

Recipe of the Week

Mess O’Greens with Caramelized Onions

-adapted from Tomato Mountain Farm’s CSA recipes

Variety of fresh greens (kale, mustard, chard, turnip, collards, Asian greens, beet greens, kohlrabi)	Florida Keys sea salt to taste
2 onions, sliced	Freshly ground pepper to taste
Several garlic cloves, minced	Bacon, cut up (optional) -consider using thick cuts
Olive oil	

Trim and wash the greens. Set the thicker stems aside to start cooking first. Coarsely tear or cut the greens. Don’t be afraid to use a lot-they will cook down considerably.

To caramelize the onions, heat a few tablespoons oil in a pan over medium heat—avoid scorching. A heavy cast iron pot is great for this. Add minced garlic and the onions and walk away for a few mintues. Stir the onions and leave alone again for several minutes. Repeat, until the onions are cooked down and nicely browned, about 20-40 minutes.

In the meantime, if using bacon, cook it, saving some of the drippings.

Set the onions and cooked bacon aside. Add more oil and bacon drippings (optional) to the pan. Over medium heat, start with the chopped stems. Cook for a few minutes, stirring to keep from scorching. When the stems begin to get soft, start adding greens, a thick layer at a time. After a minute of so, sitr the greens, and add more. Repeat until all the greens are added. Cover and cook for a few minutes, checking occasionally. When the greens are cooked down, add the onions and bacon and heat together for a minute or two. A little scorching is OK, as it adds crunchy bits and lots of flavor.

NOTE: You can also do this in a crockpot. Caramelize the onions for the first few hours, leaving the lid ajar for part of the time. Add the stems and check in 20 minutes. Once the stems start to soften, add greens, a bit at a time, every 10 minutes or so. If using bacon, cook it separately and add it at the end.

Who are my farmers this week?

This week Verde Farm (Redland), Worden Farm (Punta Gorda), Three Sisters Farm (Redland), Bee Heaven Farm (Redland), and Possum Trot Nursery (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), Hani’s Mediterranean Organics (Redland), Florida Keys Sea Salt (Summerland Key), Rochelois (Redland), Miguel Bode Honey (Miami).

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

This is week 10—we’re halfway through the season—already! Wow... It feels like we just started 3 or 4 weeks ago.

So far the weather has been very good for growing. We’ve had some cold mornings, but no frost. It has been dry, with occasional heavy rains. We had some nice rain Thursday, which soaked everything and took the dust out of the air.

We’re looking forward to more gorgeous weather for the last half of the season.

Calling all bags! We’ve been bag-free at our market booth since 2012. Our regular customers know this and bring their shopping bags and baskets. But sometimes they forget, and new shoppers arrive with empty hands. We are in need of your used plastic shopping bags.



While paper bags are good, the plastic bags hold up better with our wet produce. As our customers make the rounds of the market, the paper bags get wet and start to disintegrate. So please dig in your pantry for those bags you’ve been accumulating, and instead of dropping them off at the grocery store’s collection, please send them to us. Please put a sign on them “*Deliver to Margie*” so your site host and the driver remember to save and bring them back next week. Or, visit us at the market, pick up some extra goodies, enjoy the awesome food, and drop off those bags!

Earlier in the season we had white kohlrabi. Now the purple kohlrabi is coming in, and they are just as delicious! The bulbs are white inside and crunchy, great raw or cooked. The leaves are mild and flavorful—you can add these to the braising mix in your share to round out your Mess O’Greens. This crop of kohlrabi illustrates how different the same vegetable can respond when grown on two different farms at the same time. Notice the ones in the family shares are small and several are bunched together, while the ones in the small shares are packed individually, as they are huge. The difference may be in how quickly it’s growing, how early or late the farmer decides to harvest it, or, most likely, a combination of the two. Sometimes a quick rain or a hot spell will cause a vegetable to size up quicker than expected, and suddenly you find you need to harvest it yesterday instead of next week!



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!

