



Recipe of the Week

North Indian Spiced Cabbage, Fennel, and Onions

-adapted from Vegetarian Times

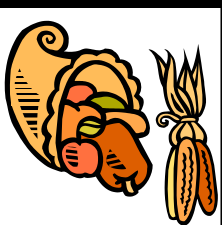
3 Tbsp peanut oil (or organic vegetable oil)	1/2 head of cabbage, cut into long thin shreds
1 tsp fennel seeds	1/4 tsp cayenne pepper, or to taste
1 tsp cumin seeds	1 (15-oz) can chickpeas, rinsed and drained
1 fennel bulb, halved and thinly sliced	Juice from 1 lemon (about 2 Tbsp)
1 onion, halved and sliced into half-moons	1 tsp garam masala or curry powder
Florida Keys Sea Salt, to taste	

Heat oil in cast iron skillet over medium-high heat.
Add fennel seeds and cumin seeds, and sauté 30 seconds.
Add fresh fennel and onion, and season with salt, if desired. Sauté 5 minutes.
Carefully pile cabbage into pan, cover, and cook 8-10 minutes, or until cabbage has cooked down, stirring often.
Add cayenne pepper, reduce heat to medium-low, cover, and cook 15-20 minutes, or until vegetables are browned and caramelized.
Stir in chickpeas, lemon juice, and garam masala, and cook a few minutes more, until chickpeas are heated through.

Who are my farmers this week?

This week Verde Farm (Redland), Worden Farm (Punta Gorda), Health & Happiness Farms (Redland), Possum Trot (Redland) and Bee Heaven Farm (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), 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

With 7 weeks remaining in the season, more of the long-season veggies are ready for harvest, while others, like French Breakfast radishes, are in their second, third, or even fourth succession cycle of the growing season.

Cabbage is a long-season vegetable. A full-size cabbage plant takes up a lot of space, with its leaves spreading out over as much as 3 or even 4 feet of space in a big circle. The head takes some time to form and fill out. It is ready to harvest when the head is very firm—you can’t really squeeze it. Those big outer leaves, called “wrapper leaves”, help to protect the head, and they are great to use as a wrap or to make stuffed cabbage or cabbage rolls.

Cabbage handles cold weather well, and is a commonly-grown winter crop in milder areas of the country. There are plain green round cabbages, flat-head cabbages, pointy-headed cabbages, savoy cabbages, which have crinkly (savoyed) leaves, and purple cabbages. And then there are Asian cabbages, some of which are tall and firm, like Napa cabbage, and others which are non-heading, open-head types, like pei tsai. Further afield we find the bok choy and pak choi cabbages, and so on,

a seemingly endless continuum of cole crop relatives.
Small home gardens may not have the space to grow a full-size cabbage, but fortunately there are small “personal cabbage” varieties that take up about half the space of a standard cabbage.
A fresh cabbage has a sweetness that you will not taste in a store-bought head. A fresh cole slaw is quick and simple to make, and very healthy if you don’t drown it in mayonnaise. Here’s a way to make a tasty slaw. It’s ready to eat in as little as 15 minutes, but you can also choose to let it ferment for a day or two for a different texture and flavor.

Quick Brined Cabbage Slaw

Shred a quarter of a cabbage, a carrot and a few stalks of chopped



scallions—greens and all. Finely chop a clove of garlic. If you like some spice, finely dice a poblano pepper (a jalapeno will also serve—but remove the seeds). Add 1 tsp cumin powder, and mix everything together well.

Place 1/3 of the veggies in a heavy-duty 1 gallon zip bag. (You can use a large jar, but I like the ease with which I can mix the slaw and store it in the fridge, taking up a minimal amount of space.) Sprinkle some coarse Florida Keys Sea Salt or kosher salt on the veggies. Add another 1/3 portion, and repeat, adding salt each time, until all the veggies are in the bag. Seal the bag, squeezing out excess air. Now massage the bag until you’ve mixed the salt and veggies well. (If using a jar, you’ll need to push down really hard as you layer the veggies, to help the cabbage release the juices.) If eating right away, let sit in the refrigerator for 15-30 minutes. The longer you let it sit, the more the flavors will develop. You will see juice collecting in the bag (or jar). When ready to use, mix well. This slaw is great by itself and awesome as a topping for fish tacos.



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



Featured Items

Fennel This crunchy vegetable with a mild anise flavor is great either raw or cooked. Check out the recipe on the back page, which uses both fennel seed (from the fennel herb plant, which doesn't make a bulb), and bulbing fennel (don't forget to chop up some of the leaves in it too).

Misticanza This is an Italian word meaning "mixed green salad". Harking back 2000 years, misticanza was a regular part of the ancient Roman diet. The mix can include many different greens, but nearly always includes lettuces, arugula, and other wild greens and herbs like mustard, mint and borage. This week's mix includes our lettuce mix, arugula, pei tsai and mustard greens.



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.

Herbs and more

Dill Use fresh for best effect. Dill pairs well with cabbage, yogurt, cucumbers, chicken soup and salmon.

Curryleaf Use curryleaf generously to flavor Indian or Indonesian-style dishes. Try it in tomato soup!

Sunflower Greens Enjoy these crunchy treats in sandwiches, salads, or toss at the last minute into a soup or stir-fry. These are not sprouts, as they are grown in soil and harvested by cutting off at ground level.



Mediterranean Share
Potato Salad



Cheese Share
Hani's herbal cheese spread



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.