

Recipe of the Week

Escabeche de Cebolla (Yucatecan pickled onions)

- adapted from *saveur.com*

1 Tbsp Florida Keys Sea Salt (or kosher salt)	1 tsp cumin seed
1 large or several small onions* thinly sliced lengthwise	3 cloves garlic, peeled and halved lengthwise
1 tsp whole black peppercorns	1 1/2 c red wine vinegar
1 tsp dried oregano (or 1 Tbsp fresh)	

In a bowl, toss salt and onion together. Let sit until the onion releases some of its liquid—about 15 minutes. Transfer to a jar along with peppercorns, oregano, cumin, and garlic. Top with vinegar. Seal jar with a lid and refrigerate at least 4 hours before using.

In the Yucatan region of Mexico this classic quick pickle relish is served as an accompaniment to fresh seafood. *For pretty color, use red onions, though white onions or a mix of the two work great.

Onion Fritters

- by Madhur Jaffrey (*Curry Easy Vegetarian*), published in *The Guardian*

3 small onions, peeled and cut into semi-circles	1 tsp ground cumin
1/8-1/4 tsp red chili powder	A gerenuous pinch of grated fresh or ground turmeric
1 tsp finely grated fresh ginger	4 tbsp chickpea flour (besan or gram flour)
3 tbsp chopped fresh coriander (cilantro)	A pinch of salt
1 fresh hot green chili, cut into rounds (optional)	Olive or peanut oil, for deep-frying

Mix onions, chili powder, ginger, coriander, green chili, cumin and turmeric in a bowl. Dust with chickpea flour, but do not mix it in just yet.

About 15 minutes before eating, add the salt. Hand-mix the onions into the dry ingredients, mashing it all for about 5 minutes, or until the slices clump together.

Put 1/2” oil in a frying pan over medium heat. While it’s warming up, make up 12 rough patties with the onion mixture, arranging them on a single layer on a board or plate. When the oil is hot, turn down to medium-low and add half the patties in one layer. Fry for 1 minute, flip, and fry for another minute. Flip again and fry for another 30 seconds or so on each side until reddish-gold and crisp. Drain on paper towels (paper shopping bags work great for this). Repeat for the second batch. Serve hot with your favorite chutney.

Who are my farmers this week?

This week Verde Farm (Redland), Worden Farm (Punta Gorda), Signature Farms (Redland), and Health & Happiness Farm (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), and Hani’s Mediterranean Organics (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



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 been 20 weeks of great veggies

...and now it’s time to pull up the spent crops, clean up the fields, put away the irrigation, remove the trellising, till and plant the cover crops. Then we’ll work on the accumulated projects that we put off for “when we have time in the summer”. Hah!

We hope you’ve enjoyed your veggies. Join us on May 3 for our member potluck and gleaning day.

Summer is here. Daily afternoon thunderstorms are already building up in the Everglades, and soon the rainy season will begin in earnest.

After a short break, we’re looking forward to the start of our summer season, when we’ll be offering eggs, honey, avocados, lychees, carambola,

jocote, herbs, soaps, jams, and the occasional summer veggie, like okra, on the webstore. You can order *à la carte* on the webstore, roughly every other week, and pick up at the farm, Dadeland, or Miami Shores. We may even swing a Key Largo drop, if we have enough interest.

Be on the lookout for an email announcing early-bird renewals for next season, and the opening of the summer webstore sales.

A Sweet-Tart Farewell

After two consecutive rounds of working on the farm, it’s time for me to go off on my own. I think the biggest take away from my experiences at Bee Heaven Farm is summed up by Margie’s passion to offer ALL LOCAL and ALL ORGANIC produce. It’s this mindset that inspired me most to create my cosmetics shop, Kae Q.

I’ve always had a penchant for making things by hand, and I wanted to create cosmetics using ONLY local ingredients. I buy lots of goodies from the farm and, through a long process, turn fruit into makeup! There are so many great fruits, vegetables, and herbs in Miami that have been lost through modern convention. This is why Margie grows heirloom vegetables, and why I make tropical lip balm!

I hope that you continue to support local agriculture in any way you can. This may be my last season, but it’s not a good-bye. xoxo Nicole=



Featured Items

Better Than Candy! We've included a sampler pack of our dried bananas in the Family shares.. Small shares have a sampler of our carambolas. We gently dry all our fruit at peak of ripeness, with nothing added but love! Our Fruits of Summer is a mix several of our local tropical fruit. Our Better Than Candy! is a single fruit selection. WARNING: They are addictive!

Summer squash Yellow squash, Patty pan squash, and zucchini all belong to the summer squash group. These squashes have soft, completely edible skins, cook quickly, and have a tendency to fall apart easily when overcooked. Patty pan squash holds its shape the best of the three, and are good for roasting and grilling. When large, you can stuff them, much like you can do with a large zucchini.



Mediterranean Share
Loubyeh bil zeit (green beans w/tomato sauce)



Cheese Share
Hani's Cheese



NOTE: There was supposed to be a nice bunch of daikon radish with tops (from Worden Farm) in the family shares, but somehow they never made it on the truck. I guess they'll have a lot of extra Daikon radishes to sell at their markets this weekend...

And our original plan included savoy cabbage, but then I received a text from Chris: "Savoy has snakes." (Sometimes, the unexpected happens!) So, we got regular green cabbages instead. No snakes in those, just some caterpillars.

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

Onions Freshly cured onions are a delight. Because there's a lot of humidity in your boxes, the onions will probably be pretty moist. Before putting them away, make sure they're completely dried out. How do you do this? Spread them out on a dry area and rotate them a few times, until you feel the skins are dry and crackly. The type of onions that grow well here are NOT long-term keepers, so don't plan on them lasting six months. Eat the ones likely to spoil first. How can you tell? The top area, where the leaves have died down (or may be sprouting), begins to feel a bit soft or mushy. Cut the soft parts off and use right away.

Sometimes you'll see a soft (mushy) brown layer somewhere in the middle of the onion. Don't throw the entire onion away. Cut it top-to-bottom, in wedges, and pry the layers apart. Remove the brown layer(s), rinse, and use the remaining firm white onion in your recipe.

Natural variability and growing conditions cause some sweet onions to be a bit sharp. For eating raw you can reduce the sharpness by soaking the cut onion in a strong salt brine for 5 minutes. Drain and rinse well twice to remove the salt. Cooking also reduces the sharpness and releases the natural sugars—the slower and longer you cook them, the sweeter they get!



Small Share

CATERPILLAR ALERT!!! WORMS IN YOUR VEGGIES?

They're not worms. They're caterpillars—butterfly and moth larvae.

They WON'T HURT YOU or YOUR FOOD.

They're busy munching on leaves of your veggies. If you see black or green "poops", there's probably a caterpillar hiding in there. Dunk your greens or cabbage in ice cold water for 15 minutes—the caterpillars should come out of hiding. Rinse off the poop, and eat it—holes and all.