

Recipes of the Week

CSA box celery-grapefruit detox juice

-adapted from a *monicametz.com* juice

Still have fennel sitting in your fridge? Maybe a carrot or two? This juice uses celery and grapefruit as its base ingredients. You can modify this recipe to include many leftover CSA items or bits that you saved for another dish. Juicy stems of greens you may have cut off are especially good for this. For more sweetness, add an apple.

2 grapefruit, rind removed (leave some of the white pith on)	1/2 bunch parsley
8 stalks celery, with leaves	1/4 jalapeño (or cayenne or poblano), optional
1 bulb fennel, with stalks and leaves	1 lemon, rind partially removed
1/2 bunch of kale or other green (Yukina savoy, chard, etc)	1/2 tsp cayenne pepper flakes or poblano, to taste
1 cucumber	1/2" piece of fresh ginger, to taste

Process all ingredients through your user. Whisk and serve.

Sesame Ginger Turnips w/tops and Brown Rice

-adapted from *dishingupthedirt.com*

For the sauce:	2 Tbsp water	1 Tbsp rice wine vinegar
1 lg clove garlic, minced	1-2 Tbsp grated fresh ginger	2 tsp sesame oil
3 Tbsp low sodium tamari or Shoyu	1 Tbsp honey	1/4 tsp crushed red pepper flakes

Combine sauce ingredients in a mason jar. Shake until well mixed. Taste and adjust seasonings if needed. Set aside.

2 Tbsp grapeseed oil (or coconut oil)	1 large bunch scallions, diced	1 cup uncooked brown rice
2 bunch turnips, cut into 1/2" chunks, greens lightly chopped	1/4 tsp minced ginger	A few handfuls of fresh cilantro, chopped

Cook brown rice according to package directions.

While rice is cooking, heat oil in a large skillet over medium-high heat. Stir in ginger and scallions. Sauté until fragrant, about 3 minutes. Add turnips and cook until they begin to soften and brown, about 10-15 minutes, stirring occasionally. Add a few drops of water if they turnips are drying out.

Once turnips are tender, add the turnip greens and cook until the greens begin to wilt, about 5 minutes. Remove from heat. Combine cooked turnips with rice, minced cilantro and sauce.

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, look for the Newsletter archive in the CSA tab. Use the search box to search 13 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

We're more than a third of the way through the CSA season. Can you believe it? It feels like we're just getting started!

Because sometimes we send along a bit of the farm with the shares...here's a few tips to get your produce clean and keep it fresh.

Always cut the tops off root veggies like carrots, turnips, beets, and radishes. If the leafy tops are looking nice, DO bag them and store them in the veggie drawer of the fridge. Carrot and beet tops don't mind a good rinse, but delicate greens like turnip and radish tops suffer when washed and stored wet. Either rinse and roll up in a paper towel to store, or rinse and use right away. They make great stir fry or soup ingredients.

Store the unwashed roots (brush off excess soil if needed) in the vegetable drawer. They will keep for weeks. Wash them when ready to use. If you find some forgotten roots lurking in a corner, and they feel soft, you can still use them for cooking. If they're not too soft, soak them in a bowl of ice water for awhile. They will firm up, and be ready to use for raw dishes.

Don't wash delicate herbs like dill, cilantro, oregano, or basil until ready to use. Never store basil in the fridge.

Rinse the bottom portion of scallions to get the bulk of soil off, but try not to get the green parts wet. They deteriorate quickly when wet. Wash them thoroughly just before using.

Soft squashes like zucchini and yellow squash get scratched up very easily. Most are coming from Worden Farm or Little Cypress/C&B, and their soil is very sandy. Give these veggies a quick rinse and let them dry off before putting them away in the fridge. Handle them as little as possible, to minimize bruising of the skin.

For maximum freshness, don't wash your lettuce or other salad greens until ready to use, and then, only wash what you're actually going to use. DO store them in a plastic bag in the fridge. Head lettuce treated this way can easily last a full week or more!

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**REDUCE, REUSE,
REPURPOSE, RECYCLE**
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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.

Look for us in the middle aisle at the
Farmers Market at Pinecrest Gardens
SW 110th St & 57th Ave
Sundays 9am-2pm from **Jan 10 thru May 1**

What's In My Box Today?

