



Recipes of the Week

Ethiopian Greens (Gomen Wat)

-adapted from *allrecipes.com*

1 bunch Ethiopian kale or collards, washed and chopped	1/2 Tbsp fresh lemon juice
1 1/2 cups water	1/2 tsp salt
2 Tbsp olive oil, divided	1" piece of fresh turmeric, finely chopped
1 small onion, chopped	1/2 tsp cayenne pepper flakes or paprika
6-8 cloves garlic, chopped	1/2 tsp ground allspice
1 medium green pepper, sliced	1"-2" piece of fresh ginger, finely chopped

Place chopped kale in a pot with water. Bring to a boil, then reduce heat to low. Cover and simmer until kale is tender, about 8-12 minutes. Drain, but reserve the cooking water. Set aside.

Heat half of the olive oil in a pot over medium heat. Stir in onions and cook until just beginning to brown, about 8 minutes.

Stir in garlic and cook for 1 minute. Add the cooked kale, remainder of olive oil and the reserved cooking water. Simmer, uncovered, over medium-high heat until liquid is nearly evaporated, 8-12 minutes.

Add the green pepper, lemon juice, salt, turmeric, paprika, allspice and ginger. Cook until peppers are soft, about 3-5 minutes.

Roasted Caramelized Butternut Squash

-adapted from *damndelicious.net*

1 large butternut squash	1/2 tsp ground cinnamon
2 Tbsp olive oil	1/4 tsp ground nutmeg
2 Tbsp maple syrup *please use REAL maple syrup*	1 cup pecan halves
2 Tbsp (packed) brown sugar	1-2 sprigs rosemary (optional, for garnish)

Preheat the oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.

In a large bowl, mix all ingredients (except rosemary). Gently toss until squash and pecans are evenly coated.

Arrange butternut squash and pecans in a single layer onto the prepared baking sheet.

Place into oven and bake for 25-30 minutes, turning once, or until tender.

Garnish with rosemary if desired and serve immediately.

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

Visit our **blogs:** www.redlandrambles.com, and beeheavenfarm.wordpress.com. In those blogs, you'll find links to other interesting CSA member blogs. Tell us about yours, so we can include it.



Farm News

Farmers Market Schedule

Sundays 9am-2pm

Pinecrest Gardens
SW 110th St & 57th Ave
See us there every Sunday
from

Jan 10 thru May 1



value incentives at the Roots in the City Overtown Market. We've continued doing this at the Pinecrest Market, fairs, and farm events, and now also offer double value incentives for our CSA SNAP/EBT members.

This January, February and March, we're participating in a nationwide randomized trial exploring how SNAP incentives affect the purchase of fresh fruits and vegetables. SNAP recipients who shop at the market will be invited to participate in the study, and be entered in a raffle that guarantees 2 out of 3 participants will win additional incentives, good for the entire month, with no cap (normally, we only match 1:1 for the first \$20 SNAP purchases a day). With up to double the normal incentive and no limit, a SNAP beneficiary could triple the value of their food dollar. The additional incentive dollars are only good for Florida grown fresh fruits & vegetables. It's a great opportunity for a family on limited income to significantly improve their diet over the next three months. If you or any family and friends receive SNAP benefits, please check us out at the market. The other participating markets in the Miami area are those

If you visit us at the Pinecrest Farmers Market, you won't find us in our usual place. There's some long-term construction going on at the park, and we've been displaced to a loooong booth in the center aisle, just behind the lemonade stand. Come see us, and pick up other goodies not in your shares.

You may have read that we accept SNAP/EBT benefits and offer double-value incentives to help stretch those limited food dollars. Bee Heaven Farm was the first in the South Florida, starting in 2010, to accept SNAP and offer double

run by Urban Oasis Project at Upper East Side in Legion Park and SW Community Farmers Market in Tropical Park.

REDUCE, REUSE, REPURPOSE, RECYCLE

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

*Rain, Rain, go away!
come again the end
of May...*

2 inches of rain fell on Friday alone, after raining on and off all week. Except for the cooler temperatures, one would think it's summer rainy season.

What's In My Box?

**check inside...
pages 2 & 3** →



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

Featured Items

Ethiopian kale Known by various names—Highland kale, Ethiopian Blue mustard, Abyssinian mustard, Texsel greens—Ethiopian kale is a delicious mild-tasting mustard family member that is very reminiscent of a cross between kale and broccoli raab (rapini). Its botanical name is *Brassica carinata*, and is thought to have been domesticated in Ethiopia over 6000 years ago. It's commonly grown in some parts of Asia and East Africa. It's a nutritious green, high in folic acid and Vitamin C, calcium and iron.

Butternut Squash This versatile winter squash can be used in many ways. Simply cut in half and baked, cubed and roasted, boiled and mashed, in a pie, in soup, or cooked and served cubed, chilled in a salad, butternut squash is delicious.

Featured Items

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.

Cuban Oregano This coleus relative is a popular ingredient in Cuban dishes, also known as Spanish or broadleaf thyme, and Indian borage. Thought to have originated in Indonesia, it is also used in Indian and Phillipine cuisine. It's valued medicinally in various cultures, containing antifungal and antibacterial compounds.

Bay leaf This is the real bay laurel leaf. Nothing beats fresh bay leaves for seasoning beans, stews and soups. They're easy to use—just add one or two leaves to the pot early on. I like to crush them slightly in my hand before dropping them in, to start releasing the flavorful oils.



Family Share

This week the second of 5 monthly share distributions continues for biweekly "B" schedule:

- Honey, Pollen, Salt, Gomasio, FKSS Sampler, Goat Milk Soap,



Mediterranean Share
Potato Ragout



Cheese Share
Hani's cheese



Small 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!...