



Recipes of the Week

Smoky Garlicky Potatoes and Dandelion greens

-adapted from a recipe by Emily Han in *The Public Kitchen/kcet.org*

Dandelion greens are a bitter green. Because of their bitterness, people often avoid this highly nutritious vegetable. However, there are tricks that help tame the flavors, resulting in some delicious dishes. Brief blanching, buttery, smoky flavors and acidity change the entire eating experience. This recipe by Emily Han combines these tricks to create a dish you'll truly enjoy.

1 pound red-skinned, fingerlings or Yukon Gold potatoes	2 garlic cloves, minced
Kosher salt	1 tsp smoked paprika
1 bunch dandelion greens	1 Tbsp sherry vinegar (rice wine vinegar also works)
3 Tbsp olive oil	Freshly ground black pepper to taste
1 shallot, chopped (scallions work well too)	

Wash and gently scrub the potatoes (do not peel). Cut into 1/4" thick slices. Place the potatoes and a generous pinch of salt in a large saucepan with water to cover by one inch. Bring to a boil, reduce heat to medium, and cook until the potatoes are tender when pierced with a knife (7 to 10 minutes depending on the size of the potatoes). Using a slotted spoon, remove the potatoes and set them aside, reserving the cooking water.

Have ready a bowl of ice water. Bring the potato cooking water back up to a boil (if too much water has evaporated, add extra water to the pan). Blanch the dandelion greens for about 30 seconds until they are bright green and just wilted. Transfer the greens to the ice water to stop cooking. Drain the greens, squeezing out excess water. Cut the greens into 1-inch pieces.

Heat the olive oil in a large skillet over medium heat. Add the shallot, garlic, and smoked paprika and sauté for a minute or until fragrant. Remove from heat. Add the vinegar, 1/2 teaspoon salt, a good crack of black pepper, the potatoes, and dandelion greens to the saucepan and gently toss to combine. Taste and adjust seasonings as desired.

Serve warm or cold.

TIP: What to do with a big bunch of parsley? Why, tabbouleh, or course! Then again...how about chimichurri to accompany a nice piece of steak or chicken... Both are extremely easy to make.

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.

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Farm News

The Rain in Spain falls mainly on the Plain ...but here, it's everywhere!

I recently upgraded my freshwater aquarium from a 30 gallon to a 60 gallon tank. It's still a work in progress, and lately, I'm not entirely sure some days whether I'm inside an aquarium myself. This week's storm brought us another 2 inches of rain on the farm, leaving everything muddy and soggy. In other places, there was even more rain.

You'll notice your Daikon radishes have a lot of sandy mud sticking to them. That's because the folks at Worden Farm spent the day harvesting and packing in pouring rain. Everything, including the tomatoes, was sopping wet when we packed the share boxes.

Words from our Photographer

Yorkys has been photographing our shares this season in exchange for a family share. When she arrived mid-morning on Friday, we were busy packing jalapeños and splitting bunches of greens for the small shares. She jumped right in and helped us pack, and later contributed this tidbit for the newsletter:

"Today's weather brought some unexpected surprises. We were short staffed but everyone pulled together and got the job done. We had some help from a few extra hands and got our amazing shares packed up and loaded on the truck.

This week's shares bring an abundant selection of greens. Our green

kale bunches are hearty and ready for some tasty meals this week. Daikon radishes, parsley, and lettuce are insanely crisp and vibrant. The tomatoes are sweet and juicy, just perfect. These will make for a delicious soups and stews. Roasted daikon is a delight and the greens can also be sautéed, stir fried or steamed.

Wishing everyone a great week."

Oriental Fruit Fly Quarantine Update

With the recent cooler temperatures the expected end date for the OFF quarantine has changed from February 10th to February 12th. Still, that's just around the corner, and we're looking forward to being able to include more fruit like canistel and carambola in the shares.

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.

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

What's In My Box Today?

check inside... pages 2 & 3 →



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

Featured Items

Ripe Jalapeño Pepper When peppers ripen, they change color. The majority of peppers we know, sweet and hot, ripen to red, while some peppers ripen to yellow, purple, or orange. Regardless of their final color, peppers develop more complex flavors and a sweet note as the starches change to sugar. These jalapenos are plenty hot, but they show off their true nature as a fruit when ripe.

Daikon Radish Don't be intimidated by these large, mild radishes. Cut the tops (use them soon in a soup, beans or a stir fry), and they will keep for a very long time in your veggie drawer. But why wait? Try shredding them into a slaw, or slice them thinly and pickle lightly for a few hours or overnight in the fridge with rice vinegar, a hint of sweetness (sugar or honey), and salt to taste. Serve with a drizzle of toasted sesame oil.



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 Farm

V & B Farms We welcome Farmer Tommy Vick, a 4th generation South Dade farmer, who has been growing a few pesticide-free crops the past couple of seasons. The green-stemmed Shanghai bok choy in the shares is their first contribution to our share boxes. Enjoy!

Featured Item

Black Sapote (aka Chocolate Pudding Fruit) We've written about this tropical persimmon many times, as it is one of the few winter fruits in South Florida and it finds its way into the shares every year. **When fully ripe it looks like it's ready to dump in the compost, but please don't! Resist the temptation to cut into it before its time—wait until it's so soft that your thumb will sink right in. It is inedible when green.**

The flesh is mildly sweet and looks brown or black. When scooped out (seeds removed), and stirred, it becomes glossy and looks like chocolate pudding (hence the name). My absolute favorite way to eat it is to add a dash of lemon, a smidge of cinnamon or nutmeg, then mix in some sliced strawberries and walnut pieces. For a very fancy dessert, top with whipped cream. Deeeeeeelish!



Mediterranean Share
Foule



Cheese Share
Feta cheese



Small Share