



Recipes of the Week

Sage Roasted Potatoes

-contributed by kolgrim from *chowhound.com*

Olive oil	Kosher salt to taste (or Florida Keys Sea Salt)
Sage leaves	Small new potatoes

Coat the bottom of a cast iron skillet with olive oil. Cover the entire bottom of the skillet with a single layer of sage. Sprinkle with sea salt. Place small halved new potatoes, cut side down, over the surface so the pan is crowded but there is only a single layer. Bake at 400°F-450°F until the potatoes are done. The insides of the potatoes turn creamy and the sage fries crisp in the oil. It is a spectacular dish!

Roasted Butternut Squash & Brie Mac & Cheese with Smoky Bacon

-from *farmgirl gourmet*

1 medium butternut squash, quartered	2 cups milk	1/8 tsp ground nutmeg
1 tbsp olive oil	6 oz brie cheese, rind removed	Salt & pepper to taste
Salt and pepper	4oz extra sharp cheddar, shredded	1 lb pasta cooked
	4oz cream cheese	4 bacon slices, diced and fried crispy

Preheat oven to 400 degrees and place the quartered squash on a baking sheet lined with foil. Drizzle with the olive oil, salt and pepper and wrap tightly with more foil. Bake for 40 minutes, or until fork tender. Remove the seeds and discard. Put pulp in the blender and puree until smooth. Remove 2 cups and set aside, reserving the remainder for another use.

Cook the pasta as directed on the package. In a large pot or large skillet over medium heat, add the milk, cheeses, nutmeg and salt and pepper. Whisk until smooth. Add the 2 cups of squash puree and whisk until smooth. Add the drained, cooked pasta and toss to coat. Top with the crisp bacon bits and serve.

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

Happy Valentine's Day! Sweet honey for your sweetheart

We have a tradition at Bee Heaven Farm that we started early on. Every year, for Valentine's Day week, we include a small jar of honey in the shares. It's our sweet treat for our sweet members.

Honey has many uses besides eating it and using it to sweeten drinks. It's been used worldwide since antiquity to help burns, cuts, and scrapes heal. Honey makes a great hair conditioner and skin moisturizer. It's awesome as a drizzle over goat cheese, for a simple and elegant hors d'oeuvre. One of the simplest salad dressings is to mix equal parts honey with fresh squeezed lime or lemon juice. Honey soothes a sore throat, and you can use it to preserve fruits and vegetables. And we're just scratching the surface of possible and common uses here. Enjoy your honey!



WOW! This week marks the halfway point of our CSA season. It's amazing how quickly the season seems to fly by. And speaking of flies...

The Oriental Fruit Fly Quarantine ends Saturday night at the stroke of midnight!

Keep an eye out for announcements in the local paper, declaring the eradication of the Oriental Fruit Fly (OFF) infestation in South Dade a success. We thank the community for their patience and cooperation. And we thank the large number of both USDA and FDACS personnel from all over the country, who rotated one or more tours of duty in the area for 5 1/2 months, working hard to bait, trap, safely dispose of infested fruit, and monitor the eradication efforts. We also have a huge thank you for the enforcement person-

nel, including local Metro-Dade police, the Ag Patrol, FHP, and others who diligently monitored exit roads and confiscated fruit from the many attempts to smuggle it out of the quarantine zone.

We can all breathe easier now. Roadside stands will return to normal operations, and fruit and vegetable movement will again be unrestricted. FDACS personnel will continue monitoring sentinel traps, as they always do. As a major port of entry for flowers, fruits and vegetables, Miami is especially vulnerable to infiltration by exotic pests and diseases, like the OFF, so the monitoring program is particularly important here.

A Monday in the life of a multi-farm CSA coordinator...moi...

This week's share went through several iterations. Originally, we planned on including green beans. "Oh, no! cold weather has delayed the harvest until the weekend—too late for the shares. (Rethink)... hmmm...well, let's see what else we can do.

"Hey, we have 100 lbs mushrooms, let's put them in the shares—everyone can get some-hooray!

"The celery has been so awesome (it loves water, and has certainly gotten plenty of this this winter), so we planned for everyone to have it... Nope, only have enough for the family shares. (Rethink)...OK, we'll include a full portion of spring onions, instead of a half-portion, in the small shares.

"Dang, we have a ton of escarole, but we just put them in the shares—let's wait a bit before we include them again. Folks just aren't that familiar with escarole.

"Gee, it's been awhile since we had a chance to include kohlrabi, one of my all-time Favorites! Oops, we only have enough for a half-portion in the family shares...what to do??

"I know! We'll use butternut squash for everyone, and take care of the lack of beans at the same time. We won't have it much longer, so let's take advantage now!"

Visit us Sundays 9am-2pm at the
Pinecrest Farmers Market
SW 110th St & 57th Ave



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

Featured Items

Sage Garden or common sage is a culinary herb in the mint family. It's native to the Mediterranean region, and is common in European cuisine from Britain to Italy, and the Middle East. Everyone knows sage as a seasoning for poultry and stuffing, but it's also great for pork, sausage, and some cheeses. Sage pairs well with rosemary and thyme (and parsley, hence the song).

Eggplant Your share may contain any of the following: a traditional purple eggplant, an Asian eggplant, or a striped eggplant. The Asian eggplant are tender and make a great quick-cooking stir fry dish. Simply cut on a diagonal to make oval elongated slices, and stir fry with cabbage or bok choy (coarsely chopped), spring onions, celery, and carrots, all cut on the diagonal to match shapes. Coconut or peanut oil are excellent choices for the stir fry. Add some fresh ginger and turmeric, finely chopped, freshly ground pepper, and a splash of shoyu or liquid aminos. Cook quickly in a wok over high heat, turning over often, until tender but still crispy.

You can do the same with the traditional and striped eggplant—just cut it into cubes. Or cut thick slices and use as layers in a lasagna, or bread and bake eggplant parmigiana. The larger eggplant can also be roasted whole in the oven (remember to poke them in a few places so they don't explode). Let cool, then scoop out and season with curry for an Indian bhindi bhaji dish. Or make baba ghanoush with garlic, lemon juice, a couple of tablespoons of tahini, and sea salt to taste.

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 Item



Butternut Squash The winter squash harvest is winding down, so enjoy these delicious squashes while you still can! Try them cut in half, seeds scooped out (if they're plump, save the seeds for roasting), with a splash of maple syrup, a bit of freshly grated nutmeg, and a dash of cinnamon. Bake at 350°F until soft. YUM!



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 third of 5 monthly share distributions for the biweekly "B" schedule:

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



Mediterranean Share

Molokhya w/chicken stock
or Tabbouleh w/hemp seed



Cheese Share
Hani's cheese



Small Share