



Recipes of the Week

Semolina and Escarole Soup

-from Linda's Commonsense Italian Cooking

4 Tbsp unsalted butter	1 head escarole, washed and chopped (about 1 lb)
1 bunch scallions, cleaned and chopped	1/2 cup coarse semolina
8 cups chicken stock, preferably home-made	Grated Grana Padano or Parmigian-Reggiano cheese
Kosher salt to taste (or Florida Keys Sea Salt)	

In a soup pot, over medium heat, melt the butter. When the butter is melted, add the scallions, and cook until wilted, about 4 minutes. Add the chicken stock, and bring to a simmer.

Taste, and season with salt. Add the escarole, and cook until wilted, about 10 minutes. Gradually whisk in the semolina, and simmer until the soup is thick and creamy, about 20 minutes. Serve hot, with grated cheese sprinkled on top.

TIPS: Vicki shared some great tips with us. Try them out, and send us YOUR tips to share.

Lightly steamed collard green leaves make great wraps when filled with veggies, lentils, beans, or even falafel balls- add a little hummus, pesto or tomato sauce for extra yum! This also works well with cabbage leaves.

Collard or kale chips in the food dehydrator: rinse leaves, tear into pieces, toss with FKSS Sea Veg Gomasio and dehydrate 6-8 hours. A low-temperature oven also works— add a little cayenne for a kick!

Do you still have some Daikon radish sitting unused in your veggie drawer? Try this Daikon Radish pasta: use a spirooli or the hand held version, a veggetti, to create spaghetti-like shapes from the Daikon root. Toss these with coconut oil, hot peppers, Longevity spinach (or some other green), garlic, and basil, top with FKSS Gomasio and enjoy! They are also great in traditional tomato sauce dishes.

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

Words from a CSA member

Chilly temperatures here in South Florida this weekend, but a warm welcome from the crew at Bee Heaven Farm has made the weekend warm and uplifting. As a Florida Keys resident, I value the commitment of our organic farmers to protect our precious ecosystems, "We all live downstream". Our waterways are under enough stress and pressure without adding toxins from our food supply. The vibe on the farm is totally non-toxic also.

Over the years I have come to know some of our local farmers and think I am better for it. Today I was glad to see a few familiar faces, whom I hadn't seen in quite awhile and to create some new bonds. Working on the farm is great for the body of course, and the rewards of the bounty are excellent, but truth be known- farmers are good people!

The lunch conversation and banter throughout the day created such a good environment, I feel I fed my spirit while we shared our work and our food; and really that is how it's supposed to be.

In the Redland, the abundance doesn't stop with the harvest, it starts there. As we sorted, bundled, and packed the produce for the CSA shares and prepared for Sunday's Market, I was reminded of how it feels to stand on common ground.

The fields of Homestead and the islands of the Keys are different in their openness, but both share that quality; in Homestead it's the wide open spaces of the earthy land, and in the Keys, the vast open blue of the sea. Both however, offer a bounty which depends on the recognition of our common ground.

Creating a network to connect Keys residents with local food and the nearby farmers has opened opportunities in agro-tourism, such as Grimal Grove, provided educational opportunities, such as support for the Farm to School Program I direct in Monroe County, and because the CSA delivers 'all the way down there', we now have regular opportunities to enjoy local food in Monroe in spite of our rocky, coral geology!

Need more goodies for your SuperBowl party? Visit us
Sunday 9am-2pm at the
Pinecrest Farmers Market at Pinecrest Gardens
SW 110th St & 57th Ave

The network, like the movement overall, has grown over the years and I look forward to that continuing.

Having a hands-on experience with the process of bringing it to life has strengthened my character and commitment to both people and place. Thanks Bee Heaven Farm!

*Vicki Boguszewski, MPH, CHES,
and CSA Member- Monroe County*

Oriental Fruit Fly Quarantine Update Redux

The expected end date for the OFF quarantine has changed again, from February 12th to February 14th, and I wouldn't be at all surprised if they extend it yet again, given the cold fronts passing through now and over the next week.

So, what does this mean? Every grower, organic or not, that is harvesting any kind of fruit or fruiting veggie within the quarantine area has to apply the required bait spray every 10 days, in order to continue receiving permission to harvest. It costs the farmer about \$200 per month to treat one acre, so depending on the size of the farm or grove, this can become a huge expense. This doesn't include the cost to the USDA for inspectors who have to log and periodically inspect the properties throughout the treatment process.

So we are all eagerly looking forward to the end of the quarantine.

What's In My Box Today?

check inside... pages 2 & 3 →



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

Featured Items

Cabbage The lowly cabbage, often bypassed, is a versatile nutritious vegetable in the cole (brassica) family. Equally good raw or cooked, cabbage is great in a simple slaw, cut into chunks and steamed or lightly boiled, added to soup, or pickled into sauerkraut.

Beets with tops If you only eat the beetroot, you're missing out on half the veggie! Beet tops are just like chard, and can be cooked with or separate from the beetroot. When preparing a dish that includes both, start with the cut up beets, and add the chopped leaves and stems near the end of cooking. This will prevent the leaves from getting overcooked and slimy.

Featured Item

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.

Romanesco and Cauliflower These two close brassica cousins can easily step in for each other. You can use the same recipes and preparation steps for either one. But they do have different flavors, and I find the texture of Romanesco to be softer than cauliflower. I'm particularly fond of curried cauliflower, and roasted Romanesco, lightly seasoned and with a squirt of lime juice when serving, is amazing. If you're lucky enough to find some leaves still attached, don't throw them out. Include them in your dish—they're tasty!

This week the third of 5 monthly share distributions for weekly and biweekly "A" schedules:

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



Family Share



Mediterranean Share
Foulish Hommos or plain Hommos



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!...