



## Recipe of the Week

### Roasted Garlic Mashed Turnips

- adapted from [grassfedkitchen.com](http://grassfedkitchen.com)

1 head garlic*	Florida Keys Sea Salt
Olive oil	Cracked black pepper
1.5 lbs turnips, scrubbed and quartered (peeling optional)	Garlic chives, chopped (optional)

Preheat oven to 350 degrees F. Peel off outer layers of the head of garlic, keeping the cloves intact, and slice the entire head in half across its equator. Place the garlic halves cut side up on top of a sheet of aluminum foil. Pour 1 tbsp olive oil across the cloves and completely wrap the foil around the garlic. Bake in the oven for 35-40 minutes, or until fragrant.

While the garlic is roasting, place quartered turnips into a pot and cover with water. Cover the pot and bring to a boil. Let turnips boil until fork tender, about 25 minutes. Remove turnips from the pot with a slotted spoon and transfer to a food processor or blender. Add the roasted garlic and process until smooth. While processing, pour in 2 Tbsp olive oil and season with salt and pepper to taste, and add (optional chopped garlic chives) until just mixed in.

Serve hot and enjoy!

\*Use half the roasted garlic with the turnips. Save the other half for another dish or make garlic bread

### Hani's Tabbouleh

- courtesy of Hani Khouri

1/3 c bulgur wheat, coarse grind (do not presoak)	1-2 Scallions or 1 small spring onion, finely chopped
1 bunch parsley, finely chopped	1 medium or several cherry/grape tomatoes, finely chopped
Organic olive oil	1-2 Tbsp mint, finely chopped (optional)
Sea salt	Lemon juice

Put bulgur in a bowl. Add parsley and enough oil to moisten everything. Mix well. Add salt to taste, then mix in scallions and tomato. Adjust salt if needed. Add mint (optional), fresh lemon juice to taste and mix well. Chill for an hour or two, letting the bulgur soak up the dressing. Serve.

## Who are my farmers this week?

This week Verde Farm (Redland), Worden Farm (Punta Gorda), and C&B/Little Cypress Organics (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), Rochelois (Redland), Miguel Bode Honey (Miami), and Sem-Chi/Florida Crystals (Clewiston)

**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

### Just one week left in the season...

For biweekly folks on schedule "A", this is your last pickup of the season. We hope you've enjoyed your veggies. Join us on May 3 for our member potluck and gleaning day.



Nicole and Dhilini were at Miami Dade College's **Project Green Thumb** Market Festival last Thursday, spreading the good word about our CSA program.

Next week, we'll be participating at Baptist Hospital's Employee Earth Day Fair, showcasing our local, organic produce. Baptist Health has made a commitment systemwide to incorporate green practices throughout their campuses. This is their second Earth Day event.

### 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.

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.

### END OF SEASON TASKS:

We'll be dropping off shares at 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 returning torn boxes because we'll just have to take them to the landfill—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.



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





Featured Items

Turnip roots Scarlet Queen red turnips are a creamy intermediate between traditional purple-top turnips and crispy white Asian salad turnips. They are great for preparing an alternative to mashed potatoes. We've provided a recipe on the back page. Leave the skins on for a colorful dish, with added fiber.

Watermelon radish Prepare these beauties simply sliced. Marinate in a bit of vinegar for a light pickle. If slightly wilted, soak slices in ice water for 15 minutes to crisp up. Wash and trim the tops and use in a cooked dish, put them in a soup, or juice them to make maximum use of this nutritious vegetable.



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
Potato Salad / Lentils



Cheese Share
Hani's Cheese



Small Share

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 Parsley is perfect for tabbouleh, chimichurri, or pesto recipes. It's very nutritious, not to be relegated to a mere garnish, and should be incorporated into your regular diet. Hani's tabbouleh recipe is on the back. His generous use of parsley makes this a great side dish. Enjoy!

Garlic chives à la "regular" chives Verde Farms cuts their garlic chive in a style similar to "regular" onion-flavored chives, so these may look more familiar to you. Use them the same way you would use chives, or as a garlic substitute. They have many of the same compounds found in traditional garlic, and make your dishes look pretty too!

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!

