



Recipe of the Week

Kale sauté with turmeric and cayenne

-adapted from a recipe by Julie Burud at <http://www.julieburud.com/2013/09/versatile-kale-saute/>

1 cup red onion, chopped	¼ tsp. cayenne powder or flakes
6-8 stalks of kale, washed, cut off stalk and roughly chopped	½ lemon, juiced (1-2 tbsp.)
1 tbsp. coconut oil (or olive oil)	½ tsp. Florida Keys sea salt
1 Tbsp fresh chopped red or mango turmeric (skin on is OK)	

1. Heat coconut oil in a large skillet or sauté pan on medium-high heat.
2. Add onions and sauté for 1-2 minutes.
3. Add turmeric and cayenne, heating a minute to release flavors.
4. Make a well with the onions and add the lemon juice.
5. Allow the lemon juice to simmer to reduce and concentrate.
6. Add salt and blend.
7. Add the kale gradually, tossing with the onion mixture. The kale will cook down, making room for more. You can speed the wilting process by covering the skillet with a lid for a few moments before adding more kale.
8. When you've added all the kale, sauté until it reaches desired doneness. If you prefer your kale more tender, cook covered for a few minutes, adding a tablespoon of water if needed.
9. If your lemons taste very sour, experiment with a little honey or agave syrup to round out the taste.

Double the recipe to have extra on hand for side dishes, lunch with fried eggs on top, in an omelets or over pasta. Serve cold or as a warm salad.

Who are my farmers this week?

This week Verde Farm (Redland), Worden Farm (Punta Gorda), Health & Happiness Farms (Redland), Little Cypress Organics/C&B (Devil's Garden/Clewiston), Paradise Farms Organic (Redland), 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, 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



Keeping it Fresh

I'm often asked questions about how to best store a particular vegetable, or how to ripen a fruit.

There are some general easy rules you can follow to get started. Once you have the hang of basic storage, you can refine your methods. There's a wealth of information and advice available on how to keep veggies fresh. Like with anything you read on the Internet, read with a critical eye. Some advice is excellent, some is poor, and some is blatantly aimed at selling you something—a vacuum sealer, a cool locking storage gadget, a specially-treated bag to keep your veggies at peak freshness...

So, how to store those fruits and veggies you get in your share box...

FOR MAXIMUM FRESHNESS: DON'T WASH IT UNTIL YOU'RE READY TO USE IT! The "dirt" on it, (which I like to think of as a bit of the farm coming to you) is not there because the farmer is lazy. It's there because when you wash that vegetable, in most cases you kickstart a process of deterioration.

Farmers Market

Schedule

Sundays 9 am-2 pm

Pinecrest Gardens

SW 110th St & 57th Ave

Every Sunday

January 4 thru April 26

1. Greens, such as kale, chard, beet tops, turnip greens, etc.: the general rule here is to refrigerate your greens in a plastic bag—best kept in the vegetable drawer (aka the crisper drawer)
2. Roots/bulbs, like carrots, beets, turnips, radishes, kohlrabi: cut the tops and store the two parts separately—the roots/bulbs can be stored loose or contained in a breathable bag, in the crisper. Store the tops like other greens (see 1). Don't just throw the tops away— in every case (except for parsnip tops), they are edible and nutritious.
3. Herbs: Some herbs must not be chilled or get their leaves wet—basil and oregano fall into this category. The leaves will turn black. Sage, curryleaf and dill are similar, but they can handle chilling if there is no moisture on the leaves. Cilantro can easily go into meltdown. Try keeping it on the counter in a bit of water, like a bouquet. You can do this with fresh basil too. Use within 2-3 days.
4. Fruiting veggies like Zucchini, summer squash, eggplant, peppers: store in the crisper drawer. If you want to bag them, make sure it's a breathable bag—these veggies can't handle condensation on their skins. Cucumbers are easily cold-damaged. That's those soft

translucent areas they develop. Eat them within a couple of days.

5. Green beans, mushrooms, sprouts: store in a breathable bag.
6. Starchy roots: Potatoes, onions, malanga, boniato: store in a cool, dry, dark place. This generally means in a paper bag on the kitchen counter. Check regularly for any going into meltdown, remove, trim and use remaining good parts immediately, as they will quickly rot and cause the rest to go bad. Yuca (cassava) is a special case. It has a VERY short shelf life and should be eaten within 2-3 days, and is best refrigerated dry (not in a bag).
7. Berries: store in the fridge in a sturdy container. Do not get wet until ready to eat. Eat promptly.
8. Tomatoes and (other) fruit, especially tropicals (avocados, black Sapote, etc): DO NOT REFRIGERATE. Store on the kitchen counter, checking often. Eat when ripe. If you like your fruit chilled, pop them in the fridge for an hour or so before eating. Once cut, you can refrigerate the rest, but they begin losing their flavor. One trick that works with most varieties of our big Florida avocados—cover the cut surface with a paper towel and leave out on the counter. The cut surface "cures" like a seal. Trim off when ready to eat more. Eat within a day or two.



