

Recipe of the Week

Honey-Roasted Chioggia Beets on Mustard Greens with Goat Cheese, Crispy Shallots, & Walnut-Thyme Crunch

-adapted from *tamingthetart.com*

3 medium sized or 2 large Chioggia beets, thickly sliced (peeling optional)	1/4 c walnuts, finely chopped
2 tsp local farm honey	2 Tbsp fresh thyme, finely chopped
Olive oil	1 bunch mustard greens or half large head endive, roughly chopped
Florida Keys Sea Salt and pepper to taste	1 clove garlic, finely chopped
2 medium shallots, sliced into rings	2 oz Hani’s cheese or soft goat cheese, slice or crumbled

Heat oven to 400°F. Line a baking dish with foil and lay the beet slices in the bottom. Add honey, 2 teaspoons olive oil, salt and pepper and use your hands to coat both sides of each beet slice. Cover with foil and roast in the middle of the oven for 40 minutes. Flip beets halfway through.

To crisp shallots, thickly coat bottom of a small saucepan with olive oil. Heat over medium heat until oil is shimmering but not smoking. Add the shallots (stand back to avoid splatter), and cook, stirring a few times, until they are a dark brown—about 5 minutes. Transfer shallots with a slotted spoon onto a paper-towel-lined plate to drain. Reserve the oil for the greens.

Toast walnuts in a 350°F oven for 7-10 minutes or until fragrant. Let cool. Chop walnuts and thyme together until they are the consistency of granulated sugar, or pulse lightly with a food processor.

To prepare the greens, heat a tablespoon of the reserved shallot oil in a large skillet over medium-low heat. Add the greens, stirring with tongs as they wilt. Add salt and a tablespoon or two of water or stock, and braise the greens until the stems are soft and the greens tender, about 7 minutes. Stir in the garlic and cook for another minute.

To serve, lay a bed of the greens on the bottom of a plate. Top with a few overlapping beet slices. Place a slice or a few crumbles of goat cheese over the beets. Finish with the shallots and the walnut-thyme crunch.

Who are my farmers this week?

This week Verde Farm (Redland), Worden Farm (Punta Gorda), Three Sisters Farm (Redland), and Possum Trot Nursery (Redland), Bee Heaven Farm/Miguel Bode Honey (Miami) and Rochelois (Redland) were the growers and producers who provided 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), Sem-Chi Rice/Florida Crystals (Clewiston/Belle Glade).

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

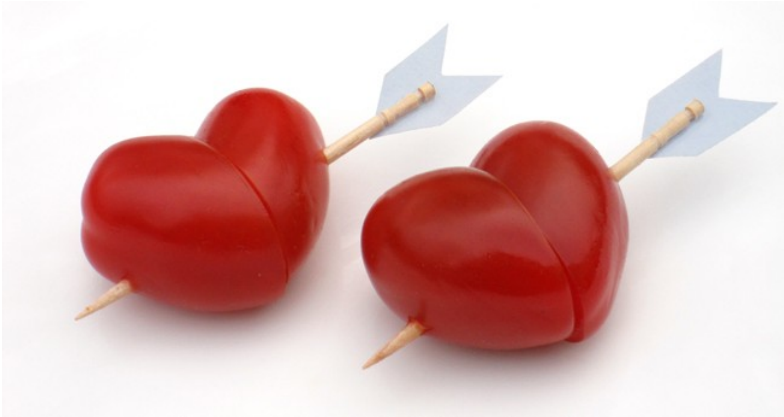
Farmers Market
Schedule

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

On Friday we welcomed Sheryl, a CSA member who has developed a passion for growing food. She is the first apprentice to start in FIU’s inaugural farm apprenticeship program. A USDA grant helps fund this new offering from FIU’s Agroecology program. Sheryl, and other apprentices, will be matched with local farms and agribusinesses, according to their learning goals and future aspirations. Here’s Sheryl’s report on her first day:

“Hello! Sheryl Dutton here, reporting on my first day as a farm apprentice here at Bee Heaven Farm through the Agroecology program at FIU! Four years ago I became a member of the Bee Heaven Farm CSA program which inspired me to start growing a small herb and vegetable garden at home. What started as a hobby and a real appreciation for organic farmers and the local food movement, has become a full time obsession! Now I’m learning from the best and look forward to starting my own farm one day!

Happy Valentine’s Day!



To show our love and appreciation of your support of small, local family farms as a Community Supported Agriculture member, we’ve packed a very special share box for you this week. Among other goodies, everyone will find something to sweeten your day—our own local wildflower farm honey for your honey—drizzle it on everything (and on your honey too—then lick it off—slowly). Sweet calamondin jam, a simple, 3-ingredient preserve rich in Vitamin C, made from all local ingredients, will kickstart your breakfast in bed. For lunch, hot pink red heart radishes will jazz up your salads, and red candy-striped Chioggia beets will provide a sweet and pretty accompaniment to your meal. Luscious creamy canistel will thicken up those delicious shakes (these will be for delayed gratification—you MUST wait for them to ripen fully). In addition, family shares get a pint of love apples, nowadays known as cherry tomatoes, and exotic Brazilian grape tree fruit, aka jaboticaba. Relax on some cushions and pop ‘em in your lover’s mouth like grapes for a hedonistic treat.

