



Recipes of the Week

Naan Pizzas with Romanesco Pesto and Arugula Salad

-adapted from myrecipes.com

Pesto:

1.3 c walnut pieces	1/2 c EVOO (extra-virgin olive oil)
2 c Romanesco, broccoli, or cauliflower florets	1/4 c freshly grated parmesan cheese
2 c coarsely chopped parsley (or part arugula, part parsley)	1/4 tsp Florida Keys Sea Salt
2 garlic cloves, minced	

Salad and pizzas:

1/2 c slivered red onion	4 whole wheat naan breads (3 oz each)	3/4 c manchego cheese shaved with a vegetable peeler
1 tbsp white balsamic vinegar	3/4 lb Italian turkey sausages, casings removed	2 c lightly-packed baby arugula
1/8 tsp FKSS salt	1/4 c diced roasted red pepper	1 tbsp EVOO
1/8 tsp freshly ground pepper	8 pitted kalamata olives, quartered	

Preheat oven to 400°.

Start pesto: Toast nuts on a baking sheet in oven 4 to 5 minutes. Steam or simmer Romanesco (or broccoli or cauliflower) until tender-crisp, about 4 minutes. Drain, cool in ice water, and pat dry.

Pulse nuts, broccoli, parsley, garlic, and oil in a food processor until almost smooth. For more pizzazz, substitute all or part of the parsley with arugula. Add parmesan and salt; pulse to blend. Set aside.

Start salad: Combine onion, vinegar, salt, and pepper in a bowl; set aside.

Make pizza: Put naan on baking sheet; bake until lightly toasted, about 5 minutes. Brown sausage in a large nonstick frying pan over medium-high heat, breaking into chunks, 8 to 10 minutes. Spread naan with pesto, then arrange sausage, peppers, olives, and a layer of manchego on top.

Bake until cheese softens, 8 minutes. Add arugula and oil to vinegar mixture. Toss to coat; arrange over pizzas.

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

Like most South Floridians, I wear many hats. I am a poet, a climate change advisor, a gardener, a CSA member, and Director of a Farm to School Program. This last role affords me the opportunity to engage with youth and to share with them a point of view which values stewardship and collaboration over competition. I encourage students to recognize that a seed contains all of the material for the success of the full grown plant and all of the fruits we hope to enjoy from it, from the very beginning.

This week one of our seed discussions hinged on where things come from and why certain things grow where they do. We talked about the contribution wind and birds make to the movement and spread of plants and seeds, and how some things will ‘volunteer’ after being carried unknowingly by a host, like the bottom of someone’s sneaker. But we took the chat a little further and began to explore what we mean by ‘heirloom’. Heirloom, of course, refers to something that has been preserved and passed down through the generations. When we plant and save heirloom seeds we are literally preserving our own heritage. I was inspired to relate to the students the following experience I had when I first began to research heirlooms and the types of seeds best suited for community gardening in the Florida Keys.

I recall, as a young girl, being in the garden of my great grandmother Lucia. Lucia’s family was from Calabria, Sicily and while she fancied herself modern in many ways, like sewing and wearing her own pant suits, she held dear to her soul certain bits and pieces of her ‘old world’ heritage. I was busy asking her all of the questions I could think of when she stepped back calmly and began to tell me of her father and his brothers who came to the United States on a boat from Italy. She related that, in their village in Calabria, her father and his brothers had giant gardens that would feed

people from all around the area. When they traveled across the sea to the land where they would make their new home, they carried their most valued seeds in their pockets and that was how she had certain plants in her garden. This answer worked for me and I probably didn’t have any more questions for that day. Once Grandmom had finished telling you something, you knew better than to ask for more.

Fast forward about thirty years—while searching for just the right variety and selection of heat tolerant vegetables I came across a resource at Seed Saver’s Exchange. They provide a great shopping opportunity, but also relate the history and heritage of each heirloom seed they offer via their website. While perusing the goodies there, I came across ‘Calabrese Broccoli’. The description claimed it to be heat tolerant and it sounded right for our zone. However, as I began looking further, there was more of an appeal than only being heat tolerant. The story behind the heirloom Calabrese Broccoli seed was that a group of farmers, all brothers, had come from Calabria by boat and had transported their most treasured and valuable seeds in their pockets along the journey. They introduced this crop to American soil and today it is a common and popularly planted gardening variety.

I have no guarantee that the farmers mentioned were my relatives, but I appreciate the connection to the process of seed variety and vegetable preservation; the students were kind of impressed too! Heirloom seeds are among our nation’s dearest treasures and every one of them has a story to tell. The exploration of heirloom seed heritage may even tell us something of value about ourselves and our personal roots. [Ed: At BHF, we prefer heirloom varieties for their richer flavors.]

Vicki Boguszewski, MPH, CHES
Yogi In Ya Consulting, Monroe County CSA Member

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



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

Featured Items

Radishes Whether the familiar red round, the elongated, two-toned French Breakfast, or another radish, this vegetable is great both in salads and also cooked (yes, cooked!).

Romanesco This ancient vegetable, grown and loved since Roman times (hence the name), is also known as fractal broccoli. Take a close look and you'll notice that the flower bud clusters are arranged in a spiral pattern, and within each cluster, the florets swirl in the same pattern. Take out a magnifying glass, and you'll see that this pattern continues as small as you can see! This cool swirl naturally expresses the Golden Ratio, a Fibonacci series pattern found in spiral shells, pinecones, sunflowers, pineapples and other places in nature. The Greeks recognized and used these patterns in their architectural designs. For you math and puzzle nerds, the Fibonacci series is the sequence of numbers 0, 1, 1, 2, 3, 5, 8, 13, 21, 34, ... Notice, the next number is always the sum of the two numbers before it. Without getting into the math, the Golden Ratio is a way to express this relationship. So before you eat this curious vegetable, trim a thin slice off the bottom of the stalk and place it in a shallow bowl with an inch of water to cover the cut end. Put it in a prominent place in your house and enjoy its beauty for a day or two, then cook it up and enjoy its deliciousness! Cook like cauliflower.



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

French Sorrel You can treat this delicious lemony leaf like an herb or a vegetable/salad green. It's a great ingredient in light soups. Common garden sorrel, as it is also called, has been cultivated in most Old World countries for centuries. Sorrel pairs well with fatty fish such as salmon, mixed with mashed potatoes, included in pesto recipes, and simple salads. Schav, aka "green borscht", is a favorite European Jewish dish. A simple broth is made with fresh sorrel, into which beaten eggs are slowly whisked into the hot soup, and served with sour cream.

This week is the fourth of 5 monthly share distributions for weekly

and biweekly "A" schedule:

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



Mediterranean Share

Foule



Cheese Share

Labneh



Small Share