



Recipes of the Week

Greek Potatoes with Curly Endive, Spinach, and Leeks

-adapted from splendidtable.com

1/4 c Olive oil	3 tbsp chopped fresh dill
1 bunch leeks, cut into chunks	Leaves from 6 mint sprigs, torn
3-4 small potatoes, halved	Freshly-squeezed Lemon juice
Salt and freshly ground pepper	EVOO (extra-virgin olive oil), to serve –optional
1/2 lb spinach (or another green)	2 garlic cloves, crushed
1/2 head curly endive, torn into pieces	1 c plain Greek yogurt

Put half the oil into a heavy saucepan and add the leeks and potatoes. Season with salt and pepper to taste, add a splash of water, cover and sweat for 20 minutes. Add a bit of water every so often and stir.

Once the potatoes are almost tender, add the spinach, endive and remaining oil and turn gently. Add another splash of water, season, cover and cook until the leaves have wilted—about 4-5 minutes.

Add the herbs and lemon juice, put into a serving dish and drizzle with the extra virgin olive oil, if you want.

Mix the garlic into the yogurt and serve with the vegetables.

If you have any leftovers, make these into soup. Add chicken stock, heat, mash to break down the potatoes and leave chunky or purée. Top with Greek yogurt and a drizzle of olive oil

Spring Onion Bundles au Gratin

-adapted from *lovfood.blogspot.com*

This is a great way to spring onion greens, and makes a quick meal.

Green tops of 4-5 spring onions	1/2 c vegetable broth	Freshly grated pepper to taste
1 pkg thinly sliced smoked turkey breast	4 sprigs fresh thyme (optional)	
4 Tbsp herbed cream cheese (e.g., Boursin)	1 pinch freshly ground nutmeg	

Preheat oven to 350°F.

Cut tops off spring onions. Reserve onion bulbs for another use. Wash the green tops and trim off bad spots. Split the hollow leaves lengthwise, then cut into 2 or 3 segments. The pieces should be slightly longer than turkey slices. Roll up several pieces of onion greens in each slice of turkey and arrange in a baking dish.

Melt the cheese in the vegetable broth. Add 3 sprigs thyme, nutmeg and pepper. Pour over the onion rolls. The liquid should cover the bottom of the dish. If necessary, add a little more vegetable broth.

Bake about 15 minutes. Before serving, garnish with pepper and remaining thyme. Serve with a good baguette to mop up the 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 **websites** at beeheavenfarm.com, and redlandorganics.org



Farm News

“One creative act per day”. This advice was given to me by a friend as guidance on how to keep attentive and focused on one’s artistic intentions. Healers worldwide recommend active mind challenges to maintain longevity and mental health; Deepak Chopra recommends puzzles for daily practice as we age.

The CSA supports the ‘one a day’ creative act commitment for me when the chaos of being human makes activities like watercolor painting, sculpting, creative writing, or sand art projects unattainable leisure pursuits.

It starts on Saturday evenings with the meal to clear the space in the fridge for the new week’s harvest; our delivery day is Sunday in Monroe County. After the ingredients are gleaned from the ends of the week’s produce, the fridge is swept of the precious soil which protects the goodies as they travel to us and pass through the packing process; it is added to the compost. It is a benefit that the farmers do not rinse the harvest before it goes into the share boxes and creates a fun bragging right; to say that the primary packaging material in my refrigerator is dirt, rather than plastic, feels sustainable and often raises an eyebrow of conversation.

The creative process is so invigorating that seeing the behind the scene flow which goes into the palette for my primary creative act(s), the art of preparing the meal, has added a whole new dimension to the relationship I have with my food. The attitude is gratitude and the abundance is to share. With this in mind, I was prompted to facilitate a discussion at my local library this month in recognition of February as Cancer Pre-

vention Month, relating how the power of fresh and varietal whole foods can support overall well-being and balance to provide the body with a strong defense against agents of diseases like Cancer.

Go local was the prompt; keep it clean (organic), fresh, and diverse. We receive so many wonderful things in our CSA share, that my single creative act on many days is the process of selecting and preparing from the fresh food palette and it fulfills the ‘one a day’ call for me.

I am enjoying not only the benefits of CSA membership, but also the insight of working on the farm and at the market.

Vicki Boguszewski, MPH, CHES/ Yogi In Ya Consulting
Monroe County CSA Member
(Ed: Vicki is a long-time CSA member and currently working as a part-time farm hand at Bee Heaven Farm)

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**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.

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



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

Featured Items

Golden Beets Do you stay away from beets because they stain everything bright pink? You're safe with these golden beets. Naturally a yellow-orange color, they are non-staining, and beautiful to boot. No, they're not an artificial GMO creation (remember, certified organic = non-GMO, by law). There are red beets, golden beets, white beets and red and white candy-stripe beets. If you remember that chard comes in many colors, you'll understand that beets also come in color variations, because they are in fact the same species. I've touched on this in past newsletters, but in case you missed it...back in the Middle Ages, folks began selecting and planting the seeds of the plants that pleased them most. Some people chose to select for the big pretty leaves, and those eventually became the chard we're familiar with nowadays. Some chose instead the plants that had the thickest base, and didn't much care about the leaves. With time, these selections became the bulbous beets we know today. You'll notice most beet tops still have respectable leaves, but with longer, thinner stems than chard.

Collards The quintessential Southern greens, collards are nutritious and versatile. When the leaves are young, they are tender. Cooked, using any greens recipe, in a soup, a bean pot or a pie/quiche, they are sweet and delicious. But please do not overcook collards.



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 Item

Spring Onions The young onions are getting bigger. Towards the end of the season, they will be fully grown. At that point, the tops fall over and die down. Then the onions are harvested and left out to cure in a dry location. Properly cured onions will have several layers of thin papery skin. The onions grown here in South Florida are not long-keeping onions, like other varieties grown up north.

Curryleaf If you missed curryleaf earlier in the season, here's another chance to use this amazing seasoning. Curry powder and curry paste is a mix of several spices. They almost always include cumin, coriander, turmeric, pepper, and other ingredients depending on the particular cuisine. Curryleaf emulates the spice mixture all by itself! Toast it up in some oil, then use the crispy leaves for a garnish over fish, and use the flavored oil for cooking. Or prepare a broth using a handful of curryleaf, and use it to poach chicken or fish.

We apologize—technical difficulties prevented us from including a picture of the small share.

Here's what's in the Small share box. Please refer to the Family share picture to see what the items look like (though smaller portions for some). Endive looks like a lettuce with a bad hair day.

Spring Onions

Collards

Cherry Tomatoes

Sunflower Baby Greens

Green Beans (1/2 lb)

Kohlrabi (1/2 bunch)

Endive

Mediterranean Share

Yam-Beet hash



Cheese Share
Hani's cheese

Small Share