

Recipe of the Week

Hot Spinach Dip

- adapted from Martha Stewart.com

olive oil	3 oz cream cheese
2 small spring onions sliced, including good part of the greens	2 dashes Worcestershire sauce
2 garlic cloves, minced	2 dashes your favorite hot sauce
1 bunch spinach, cleaned, trimmed and coarsely chopped	1/2 c shredded mozzarella cheese
1/4 c milk	Florida Keys sea salt and freshly ground black pepper

Preheat oven to 425 degrees.

In a Dutch oven or large pot, heat 2 tsp oil over medium heat. Add onion and garlic; cook until lightly browned, 5 to 8 minutes. Add spinach and cook until completely wilted, 5 to 8 minutes. Transfer to a colander; drain, pressing to release all excess liquid.

In the same pot, warm milk over high heat. Whisk in cream cheese until melted, about 3 minutes. Add spinach, Worcestershire sauce, hot sauce, and 1/4 cup mozzarella; stir to combine. Season with salt and pepper to taste. Pour into a lightly oiled shallow baking dish; sprinkle with remaining 1/4 cup mozzarella.

Bake until bubbly and golden brown, about 20 minutes. Serve hot with baguette slices, breadsticks or crackers as desired.

Who are my farmers this week?

This week Verde Farm (Redland), Worden Farm (Punta Gorda), C&B/Little Cypress (Devil’s Garden/Clewiston) and Homestead Organic Farms (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](http://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](mailto: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](http://www.redlandrambles.com)

Farm News

Spring Onions

Onions are finally sizing up! It takes a full season for onions to grow from seed. Here in our topsy-turvy South Florida growing season (compared with the rest of the country), we must grow short-day or day-neutral onions in order to get good bulbs.

I hear you asking...“what the heck does short-day and day-neutral mean?” These terms refer to the behavior of plants. Day-neutral plants grow, bulb, flower and set fruit irrespective of changes in day length. Short winter days or long summer days make no difference to their growth.

Day-length sensitive plants, however, are a different story. Onions grown in temperate zones are long-day varieties. They are planted in the spring, when the days are getting longer. The plants grow, putting out leaves and getting bigger—until the days start to get shorter (after June 21). Shorter days trigger the next phase of growth—making bulbs. Now the onion plant stops growing leaves and all its energy goes into the bulb.

Short-day and day-neutral varieties, the kind grown here and all over the South, are the opposite. They are planted in late summer/early fall, so they can put on as much growth as possible before December 21, when the days start to get longer. After that, the onion plant will be fattening up its bulb.

Some famous short-day varieties include Texas Early Grano and its cousins, of which the Vidalia onion is probably the best-known. There are great day-length-neutral onions too, Candy and its variants being the most familiar.

Native Plant Day

Saturday March 28, 2015

9 a.m. until 4 p.m.

8 a.m. Early Birding Walk – bring binoculars!

A.D. Barnes Park, Natural Area, 3401 SW 72nd Avenue, Miami, FL

Sponsored by:

The Dade Chapter of the Florida Native Plant Society  
and Miami-Dade County Parks and Recreation

\*FREE ADMISSION\*

Rain or shine!    Activities for all ages

Plant sales and raffles

Programs and nature walks

Plant clinic    Hands-on take-home projects

At the 20th Native Plant Day you can learn about native plants, landscaping, water conservation, “bad” insects, butterflies, seeds, wildflowers, woodturning and lots more!

Florida Yards and Neighborhoods Rain Barrel Workshop

Learn the A to Z of water conservation and how to make a rain barrel – then take one home! Pre-registration preferred. Cost: \$40.

Contact Lize Luna to register: 305-248-3311, ext. 242

For a full schedule: <http://dade.fnpschapters.org>

Drinks and food will be available for purchase on site.

The Dade Chapter of the Florida Native Plant Society is a 501c3, non-profit organization whose purpose is to promote the preservation, conservation and restoration of native plants and native plant communities of Florida.



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



**Featured Items**

**Yellow Squash** Now that the weather has warmed up, summer squashes are able to grow again. Tender yellow squash, zucchini, patty pan, and 8-ball squash, to name a few, are good eaten raw or cooked. We have a collection of great recipes in our newsletter archive online at [beeheavenfarm.com/csa/archives](http://beeheavenfarm.com/csa/archives)

**Spinach** Spinach is a tender crop with a short shelf life. It's best to eat immediately after washing it, as the wet leaves will bruise easily and spoil quickly. Don't be surprised if you find some "slimy meltdown" in the area of the rubber band in your bunch. Remove the banding, drop the bunch in a sink full of water, swirl a few times, and the sand, dirt and broken-down areas should come right off. If the leaf stems (petioles) are good, keep them and chop them into your dish. Otherwise, trim off.



**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.

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**Herbs and more**

**Parsley** Don't relegate parsley to use just as a garnish. Parsley is nutritious, great in juices and salads. When you run out of things to do with it, just pop some in your mouth and chew. It's a natural breath-freshener!

**Eggplant** There's more to eggplant than an Italian parmesan dish, or a Middle Eastern baba ghanoush. Include them in mixed vegetable dishes. To avoid mushiness, cut into sticks or cubes and don't overcook. Eggplant is great grilled or roasted, too.



Mediterranean Share  
tabbouleh



Cheese Share  
yogurt



**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.