

Recipe of the Week

The weather is getting hot, and I’m craving ice cold drinks. I thought for a change I’d include a couple of cocktail recipes using beets. The beet-infused rum recipe can also be used to make beet-infused gin or vodka, so you can vary your drinks. Use red beets for a vibrant color, or golden beets for a mellow yellow. Enjoy!

Jamaican Red Storm

- recipe by Greg Henry from *SippitySup.com*

2 oz beet infused rum (see below)	1 oz dark rum
3 oz ginger beer	Ice cubes

Combine the beet infused rum, and ginger beer in a tall glass full of ice cubes. Using the back of a spoon float dark rum on top and stir gently. Garnish with a frozen beet stem.

Beet-Infused Rum

3 small red (or golden) beets	1 (750ml) bottle light rum
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Wash, trim and peel beets. Cut into wedges. Put the beets in a wide-mouthed glass jar with a lid. Add the rum and seal the container tightly. The mixture will immediately turn a bright red. Store the rum in a cool dark place for 3 days, rotating the jar to mix at least once a day. After 3 days remove and discard the beets, using a slotted spoon. Replace the lid and store in the refrigerator for up to six months.

Beet-ellini

- published in *Wall Street Journal, Half Full*, Oct 2011

1 oz Old Tom gin	1/2 oz honey syrup (4:1 honey to water)
1/2 oz Lillet blonde	2 dashes Regans’ Orange Bitters No.6
3/4 oz pressed and strained juice of golden beet	1 pinch cracked black pepper
1/4 oz fresh lemon juice	1 pinch smoked sea salt (for garnish)

Shake all ingredients vigorously with ice and double strain into a room-temperature stemmed cocktail glass. Garnish by dusting surface of drink with a small pinch of smoked sea salt.

Who are my farmers this week?

This week Verde Farm (Redland), Worden Farm (Punta Gorda), Health & Happiness Farms (Redland), and Spooner’s Organics/Sailfish Sur (Vero Beach) 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 Ocean Garden Nursery (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

The season is nearly over...

There are two more weeks remaining in the CSA season. For you biweekly folks, this means you have one share distribution left.

END OF SEASON TASKS:

We’ll be visiting all the pickup sites for the last time on April 18-19. Since we won’t be back until next fall, we need you to return any intact boxes you have at home BEFORE the 18th. Don’t bother if the boxes are torn, we’ll just have to take them to the dump—and we have to pay to do that! If your last pickup is April 18-19, please take your box home with you that day. Bring it with you to our Gleaning Day potluck, or hold on to it until next season.

The year’s theme...

Every year we notice a theme. The last two years it was kale. This year it was juicing. Every week I’m reminded of this at our farmers market booth. Customers are constantly asking, “Can I juice this?”

It’s great to see folks are more aware and concerned about good nutrition. They want to eat more veg-














Delicious curly kale salad

gies—even if only in juice form—but all too many do not know their vegetables at all. And there’s a lot of misinformation floating around.

Just the other day at the market a customer wanted the tops cut off their bunch of beets. I mentioned they were good to eat, whereupon she told me she had heard they were toxic. I then asked her if she ate chard. “Yes, all the time”. So I explained that chard and beets were exactly the same species, just selected over hundreds of years in different ways, so that we now have leafy, wide-ribbed chard, and bulbous, narrow-stem beets, both equally good and nutritious. Not everything you read on the Internet is true!

As CSA members, whether new to the program or long-term participants, you have gained a body of knowledge about vegetables that puts you in the expert category. You know what grows, when, and what doesn’t grow here in South Florida. You’re in a unique position to help spread the word about the amazing variety of veggies, herbs, and tropical fruit we’re privileged to grow here during the winter season. Tell your friends about the new vegetable you first had this season, or the new exciting way to prepare a veggie you knew but hadn’t found inspiring in the past. Or share how much better these fresh, locally-grown, organic veggies taste, compared with their well-traveled counterparts. Best, share with them how to join our CSA.



Member Potluck & Gleaning Day!
Sunday, May 3, 11:30am-2:00pm
Bring a dish to share.
BYOB (bag/box for your harvest, and a brew).
We’ll have iced herb tea and water.
Get ready to get down and dirty. Pick your own flowers, carrots, radishes or greens and maybe a few berries or flowers to take home.
Directions to the farm: from US1, Krome Ave or the Turnpike: go West on Bauer Drive (SW 264th St) to Redland Road (SW 187th Avenue). Continue west for 0.3 miles (check your odometer!) Look for a rock pyramid and the farm sign on your left (south side). Look for the flags and signs. Park along the swale and walk in the west gate. Proceed all the way to the rear barn.



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



Featured Items

Red Kale and Italian (Black) Kale Curly green kale is by far the most well-known type of kale. But if that's the only kale you've ever eaten, you're missing out! All varieties are highly nutritious, but very different from each other. Red Russian kale is a tender and mild variety that starts out sweet. It's often used in salad greens, especially when the leaves are young. Black kale is also mild, and more tender than curly green kale. It's great in any recipe calling for kale. When juicing, its yield is scant, but rich and dark.

Sapodilla Another first-time participant in our CSA, sapodillas are best described as brown sugar in a skin. Wait to eat until they soften up. The skin can be eaten but might be slightly gritty. Mash some into plain yogurt for a natural sweetener. I like to cook them up, adding enough water to make a syrup, with a pinch of nutmeg and cinnamon. I use it as a topping over vanilla ice cream. Delicious!!

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

Scallions Trim off the root stub and use the entire stalk, leaves and all. When using scallions in a cooked dish, save a bit of the green parts, sliced thinly, to top off the dish as you serve it. Thin scallion slices are great in a mixed salad, providing just enough onion flavor in each bite.

Kohlrabi Have you been letting your kohlrabi languish in the vegetable drawer along with your beets and carrots? Gather them all together, wash, trim and slice into wedges. Toss them with a bit of oil and some seasoning, and roast them on a pan until you can poke a fork in them. Enjoy!



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 / Foule



Cheese Share

Feta / Chevre



Small Share

Remember to bring back your empty boxes next week. On your last pickup day (April 18, 19th in the Keys), please TAKE YOUR BOX HOME WITH YOU, as we will not be re-turning to your pickup site until November!