



## Recipe of the Week

### Roasted Beet and Mizuna salad

- adapted from CountryLiving.com

1/2-1 huge or 1-2 medium beets, washed and cut into small wedges	1 bunch Mizuna
Florida Keys Sea Salt	12 basil leaves, cut into strips
1/4 cup balsamic vinegar	Zest of 1/2 lemon
1 1/2 tsp honey	Freshly ground black pepper
1 1/3 tsp Dijon mustard	6 oz Hani's Feta cheese
1/2 cup olive oil	

Preheat oven to 350°F.

Divide beet wedges among 4 aluminum foil packets. Add a pinch of salt and 1/4 cup water to each packet before sealing.

Roast beets in a pan until tender, about 1 hour. Let cool.

In a small bowl, make a vinaigrette by whisking together vinegar, honey, and mustard. Still whisking, drizzle in the oil.

In a large bowl, toss beets, mizuna, basil, and lemon zest with the vinaigrette; season with salt and pepper to taste. Sprinkle with feta and serve.

### Who are my farmers this week?

This week Verde Farm (Redland), Worden Farm (Punta Gorda), and C&B/Little Cypress (Devil's Garden/Clewiston) 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), 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 has sprung

#### ...and so have the weeds

Have you noticed an explosion of weeds lately? Feel a need to mow your lawn—again?

Yup, it's that time of year. Hot weather has set in, along with a bit of rain to water things, and SPRO-ING! Up popped the weeds.

After sitting dormant all winter, grass is growing again. Winter break is over. It's still dry, so you probably won't need to mow every week just yet, but once the rainy season starts, that will change.

If you garden, it's time to start asking questions about your summer plans. Do you want to grow summer vegetables? Or, do you want to let your growing beds rest and solarize, tucked in with a cover of plastic? Or, do you want to let it lie fallow, allowing the weeds to run amok? Or, do you want to plant a cover crop? Mulch? All these are valid choices, but with differing results, some pretty, some messy, some delicious.

You don't have to do anything just yet, as you'll likely be able to harvest until early May.

# 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**

**Mizuna** Earlier in the season we had this mild Asian mustard green. You’ve probably had it many times in a mixed greens salad, not even realizing what it was.

This week’s share has the makings of a great salad, using mizuna, arugula and lettuce. Top with some shaved fennel, bell pepper slivers, celery, shredded carrot, and spring onions, all from the share, and you have a beautiful salad that only needs a simple oil and balsamic vinegar dressing, with freshly-ground black pepper and Florida Keys Sea Salt. If you’re like me, I love to add some nuts (usually chopped walnuts) and some sweetness in the form of dried fruit (cranberries, tart cherries, carambola, figs) or fresh fruit (sliced strawberries are great now). Start with a giant bowl, because these salads always grow huge!



**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**

**Bell Pepper** A kitchen staple, bell peppers are taken for granted. But they’re very nutritious, and equally at home raw or cooked.

**Fennel** Bulbing fennel is considered a vegetable, but its ferny tops are used like herbs. Sprinkle some chopped fennel tops over your salad to add a hint of sweetness.



**Mediterranean Share**

Hommos/Stuffed grape leaves/Cauliflower in tahini sauce



**Cheese Share**

Hani’s cheese



**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.