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



Featured Items

Tomatoes We don't usually talk about tomatoes. Everybody knows what they are, right? Ah, but how many know what a REAL, properly (naturally) ripened tomato should feel, look, and taste like? All too often what we find in the store is the tomato that is picked hard and still green, so it can withstand the harvesting, washing, packing and trucking/distribution process and still look 'good' at the store. In order to do that, they are literally gassed, often while in transit, with ethylene gas, a naturally-occurring substance that promotes coloring and ripening of fruit. However, this is a forced 'ripening', resulting in a tomato that might look red, but inside is insipid, because it does not undergo all the other changes that accompany slow, natural ripening. They also stay hard, which is not really the state of a naturally-ripe tomato. A ripe tomato is soft and may be slightly translucent, juicy when cut open, and uniformly colored on the inside. And the taste...oh the taste!

The smaller cherry and grape tomatoes are great for snacking all by themselves. We all love them in salads, but how often do you use them in cooking? They're great for adding a spot of color and a bit of flavor in a stir-fry or a mess of greens—just halve 3 to 6 tomatoes and throw them in near the end of the cooking time. Or BBQ skewers with cherry tomatoes, pieces of oyster mushroom dabbled with soy sauce, onion and pepper.



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...

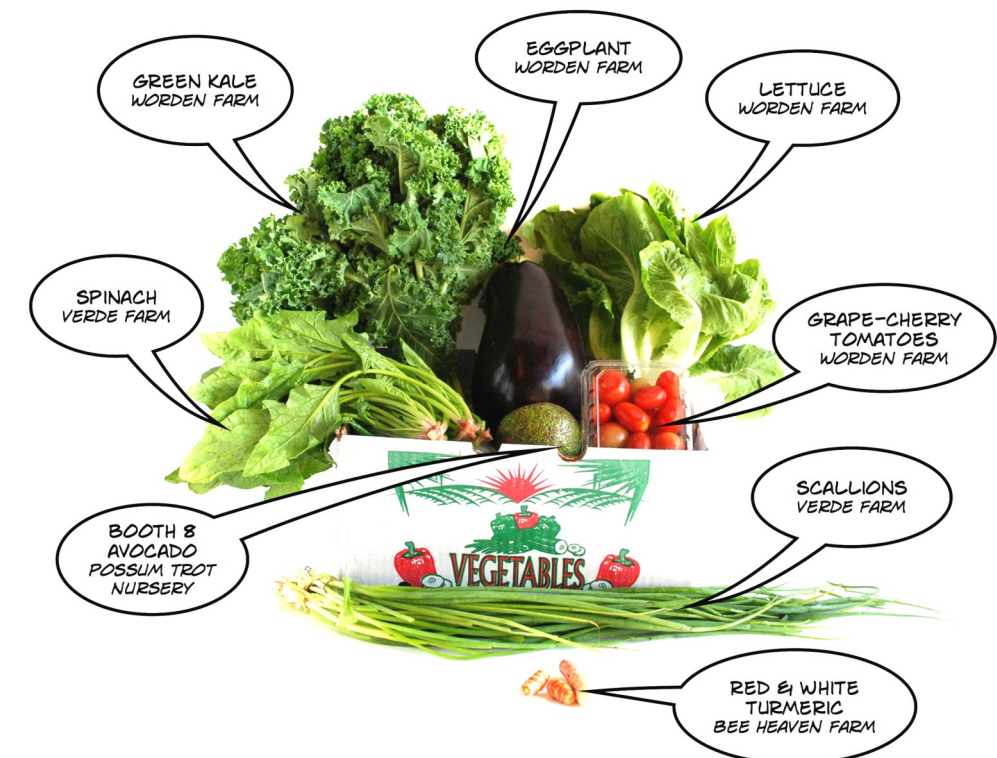
There are two sizes of box, labeled FAMILY & SMALL. Please make sure you've taken the correct size, and take ONLY what belongs to you. Can't remember what you're supposed to take? It's all listed on the sign-in sheet. Add-on options and special orders have YOUR NAME on them.

Herb Corner

Turmeric We're really excited to include two kinds of freshly-harvested turmeric in this week's shares! You're probably familiar with red turmeric, that bright orange color, slightly bitter spice that's full of antioxidants and other bioactive compounds with medicinal properties. You may not be familiar with mango or white turmeric, which is a creamy colored tuber with hardly any bitterness and a taste decidedly reminiscent of green mango. White turmeric is a favorite of Thai cooks. I'm falling in love with this spice, and will be growing more of it next year!

Use fresh turmeric like the dry powder, and be prepared for a juicy, flavorful spice that will jazz up your cooking, your juices, your tea—you can include it in pretty much anything. You don't need much.

Store your turmeric out on the counter. Shave or chop into tiny bits what you need for your dish or your drink. Start with a small amount until you get a feel for how it flavors your dish.



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.