

Recipes of the Week

Kale Salad with Moroccan Citrus Pickle

-a Farmer Margie favorite

1 bunch kale, any variety (other greens can be used)	Freshly-ground pepper to taste
1 clove garlic, finely minced	1/4 cup olive oil
1-2 Tbsp Moroccan-style preserved citrus, salt brushed off and finely minced	1/2 cup sliced almonds or raw cashew pieces
Juice of 1/2 lemon or lime	

Rinse and drain kale. Remove any thick ribs and save for another dish or use chopped for soup (Some kales have very little ribbing, some have tough thick ribs.) Roll up a bunch of leaves and slice crosswise into thin ribbons. If you don't like long strips, cut the rolled strips in half or quarters. Put cut kale in a large bowl.

Mix together garlic, citrus, lemon juice, pepper, and olive oil. Add to the kale and mix well, using your hands. This step is called "massaging", and ensures the dressing coats all surfaces of the kale evenly. It also helps to soften the kale. Let sit for 15 minutes to 1 hour before serving, or refrigerate and eat at your leisure. The longer the kale sits, the softer it becomes. If you still have some left over after a couple of days, cook it briefly and serve as a hot side dish.

Yukina Savoy Greens and Mushrooms

-adapted from *asavourylife.com*

1 bunch Yukina Savoy (you can substitute any other greens), coarsely chopped	1 Tbsp shoyu or light soy sauce
1/3 lb oyster mushrooms (shiitake works well too)	1 tsp tamari
1 clove mixed garlic	1 Tbsp rice wine vinegar and 1 Tbsp lemon juice
1-2 Tbsp butter or coconut oil	Florida Keys sea salt to taste

Sauté the mushrooms in half the butter (you can use wine instead). Add the garlic and cook until lightly browned. Remove from pan and cook the greens in the remaining butter in batches so it wilts evenly. Put the veggies in a bowl. Add the liquid ingredients to the pan with a bit more butter and sizzle for a moment, then add it to the greens. Serve as a side dish, an appetizer or as a base for your favorite protein—tofu, tempeh, chicken, beef, pork, lamb or shrimp. Creamy goat cheese makes a nice topping too.

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 beeheavenfarm.com, click on CSA, then Newsletters. Use the search box to search 10 years of information on crops & recipes.

Share your recipes! Email your recipes to: recipes@beeheavenfarm.com

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Farm News

It's the start of the new year, and this is normally the halfway point of the growing season in South Florida. Vegetable production should be peaking over the few weeks. But this year circumstances have conspired to delay the plantings and harvests.

It started this summer, with a rainy season that didn't begin until the end of July. Normally, the rains start in late May or early June. The weather since then has remained unseasonably warm and also wet. We had major flooding that wiped out many crops completely. Replanting has just begun to replace the lost crops.

In between, back in late August, the Oriental Fruit Fly showed up like a plague, with a large area (nearly 100 square miles) placed under strict quarantine. Protocols were put in place to eradicate and prevent any further spread out of the area. Growers in the immediate area of the fly finds lost their fruit and some vegetable crops. Others in the quarantine area had limited choices. They could institute a bait treatment program, allowing harvesting to begin 30 days later. They could institute a post-harvest treatment program consisting of applying certain pesticides, or irradiation, heat, or cold treatments, depending on the fruit in question. Or, they could choose not to spray or harvest, in which case the fruit or fruiting vegetable could not be sold. It could be used on the premises, or processed (cooked, juiced, dehydrated, frozen, pickled, etc). Many growers chose to stop operations and wait it out, because the treatments are very expensive.

The upside to the unseasonably warm weather is that the quarantine end date has been moved back a few times. It's February 10 as of this writing, and 90 days have gone by without any new finds. We have to complete 3 full life cycles to declare the fly eradicated. Fingers crossed—we're on the home stretch!

At Bee Heaven Farm, we're just now finally doing our main planting. We've been drying and freezing fruit, pickling citrus, and harvesting our perennial herbs and spices, as we wait out the quarantine. Our beans are up, and the tomato plants are big, and are waiting transplanting. Salad greens should be ready to harvest in 3 to 4 weeks. In the meantime, we've been enjoying harvests from partner farms that are outside the quarantine area and were able to fit in some early plantings without getting flooded out.

