

## Recipes of the Week

### Sauteed Kale with Smoked Paprika

-adapted from *epicurious.com*

1 bunch kale, center ribs and stems removed (optional)	1/4-1/2 tsp sweet or hot smoked paprika*
2 tbsp olive oil, divided	Dried crushed red pepper to taste
1 medium chopped onion	

Cook kale in large pot of boiling salted water until wilted, about 5 minutes. Transfer to colander; drain.  
Heat 1 tablespoon oil in heavy large skillet over medium heat. Add onion and sauté until soft, about 5 minutes. Stir in 1/4 teaspoon smoked paprika and crushed red pepper; sprinkle with salt. Add kale and sauté until heated through, about 4 minutes. Season to taste with salt and pepper and more smoked paprika, if desired. Transfer to serving bowl; drizzle with remaining 1 tablespoon oil and serve.

*\*Sweet smoked paprika is sometimes labeled Pimentón Dulce, and hot smoked paprika is sometimes labeled Pimentón Picante; available at some supermarkets and specialty foods stores.*

### Rosemary Pork Roast with Fennel and Green Olives

• from *myrecipes.com*

3 Tbsp chopped fresh rosemary	Kosher salt and freshly ground pepper	2 sm or 1 lg fennel bulb w/tops
2 Tbsp minced garlic	1/3 lb thinly sliced prosciutto	2 c dry white wine
1 boned pork loin roast ~ 3 lbs	2 Tbsp olive oil	1 c pitted green olives, halved

Preheat oven to 350°. Mix rosemary and garlic in a small bowl. Sprinkle one side of roast lightly with salt and pepper. Spread with half the rosemary-garlic mixture, pressing it on. Drape half the prosciutto lengthwise over loin. Holding the prosciutto on the roast, turn it over. Sprinkle with more salt and pepper, spread remaining rosemary mixture over the top, and drape with remaining prosciutto. Tie roast at 1 1/2-in. intervals with heavy cotton string, tucking prosciutto into place.

Pour oil into a large frying pan over medium-high heat. Add roast and cook until prosciutto is crisp and beginning to brown on the bottom. Turn roast and cook until other side is crisp and browned, about 5 minutes total. Transfer to a plate.

Cut fennel bulbs into wedges. Chop enough fronds to make 1/2 cup. Add fennel bulbs to frying pan and cook, stirring often, until beginning to brown, about 5 minutes. Spread in a large roasting pan. Add wine to frying pan and bring to a boil, stirring to scrape up browned bits. Pour over fennel. Set pork loin on top.

Bake until a thermometer inserted in the center of roast reaches 135° for medium, about 45 minutes. Transfer roast to a board and let rest in a warm place 15 minutes (temperature will rise to 140°).

Meanwhile, set roasting pan over 2 burners on high heat, and cook, stirring often, until liquid is almost evaporated, 5 to 10 minutes. Remove from heat and stir in olives and fennel fronds.

Cut string from roast, slice, and serve with fennel mixture.

**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](http://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](mailto:recipes@beeheavenfarm.com)

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## Farm News

Gee, time sure has flown! Just 6 weeks left until the end of the season. For you biweekly folks, that's only 3 more shares.



This week we bid adieu to Nicole, who has been working at the market and the farm for nearly 3 1/2 years. She's off to the frigid north, to Vermont, to work with a partner on her fledging cosmetics business. Meanwhile, she's landed a job on a big farm, where they have livestock, maple orchards, and grow vegetables. She hopes to arrive in time to learn about tapping maple trees and making maple syrup.

She shared this with us... *"I've told myself I'd never live somewhere cold, and that I love the tropics too much to leave. Avocados and mangoes are dropped off by friends and neighbors every week, every summer. The humidity, while unbearable, keeps my skin glowing and soft. The beach and its fresh, salty air is a short drive away. Somehow I decided to leave it all behind to move to Vermont. I'm excited for my new beginning - I'll trade mameys for crisp apples, sugarcane for maple syrup, and hurricanes for snow storms. I'll ache for warm weather, delicious fruit, and my loving family, but more experiences are coming up ahead."*

We wish her the best of luck in her new home!

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

St. Patrick's Day is just around the corner. There's a bit 'o the Irish in many of us (myself included), and everywhere you look you see green—green clothes, green beer, green eggs and ham...

Tradition calls for cooking such things as corned beef and cabbage, shepherd's pie, colcannon (a cabbage and mashed potato side dish), and Irish soda bread. Luckily for us, this is the time when the cabbage harvest is peaking here in South Florida—or should I say, heading up?

We've included a freshly-harvested cabbage in all the shares this week, so you'll be all set to make a dish in the spirit of the holiday.

Growing up, I'd help my grandmother make corned beef and cabbage (with, of course, chunky carrots, quartered potatoes, and onions), and enjoyed this easy dish a few times a year while in college and for years after. Nowadays, though I still eat meat, I have become much more discriminating about the provenance of the meat I eat. It's hard to find a good, grass-fed corned beef to cook, so I rarely eat it any more. I don't remember her making any of the other traditional dishes; I guess her mom, living in Cuba, didn't pass on all the traditions. Still, I cherish those memories, and the wonderful apple pies she'd make.



Community Supported Agriculture 

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



## Featured Items

**Red Russian Kale** This is the softest and the mildest among the kales you normally see—stiff curly green kale and the softer, savoyed, dark-leaved Italian kale. You will encounter baby red kale in salad mixes, and often in microgreens. Like other kales, red kale is nutritious, and versatile. It spoils faster than other kales, so keep it refrigerated and eat within a few days.

**Romanesco** We wrote about this ancient vegetable last week. Grown and loved since Roman times (hence the name), it's 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. This pattern repeats as small as you can see! This pattern is found in spiral shells, pinecones, sunflowers, pineapples and other places in nature. The Greeks recognized and used these patterns in their architectural designs. 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.

**Fennel** Used as both an herb and a vegetable, fennel enhances many dishes. Slice the bulb thinly and chop some of the feathery leaves into a salad. Or trim the leaves partway down, slice the bulb in half lengthwise (top to bottom), drizzle olive oil, season and roast in the oven until soft.



### 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

**Rosemary** Can you remember seeing in the news lately...rosemary is touted as a memory enhancer. No? Sniff some rosemary! I don't know how much it helps me remember things, but I do know it smells wonderful. There's plenty in your box, so experiment!

### What to do with all the rosemary?

- Flavor your oil—throw a couple of sprigs in a pretty bottle, fill with olive oil, and let steep. Use it on everything!
- Finely chop a few leaves and mix it into softened butter, or Greek yogurt. Spread on your bread, or use as a topping for mashed potatoes.
- Roasting veggies? A few sprigs of rosemary really adds flavor.
- Bake a standing rib roast, scented with rosemary sprigs and garlic cloves
- Make a potato-kale tart with rosemary, ricotta and parmesan cheese.
- Throw some in your favorite cornbread or biscuit recipe (with a bit of cheddar cheese).
- Use short sprigs in place of toothpicks.
- Rosemary is good with just about any cheesy thing....like mac 'n cheese! Just a bit—don't overwhelm the dish.
- Make a rosemary-infused simple syrup, and use it in drinks (lemonade, sparklers, gin...)
- Make an orange-rosemary salt scrub and give your skin a treat.

This week is the fourth of 5 monthly share distributions for biweekly "B" schedule:

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



Cheese Share  
Hani's Cheese



Mediterranean Share  
Hommos or Tabbouleh



### Small Share