



Recipes of the Week

Curly Endive and Frijol de Seda (Bean) Soup

-adapted from epicurious.com

2 Tbsp Olive oil	1 head curly endive, cut into bite-sized pieces
3 Garlic cloves, chopped	1/2 lb fresh frijol de seda
1/3 cup diced ham, or 1 Italian sausage or chorizo	2-3 bay leaves

Heat oil in heavy large Dutch oven over medium heat. Add garlic and ham (or sausage or chorizo) sauté until garlic is golden. Add 3 cups water or a low-salt broth, bay leaves, and the beans and simmer until just tender. Add endive and simmer about 8 minutes more, until endive wilts and is tender but still bright green. Season with salt and pepper. (In a hurry? This dish also works with canned beans—start the seasonings, add 4 cups of chicken or vegetable broth, bring to a simmer, and continue with the endive.)

Italian Chard Stuffing

-adapted from myrecipes.com

This is a great way to use up leftover, rock-hard sourdough or baguettes.

1/2-3/4 loaf of fresh or old/stale French, Cuban, or sourdough bread	1 garlic clove, minced or pressed	1 cup freshly grated parmesan cheese
1-1 1/2 cups milk	1 medium onion, chopped	2 Tbsp finely chopped fresh basil
2 pounds Italian sausage (mild or spicy)	1/2 cup finely chopped celery	1 Tbsp finely chopped fresh sage
1 cup chopped parsley	1 bunch chard, coarsely chopped	1 Tbsp chopped fresh rosemary

Cut or break bread into chunks. Place in a large bowl and add milk. Mix gently with a spoon to saturate with milk and let stand about 30 minutes. Stir occasionally. Add more milk if needed.

Meanwhile, place a 6- to 8-qt. pot over high heat. Squeeze sausages from casings into pot. Discard casings. Cook meat, stirring often to crumble, until lightly browned, 10 to 15 minutes; discard fat. Add parsley, garlic, onion, and celery. Cook, stirring often, until vegetables are lightly browned, 5 to 8 minutes. Add chard and 1/2 cup water and cook, stirring often, until wilted, about 5 minutes.

With your hands, squeeze bread slices to break them into small pieces. Add cooked meat mixture, parmesan, basil, sage, and rosemary. Season with salt to taste.

Preheat oven to 350°. Spoon stuffing into a shallow 3-qt. (9- by 13-in.) casserole. For moist stuffing, cover with foil; for crusty stuffing, do not cover. Bake until hot (at least 150° in center) or lightly browned, at least 30 minutes.

Assemble up to 1 day ahead: prepare stuffing, put in casserole, cover, and chill. Bake about 1 hour.

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

As we start the second half of this season, I find myself reflecting back on the first half. In spite of unprecedented hardships, we've managed to keep the shares varied and full. Our two more northerly partners, Worden Farm and C&B/Little Cypress, have played a big role in keeping us whole. They are respectively located in Punta Gorda and Devil's Garden (near Clewiston). They started planting in August, in between rains, and managed to harvest some early crops before getting hit by the deluges. They've had some big losses, too, but because they have more acreage, they've been able to fill in with different crops when others were wiped out.

By now, we normally would have had corn at least once or twice, and green beans several times. We certainly would have had more fruit, and we can thank both the funky weather and the Oriental Fruit Fly for the dearth of fruit.

We've had some nice surprises, though, even in the face of the daunting weather. Our neighbors at Abigail Farm managed to grow out and harvest a crop of their delicious frijol de seda, a family heirloom from San Pedro Sula in Honduras. What's truly amazing is how, in spite of nearly constant rains and saturated soils, this little bean grew all the way to the dried stage, with no spraying or special treatment. The strain appears to be very adaptable, illustrating the value of heirloom varieties. Harvested and threshed just two weeks ago, we're proud to include it in your shares this week.

I just stumbled across this great quote in a CSA Farmer Discussion Group: "*The struggle AND satisfaction of eating locally is eating seasonally*" - it says it all!

Where have the bees gone?

All these years, our bees have been happily and busily buzzing around the farm and surrounding areas. Some years have been bountiful and the colonies expanded. On poor years the colonies shrank, but always remained.

A few weeks ago, we suddenly lost 6 colonies in a single week, rapidly followed by the rest. Lost, as in, there's no evidence left of them! They flew the coop, so to speak. We have no clue as to what's happened. We're not aware of any big changes in spraying habits of nurseries or other growers in the neighborhood that would chase the bees off—but remember, a bee can forage off-farm up to 3.5 miles from their hive in search of food, so who knows what they might encounter in their travels. [This is also the reason that organic honey CANNOT happen here in the urban or agricultural areas of South Florida, so don't let anyone try to tell you their local honey is organic!]

Miguel, our beekeeper, has been in contact with other beekeepers in Florida, and says they are reporting similar occurrences. So it seems the dreaded colony collapse disorder may have finally reached us. Colony collapse has ravaged European honeybee populations in the US and other countries, endangering a huge portion of our agricultural industry. Though many factors have been implicated, it still remains somewhat of a mystery. Many important food crops rely on these bees for pollination.

Visit us Sundays 9am-2pm at the
Pinecrest Farmers Market



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

Featured Items

Chard (the new kale) I remember some years back when chard was big—especially rainbow chard, a mix of varieties with differently-colored stems. But the last few years it's as though folks forgot all about chard in their frenzy for kale. Now that kale has gone mainstream big-time (just look at the processed and frozen-food sections in the supermarket—it's kale everything!), chard is no longer being eclipsed by kale, and that's a good thing! It's a nutritional powerhouse in its own right (doesn't matter what color it is), more tender, even when full-grown, than kale or collards, and delicious. Check out The Miami Herald's article Feb 10: "Move over, kale, it's Swiss chard's time to shine" at <http://www.miamiherald.com/living/food-drink/sunday-supper/article59513971.html>

Salad Mix Finally! We have something to harvest besides our perennial herbs. Our salad mixes vary depending on what's growing that's similar in size. This week, there is a variety of soft lettuces, Pei Tsai (aka Chinese lettuce, a very mild, non-heading type of cabbage), and a bit of tatsoi. Don't wash this until ready to use, and you'll find it keeps very well (that is, if you don't eat it all tonight!)

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



Frijol de Seda An heirloom family strain from Honduras, this delicious bean is grown by our neighbors. Although not certified organic, they use organic practices and are pesticide-free.

Family shares got a 1 pound bag, small shares a 12 oz bag. Please make sure to pick out bits of debris and small stones. Rinse until water runs clear before cooking.

These beans are so fresh you do NOT need to presoak them. Cover with water plus about 1/2 inch above the beans. Simmer until fork-tender and season with a "sofrito" (usually consisting of onion, pepper, garlic, a bit of oregano, cumin, salt & pepper to taste, cooked in olive oil until onion is golden).



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!...



Mediterranean Share
Baba ghanoush



Cheese Share
Hani's cheese



Small Share