



Recipe of the Week

Dandelion Greens with Warm Balsamic Vinaigrette

-adapted from Whole Foods Market recipe files

Note: Plan your meal preparations so you can make sure to serve this dish right after tossing them in the warm vinaigrette.

1 bunch dandelion greens	2 tsp balsamic vinegar
1 1/2 Tbsp EVOO (extra-virgin olive oil)	1/4 tsp FKSS (Florida Keys Sea Salt)
2 cloves garlic, coarsely chopped	Ground black pepper, to taste
1/8 c hazelnuts, coarsely chopped	<u>Optional:</u> 1 seeded poblano (spicy) or cubanelle (sweet) pepper, cut into thin strips

Wash and trim off the thickest part of the stems and remove any tough leaves. Roughly chop greens and transfer to a large salad bowl.

If adding poblano (for a bit of spice) or cubanelle (for a sweet touch) pepper, seed and cut into long thin strips.

To make the vinaigrette, heat oil in a small heavy skillet over moderate heat. Add chopped garlic, pepper, and hazelnuts and cook, stirring frequently, until garlic is golden. Don't let the hazelnuts burn. Stir in the vinegar, salt, and pepper.

Pour the hot vinaigrette over greens and toss to combine. Serve immediately.

Variations: Instead of hazelnuts, use pine nuts or macadamia nuts.

Who are my farmers this week?

This week Verde Farm (Redland), Worden Farm (Punta Gorda), Health & Happiness Farms (Redland), Three Sisters 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, 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



Farm News

THREE SISTERS FARM

This week we welcome Three Sisters Farm, a small family farm across the street from the Redland Fruit & Spice Park. Three Sisters Farm became USDA certified organic in December. Their first CSA contribution is the bok (pak) choy in this week's shares.

Chef Jonathan Gambino took over the farm a few years ago from previous owner Cliff Middleton. Cliff's daughter Rachael continues to run the operation together with Jon and their Jamaican farmers Clifton and Michael, who have lovingly worked the land for many, many years.

Jon and Rachael have built a dining chickee hut and a farm stand, and recently acquired a mobile kitchen food truck, which they will use to prepare special zero-mile farm dinners using food grown right on the farm.

Farmers Market

Schedule

Sundays 9 am-2 pm

Pinecrest Gardens

SW 110th St & 57th Ave

Every Sunday

January 4 thru April 26

Upcoming Events

Come visit our booth February 7th in downtown Main Street at the first Homestead Eco-Fair. A number of educational exhibits, speakers and workshops are planned, as well as cooking demonstrations, food and live music.

Visitors to Eco-Fair can board the Homestead National Parks Trolley, which provides a free Ranger-guided tour and free admission to Biscayne and Everglades National Parks every weekend through Earth Day, April 22, 2015.

R.L. Chaplin Photography, Inc. will run a special nature photography tour and workshop on selected Trolley tours during the Eco-Fair.

ECO FAIR
HOMESTEAD

Celebrate Homestead's leadership
in environmental stewardship!

SATURDAY, FEBRUARY 7, 2015
12PM - 3PM
Losner Park 104 N. Krome Ave. Homestead, FL 33030

ACTIVITIES
For All Ages

- Educational Speakers
- Live Animals ~ See and touch Florida wildlife
- Book Sale & Free Books
- Interactive Displays
- Organic Food & Cooking Demonstrations
- Nature Photography Tour & Workshop ~ Lead by R.L. Chaplin Photography, Inc.
- Food Trucks
- Live Music ~ Featuring Grant Livingston

FREE
Guided Tour
to Everglades and
Biscayne National Parks

Community Supported Agriculture

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



Featured Items

Pea Shoots Not actually sprouts, pea shoots are harvested one of two ways—as the tips and tendrils of larger growing plants, or as the recently-germinated pea plant, cut off at the base. Sal at Health & Happiness Farms uses the latter method, harvesting the baby pea plants when they’re just 10 days old. Pea shoots are great in sandwiches and wraps. Throw a handful in a stir-fry dish just before serving, or use it as a garnish on top of soup.

Canistel This tropical fruit, in the same family as mamey sapote, ripens to a slightly sweet, soft and creamy texture. It’s great as a thickener in smoothies, and can be used instead of pumpkin in pies, custards and breads. BEWARE! THE FRUIT MUST BE SOFT AND COMPLETELY RIPE BEFORE EATING—OR YOU WILL BE SORRY-it will be sticky and taste acrid and astringent in your mouth. One way to tell that it is ripe is that the skin will get soft and slip off easily. The pulp has the look and feel of hard-boiled egg, hence the common name of ‘eggfruit’. Don’t wait too long, though. When it’s overripe it starts to ferment—you’ll know by the funny smell and the flesh will turn a darker orange and become almost runny.



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!...



Mediterranean Share deconstructed hommos



Cheese Share Hani's feta cheese

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

Thyme Thyme is one of those delicate herbs that can really deliver flavor. One of my favorite ways to use it is liberally, in jerk or curry dishes. I think of jerk seasoning as a variation of a curry—a blend of spices that packs a punch. Thyme goes exceptionally well with pork.



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.