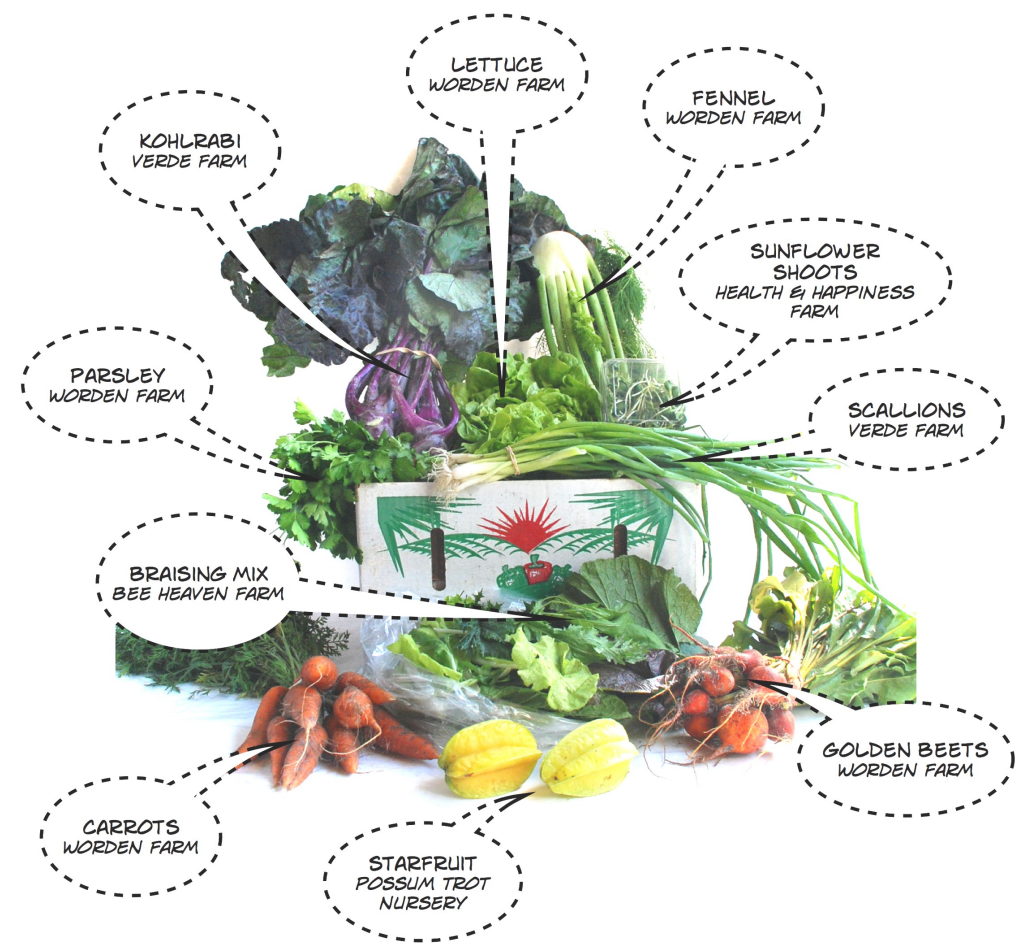


Featured Items

Braising Mix A “mess o’greens” is a term of affection in the South, usually referring to turnip, mustard, or collard greens cooked for hours in a pot of water, with some form of fatty pork for flavoring, and served with a side of spicy hot pepper vinegar. Our mess o’greens steps it up a notch, including two types of mustard greens (red garnet and tender, serrated Suehlihung types), mild pei tsai, and arugula. Some bags also include broccoli leaves (yes, they are delicious). We’ve provided a simple recipe on the back page to get you started.

Carrots Enjoy them while the harvest lasts! Cook them, shred them for carrot salad, cut into julienne for snacks—YUM! And don’t forget to eat the tops — use just like parsley. Try a carrot top pesto.

Yuca aka cassava This is a starchy root that is an important part of the daily diet in many tropical countries around the world. It’s the source of tapioca starch (tapioca pudding, anyone?). Yuca contains small amounts of cyanide, but since it’s water soluble, it’s easy to remove. Peel your yuca, cut it into chunks or long strips, and bring to a boil in a pot of water. Throw out the water, refill the pot, bring to a boil again and continue cooking until just fork-tender. It’s ready to eat at this point. Drizzle some mojito on it (not the bar drink!) and enjoy. Or, for delicious and amazingly addictive yuca fries, lightly oil and season the chunks and roast them in a 365°F oven until they’re golden and crispy.



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
parsleyed potato



Cheese Share
Hani's cheese



Small Share

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

Sunflower Greens These newly-sprouted sunflower greens are harvested by cutting when they’re about one week old. They are delicious sprinkled on sandwiches, salads, and soups, and great as a last-minute addition to a stir-fry dish.

Scallions Green onions aka bunching onions or scallions, are not immature onions. They’re a member of the onion family sometimes also called everbearing onions. They never develop a fat bulb. Some varieties will grow thicker and if left in the ground, will eventually divide into more plants. Use the green tops as well as the white portion. Scallions provide color, texture and flavor to your dishes.

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.