



Recipe of the Week

Pork Chops with Hoja Santa and Sour Orange

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| 2-4 pork chops | Florida Keys Sea Salt |
| 5 hoja santa leaves | Freshly ground black pepper |
| 3 sour oranges | Grapeseed oil, enough to coat bottom of frying pan |

Finely chop 3 hoja santa leaves and muddle in the juice of 3 sour oranges until leaves are tritured. Arrange pork chops in a shallow pan. Pour the hoja santa mixture over the pork chops, and sprinkle salt and pepper to taste. Marinate for 30 minutes, turning the chops over halfway through. Heat grapeseed oil on high heat in a large frying pan. Quickly sear pork chops on both sides, then turn down the heat and cook until no longer pink inside. Arrange pork chops on a serving platter. Garnish with remaining hoja santa leaves. Serve with a side of vegetable primavera rice: Start cooking a pot of brown rice. Cook for 20 minutes, then add a cup or two of finely diced vegetables. Gently mix into the rice, cover and finish cooking. (If using white rice, add the veggies at the start of cooking.) Carrots, celery, scallions, and (whole) peas are great for this, but any combination of veggies you have on hand will generally work. Some, like beets, will add color to your rice—use your imagination!

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.

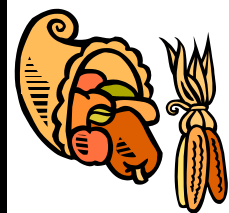
The add-on shares were produced by Bee Heaven Farm (Redland), Flair's Fayre (Redland), Abigail Farm (Redland), PNS Farms (Redland), Hani's Mediterranean Organics (Redland), Florida Keys Sea Salt (Sugarloaf Key), Rochelois (Redland), Miguel Bode Honey (Miami), Sem-Chi Rice/Florida Crystals (Clewiston/Belle Glade), and Flair's Fayre (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

Now that the weather is warming up, we start to see changes in the crops. Many winter crops are nearing the end of their growing cycle. Before dying, plants typically transition to the flowering stage in preparation for making seeds to ensure the next generation. In greens, this is commonly called bolting.

Brassicas, such as broccoli, mustard, arugula, radishes, turnips, bok choy and their many relatives don't change flavor during flowering. They might simply become more pungent or stronger-flavored. Their edible flowers are pretty and often quite tasty. Lettuces, however, become bitter to the point of inedibility, and their flowers are like fluffy floss, not pleasant at all. Now that daytime temperatures are repeatedly hitting the 80s, if you have lettuce growing in your home garden, start checking frequently. When you see the lettuce plant start to elongate, that's a sure sign of bolting. Before grabbing a handful to toss in your salad or juicer, taste the leaves first. Once bolting has begun, there's no turning back.

Some plants, like cilantro and dill, produce tasty seed commonly used as spices. These plants attract beneficial insects, and have beautiful clusters of flowers called umbels (their botanical family name is *Umbelliferae*). Let these go to seed and not only will the pretty flowers grace your garden, but you will also get to harvest seed for your pantry, and for

replanting next season.

If you haven't started preserving veggies to last you through the summer months, get started now! For those of you who grew up in temperate zones, think of it as "winter is coming". Summer here is the parallel of winter up north, a time when we don't have a lot of vegetable abundance. There's some summer veggies like okra and bitter melon, and roots like boniato, malanga, and yuca, but not much in the way of "regular" staples. So what to do?

Freezing, fermenting/pickling, drying, jamming and canning are all great ways to preserve your winter bounty. Some veggies are better suited for one method over another. Others give very different results, depending on the method used. There are plenty of online resources to help you.

Don't hesitate to think outside the box. For example: you can cut fresh peppers into strips, give them a very quick blanch (that's a dip in boiling hot water for 1 minute), then immediately put them into ice water to stop the cooking. Lay out on a cookie sheet, put them in the freezer, and once frozen, bag them in a heavy duty freezer bag. The peppers are great for cooked dishes. OR... make pepper jelly and for a delicious and versatile sweet spread.

MAMEY SAPOTE



Mamey sapote



Ripe and ready to eat! When buying a mamey, how to pick a good one? Scrape the skin with your nail at both ends. If you see red or orange beneath the skin, it's mature and will ripen for you. If you see green, it was harvested too early and will never ripen—don't buy it.



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



Featured Items

Red Mustard Mustard rates even higher in nutrition than kale and collards! If you juice and like spice, try putting a few leaves in your drink. If you don't like spice, just cook it. Cooking mellows the spiciness. Mustard greens pair really well with dried fruit, which helps neutralize and sweeten the dish.

Green Peppers Also known as bell peppers, these beauties are great for stuffing. Adaptable to all diets, you can stuff these with ground meat (beef, lamb, pork, chicken), rice, quinoa, or any combination. You can use cheese in the filling or make it tomato-based. Whatever you decide to stuff them with, just cut off the tops in a ring, remove the seeds, stuff and arrange in a shallow pan. Put the tops back on and add a few tablespoons of water (or broth or tomato sauce) in the bottom. Bake, loosely covered with a foil tent.



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

Cilantro Use fresh in salsa, soups, rice, salads, wraps....

Hoja Santa Use this leaf as a wrapper to add delicate anise overtone to baked fish. Or check out the recipe on the back page!



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
Stuffed grape leaves



Cheese Share
Hani's cheese or feta



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.