“Today I got my first behind the scenes view of how a CSA program works. I helped pack honey, tropical fruit, veggies and other goodies into more boxes than I could count. I got to meet and work side by side with some very knowledgeable and friendly folks. Overall, it was a beautiful morning on the farm and I can’t wait to come back!”



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



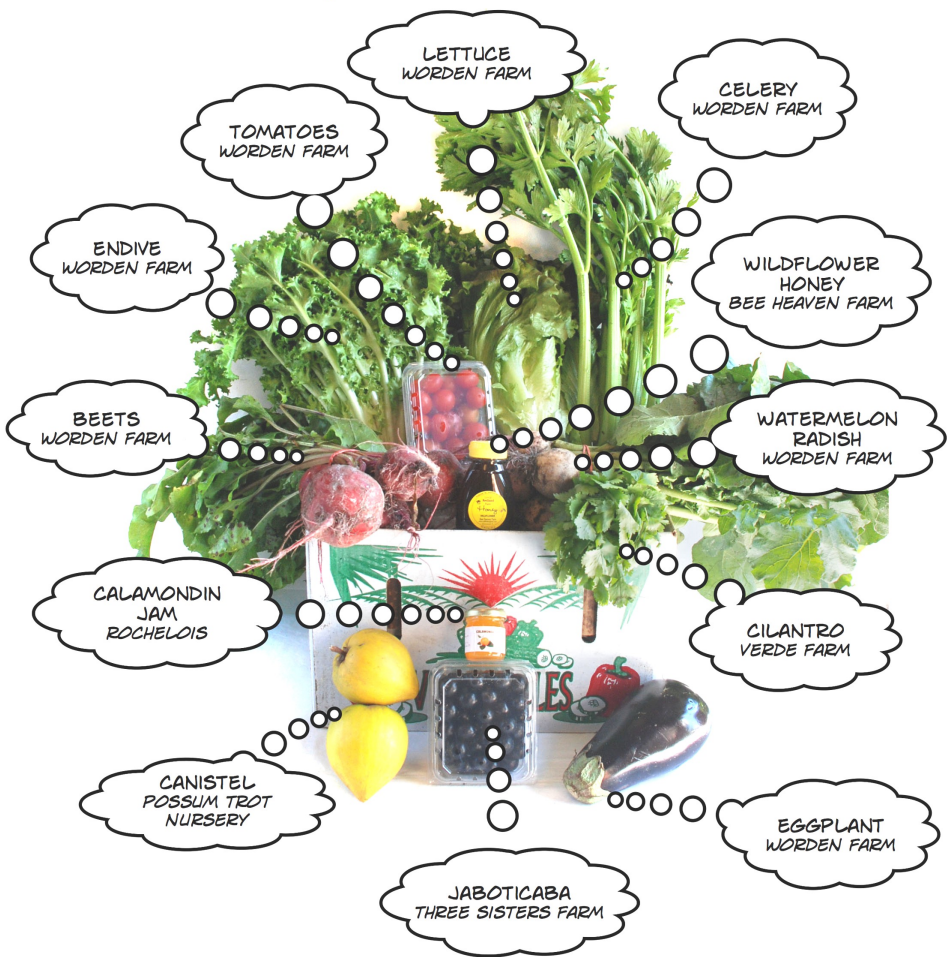
Featured Items

Choggia Beets Yes, it's beet season, and there's several different kinds to enjoy. We've already had red beets, and golden beets in past shares. This week the beet star is a beet with a hidden secret—a pretty candy-stripe pattern. Inside, there are alternating red and white zones. Best to slice across to show off the pattern, and roast to keep the color from leaching out. Remember to eat the tasty greens, too.



Endive A familiar member of the chicory family, this is not the Belgian endive you sometimes see in gourmet groceries. That one is the center core of a plant that has been blanched (by covering it so it receives no light). This one you may know in its baby form as frisee, a common ingredient in salad mixes.

Jaboticaba Also known as Brazilian Tree Grape, this fruit, though not related in any way to a grape, is a lot like a Muscadine grape. If you've had these or Scuppernong grapes, you'll find the thick skin with the translucent flesh of the jaboticaba familiar. Some enjoy eating the skin together with the flesh, while others prefer to eat the inside. Jaboticaba bears its fruit right on the trunk, a fruiting habit known as cauliflory.



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
sprouted garbanzo hommos



Cheese Share
Hani's cheese or yogurt



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

Red Heart (Watermelon) Radishes These radishes make a salad an eye-popping experience, with its hot pink flesh. Try a slaw with shredded radishes, carrots and cabbage for some great color.

Cilantro We never tire of cilantro. When avocado season is over, there's usually tomatoes around to make salsa. Or, you could try duplicating Chipotle's cilantro lime rice. There are numerous versions on the Internet, but a very simple one is to cook the rice, and just before serving, fluff well with a mixture of cilantro, freshly-squeezed lime juice (don't cheat with the bottled stuff), salt and a small amount of oil.

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.