check inside... pages 2 & 3 →

Community Supported Agriculture 

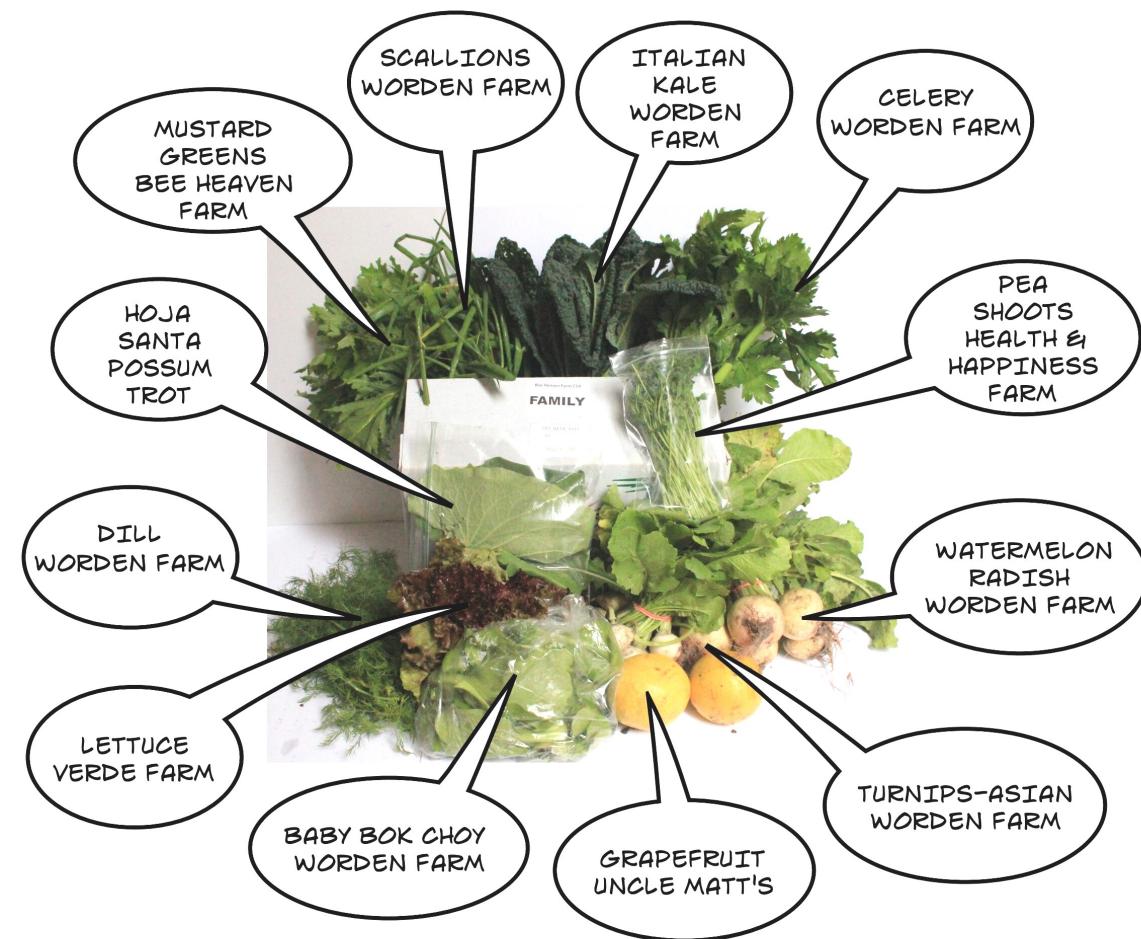
It's rich, "organic", down-to-earth, user-friendly, and nourishing!



Featured Items

Baby Bok Choy You've no doubt had Chinese food at some point. Possibly the most commonly-used used vegetables in Oriental stir-fries are Chinese cabbage and bok choy in some form or other. Baby bok choy is harvested when young and tender. It is delicious, easy and cooks very quickly.

Mustard Greens A member of the huge Brassica family (all the cole crops, including kale, broccoli, radishes, cabbages, arugula, cauliflower, raab, bok choy, etc.), mustard greens are arguably the most nutritious of the group—and that's saying a lot! When raw, many mustards pack a hot spicy punch. When you cook it, though, the spiciness is toned down considerably. A great trick when cooking mustard greens is to add some sort of sweetening, such as dried fruit. Raisins, prunes, apricots, mamey, apples, pears, dates, figs, whatever's handy.



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!...



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

Celery If you haven't tasted our celery, you haven't had REAL celery! The celery you find at the grocery store has been trimmed, with easily half of the plant completely removed and nearly all the leaves cut off. To compound the losses, commercially-sold celery is very often blanched—not the cooking term that means briefly cooked in boiling water, but rather a growing term that means to exclude light from reaching the plant. Blanching results in a pale product lacking in chlorophyll and with less flavor. You may be familiar with Belgian endive, a blanched chicory (in this case, reducing the bitterness), or cauliflower (the perfectly white heads are typically accomplished by pinning the leaves over the top of the developing cauliflower to block out the sunlight. We give you the entire plant, skinny stalks and leaves. Use it all!

Hoja Santa aka Root Beer plant, the leaves of this pepper relative have a pleasant root beer flavor that mellows out in cooking. Hoja Santa is commonly used as a wrapper to bake fish, or to age cheese.



Mediterranean Share

Local Okra



Cheese Share

Hani's cheese



Small Share