness is greatly reduced. Combined with a dried fruit such as dried cherries, apricots or raisins and sautéed, it makes a great side dish. Another way to enjoy mustard greens is to coarsely chop, stems and all, and add it to a batch of beans about 20 minutes before they are ready to serve. (Canned beans make a good shortcut when pressed for time. In that case, slightly sauté the greens first, with some olive oil and garlic, then add the beans and serve when heated through.)



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. 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.

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Herb Corner

**Curly Parsley** This is often considered the best type of parsley to make tabbouleh, since its intricate curls hold bits of other ingredients, keeping the mix uniform for equal flavor in every bite. Parsley is amazingly nutritious, too, and the chlorophyll works as a natural breath freshener. You may remember from your high school biology that chlorophyll is what makes plants green, and it’s also what powers plants, converting light into energy. Parsley provides Vitamins K, C, folate, and iron, and is rich in certain anti-oxidant flavonoids.

**Dill** For a delicate herb, dill sure packs a lot of flavor—and it’s versatile too. Dill is another herb rich in flavonoids and monoterpenes (such as limonene), which contribute to its flavor and give dill antibacterial properties similar to garlic. Dill has been used as a stomach soother and for relief of insomnia. A great way to enjoy dill is in the Greek dish tzatziki or the similar Indian raita, which combines plain yogurt, shredded cucumber, and fresh chopped herbs such as dill, mint, or parsley, salt, and pepper.

Mediterranean Share  
Tabbouleh



Cheese Share  
1 container Hani’s cheese—  
assorted varieties



Small Share

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.