Farmers Market Schedule

Sundays 9am-2pm

Pinecrest Gardens

SW 110th St & 57th Ave

See us there every Sunday from

Jan 10 thru May 1

REDUCE, REUSE, REPURPOSE, RECYCLE

WANTED: CSA boxes and coolers! Help keep share prices low. Please be sure to return your boxes neatly flattened and not torn, for reuse.

What's In My Box?

check inside...

pages 2 & 3 →



Featured Items

Watermelon Radish Underneath a nondescript creamy skin hides an explosion of color. Watermelon radishes, also known by the less-appetizing name of Red Meat radish, is a mild and beautiful large storage radish. Both the root and the leaves can be eaten. To show off the striking hot pink color inside, it is best sliced. For larger ones, you can then halve or quarter the slices. These radishes look great raw in salads, and are also good roasted, cooked in stews, stir-fry or soups. Lightly pickled, they make a great drink garnish.

Yukina Savoy The leaves of this Asian vegetable are used as a spinach substitute. But don't throw out the ribs—stir-fry them chopped or together with the leaves. They're great in a coconut curry, or any other curry of your choosing. Yukina Savoy is the big cousin of Tatsoi, a mild vegetable often used in salad mixes. They're in the mustard family, like other brassicas such as broccoli, cabbage, bok choy, collards, mustards and even radishes.

Green Kale
Worden Farm

Cilantro
Verde Farm

Chard
Worden Farm

Yukina Savoy
Worden Farm

Citrus Pickle
Steve's Kitchen
Bee Heaven Farm

Carrots
Worden Farm

Watermelon Radish
Worden Farm

Oyster Mushrooms
Paradise Farms

Lettuce
Worden Farm

Cubanelle Peppers
Worden Farm

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!...



This week is the second of 5 monthly share distributions:

Honey, Pollen, Salt,
Gomasio, FKSS Sampler,
Goat Milk Soap,
Rice, Fish



Mediterranean Share
Hommos deconstructed



Cheese Share
Olive cheese spread



Did you take the right share? There are two box sizes, labeled FAMILY & SMALL. Please make sure you've taken the correct size. Weekly and bi-weekly shares are the same. Take ONLY what belongs to you. Options and special orders have YOUR NAME on them.

Featured Items

Preserved Citrus Moroccan Style Preserving (aka curing, in the case of meat) something in salt is an ancient method of preservation popular in the Middle East and India. Ships that spent a long time at sea would carry preserved lemons to help prevent scurvy (from Vitamin C deficiency). This "pickle" is easy to make. Start with organic lemons, limes, grapefruit, sour orange, or any combination. Cut in halves, quarters, or slice, and layer in a clean container (best is glass or ceramic), alternating with coarse Kosher or pickling salt. Make sure you use a salt that does NOT have any additives (not iodized, and no anti-caking agents). Press down each layer, releasing some juice into the salt. Cover and set aside for a few weeks or months. You will see a thick syrup forming. Scrape off any mold that might develop over time on the top. Refrigeration is not required.

When ready to use, fish out a small piece of fruit. Some folks rinse off the salt, others don't, and omit any salt called for in the recipe. Dice, chop, or mince as needed. The first time you use it, start with a small amount, until you learn how much of the mellow sweet/salty/citrusy flavor you want in your dish.

Use the salt/brine syrup in cocktails or in recipes calling for lemon and salt. A little goes a long way! Check out the recipe on the back page. The citrus in your samplers was grown at BHF's Green Groves parcel

Scallions
Worden Farm

Lettuce
Worden Farm

Chard
Worden Farm

Citrus Pickle
Steve's Kitchen
Bee Heaven Farm

Mizuna
Worden Farm

Carrots
Worden Farm

Watermelon Radish
Worden Farm

Cilantro
Verde Farm

Eggplant
Worden Farm

Cubanelle Peppers
Worden Farm



Small Share