

Recipe of the Week

Broccoli with Turmeric and Tomatoes

- adapted from foodandwine.com

2 tablespoon cooking oil	1 cup diced tomatoes
2 onions, thinly sliced	1/3 cup water
1/2 inch piece of turmeric, minced or grated	2/4 teaspoon Florida Keys Sea Salt
2-3 stalks broccoli, with stems	

Wash broccoli. Peel the stems and cut crosswise into 1/4 inch slices. Separate tops into small florets.

In a large, deep frying pan, heat the oil over moderate heat. Stir in the turmeric and cook for a few minutes, until soft. Add the onions and cook, covered, stirring occasionally, for 5 minutes. Uncover and cook, stirring occasionally, until the onions are very soft, about 5 minutes longer.

Stir in the broccoli, tomatoes, water, and salt and simmer, covered, until the broccoli is tender, about 10 minutes.

Turmeric Tea

- adapted from nutritionstripped.com

2 cups water	1 pinch Florida Keys Sea Salt
1 inch fresh ginger root, minced	Fresh orange slices
1 inch piece of turmeric, minced	Honey to taste
1 teaspoon ground cinnamon (or 2-3 sticks)	Juice of 1 lemon
1 lemongrass tea bag (or 3 stalks fresh, sliced)	1 teaspoon coconut oil (optional)
6 peppercorns (optional)	

In a small saucepan, bring water to a boil, add ginger, turmeric, cinnamon, peppercorns, sliced oranges, and salt. Simmer for 10-15 minutes on medium-low heat. Add lemongrass and let steep for a few minutes. Serve hot or cold with optional coconut oil, honey to taste, and fresh lemon juice.

Who are my farmers this week?

This week Verde Farm (Redland), Worden Farm (Punta Gorda), Bee Heaven Farm (Redland) , LNB Groves (Redland), Health & Happiness Farms (Redland), and Signature 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), 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

Welcome LNB Groves and Signature Farms

This week we welcome two new Redland farms to our CSA.

LNB Groves is a certified organic grower of tropical fruit and some lesser-known tropical spices and vegetables. The turmeric in this week’s shares is their first contribution to our CSA. You can find them at the Pinecrest Market on Sundays, whipping up their signature “Sapadelicious” smoothies, selling their turmeric honey tea, serving awesome guacamole with local avocados (when in season), and dishing up frozen lychees, among other goodies.

Signature Farms recently started an oyster mushroom growing operation. They are not certified organic, but the inputs they use are approved for use in organic production. They provided the mushrooms in the shares.

Chef Dewey Lo Sasso is now proudly serving Redland Raised and local organic produce at Schnebly Redland’s Winery 7 days a week. Haven’t tried the food yet? Check them out!



...and the celery is THIS BIG!

She shoots her food

- Marian Wertalka, blogger and farm photohistorian

As soon as I open the first share box, I take a picture with my phone. I have to do this, especially if the box is very full. Otherwise I won't know how to put everything back so it fits.

My job on the farm is very behind the scenes. I come on Fridays after the shares have been packed, and take pictures of them for the COMMunity-POST, the Bee Heaven Farm newsletter that you are holding in your hands. The pictures are also posted on my blog, *RedlandRambles.com* and on Facebook. (It has been said that I shoot my food and then I eat it.)

Click. Remove a few items from the box. Click, remove a couple more. Click with the phone. All the veggies are scattered on the table in the barn. Now they have to go back in the box, but arranged in a way so you can see at a glance what's in your share. The box is special—it’s known as The Hero. I save it from week to week, especially for the photographs.

Gotta look at each vegetable, and find its good side, the one with the least blemishes. Sometimes I even wipe off some dirt. The tall things go in back. The smaller things go in front. And the smallest things go on the table in front of the box.

Then, a look through the DSLR camera viewfinder. Where did the green beans go? Adjust. The turmeric is touching the mamey. Move it slightly. Why is there a shadow? Tilt the reflector. Click, click, click. Arranging the veggies takes a lot longer than taking the picture. Now everything has to go back into the box, and that's where the reference pictures on the phone come in.

The process repeats for the small share. Then I go through the coolers and locate the cheese and med shares, and take their pictures individually. Next, the pictures go into Photoshop. The exposure is corrected, background removed, maybe a detail sharpened. That's pretty much it, no fancy styling. What you see is what you get. Then the bubbles are added. The veggies are saying their names and where they're from. It's like roll call.

Done? Not yet! Next, upload to the blog, hand off to Margie, who puts them into the newsletter. Now my job is done. Enjoy!



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



Featured Items

Broccoli We didn't get a lot of broccoli this season (nor Romanesco), in part because the grower who was doing a bang-up job with it has left the group, so to speak. This year they contracted with an organic distributor, who takes all their harvest. Worden Farm stepped in and planted some extra broccoli, and it's coming in just in time for us to include in the shares.

Mamey Sapote We had this delightful fruit for the first time ever in the Family shares a few weeks ago, and this time we were able to round up enough small ones for everybody! If it's soft, it's ready to eat. If not, leave it out on the counter and check it twice a day. As soon as it's soft, it's ready. Don't try to cut or eat it before it's soft. You can eat it straight, blend it into smoothies or shakes, cut into pieces and freeze or dehydrate it for later use.



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

Turmeric Enjoy this freshly-harvested turmeric from LNB Groves, our neighbors around the corner from the farm. Keep the turmeric on your counter, in the perforated bag, and use as needed. If you don't use much at once, you can freeze it.

If you'd like to grow turmeric, take a small piece that has several undamaged "eyes". Wait a couple of weeks for the cut edge to cure, then plant it in a large pot or a bed with some depth to it. Moisten it, but don't drown it. Turmeric is a thirsty and hungry plant, but not until you see it start to sprout and grow a stalk or two. It will be ready to harvest in late fall/early winter, when you see all the foliage die down.

Black Spanish Radish This long-season radish is part of a group known as storage radishes, which take 30-60 days to harvest and store well in the fridge (for weeks, but always with the tops removed). Black radishes are jet black on the outside, snow white on the inside, and spicy HOT! The leaves make great cooking greens, too.



Mediterranean Share

Dark Hommos—Hommos with black tahini
or Nightshade—eggplant with black tahini
or Moudardarah—lentils



Cheese Share

Hani's cheese / Za'atar 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.