



Recipes of the Week

Root Roast

-adapted from our farm files

1/2 bunch med, or 1 or 2 large beets, cut into 1" cubes	2-3 cloves garlic, thinly sliced
2-4 spring onions, cut into 1" cylinders, including some leaf	Florida Keys Sea Salt and freshly ground pepper
1/2 bunch med, or 1 or 2 large turnips, cut into 1" cubes	1 betel leaf, tightly rolled and very thinly sliced
1 bunch radishes, quartered	1/4 cup melted coconut , butter, or olive oil

Remember to save all the tops for another, nutritious greens dish—juice, stir fry, soup, or steamed.

Preheat oven to 400°F. (use convection roast setting if available). Coat a large rimmed baking sheet with oil.

In a large bowl add the chopped veggies, garlic, salt and pepper to taste, and betel leaf. Pour oil (or butter) over the veggies and toss well to coat the cut surfaces.

Spread the veggies in a single layer on the baking sheet (use two if needed).

Roast in the oven for 40-45 minutes or until tender and lightly caramelized. Check a couple of times during cooking, tossing the veggies around to ensure even roasting. If you like, finish them off under the broiler for 4-5 minutes just before serving.

Variations: 1) use any combination of root veggies, including carrots, Daikon, kohlrabi, parsnips, sweet potatoes, potatoes, yuca, boniato, malanga, taro, sunchokes, and some non-root veggies like Romanesco or cauliflower, and even cabbage (cut in wedges); 2) add cubed or crumbled feta (omit salt), goat, or other white cheese and mix in just before serving.

Mizuna aux Lardons

-adapted from *seriouseats.com*

4 Tbsp rice wine or white vinegar	4 slices thick-cut bacon	1/4 cup red wine vinegar
1 bunch Mizuna	3 Tbsp minced shallot*	4 fresh organic farm eggs

*if you don't have shallots, you can substitute chives, scallions, or spring onion greens, finely chopped

- Wash Mizuna, removing any damaged leaves, and cut into 2-3" pieces (include the stems too).
- Cut bacon into 1/4" thick matchsticks
- Bring a saucepan or pot of water to a gentle simmer with the white vinegar—it should be barely bubbling. Crack the eggs (one at a time) into a ladle or small bowl, then lower or slip them into the water in one quick motion. Gently guide the eggs back into a compact shape if the whites spread out too much. Cook until the whites are completely set, 3-5 minutes.
- In the meantime, fry the bacon over medium-high heat in a skillet until browned and rendered, about 3-4 minutes, then add the shallots for an additional minute. Remove from the heat, add the red wine vinegar, and stir well to incorporate.
- Toss the Mizuna in the dressing until well-coated, then season with salt and pepper. Plate, and top each salad with a poached egg. Finish with extra pepper.

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

NOTE **SHARES WILL BE DELIVERED** **AS USUAL** **EASTER WEEKEND** **March 26-27**

It looks like the extended rainy season has finally let up. In addition, the water levels in the canals have been lowered, lowering our water table. So not it's looking more like the usual winter dry season. We've noticed many trees are dropping leaves. The weather is still quite warm, though, and the mangos and avocados have exploded in full bloom. Some lychees are showing signs of blooming, but we'll have to wait and see whether they actually bear any fruit.

We have 5 more weeks left in our CSA season. Normally, by May the weather is too hot and humid for the winter crops to thrive, and they succumb to pests and diseases. Last summer, the rains didn't start until the end of July. We'll see what this summer brings. One thing's for sure, there's never a dull moment here!

Have you ever wondered what goes on behind the scenes to get your share boxes ready? Here's your chance to find out! Since we lost one of our two full-time farm hands in January, and Nicole is relocating up north, we're looking for a couple of volunteers over the next five weeks on Fridays from 8am to noon, to help us pack the share boxes. Please email Margie at office@beeheavenfarm.com if you want to pitch in.

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

If you have friends on the fence about joining our CSA, let them know that next week is the last week they can join to receive a share the last four weeks of the season. Why should they consider joining now? Because they will be able to get the early-bird discount we offer renewing members (that's you, too!) when they sign up for next winter during our summer enrollment.



*Dragon's Tongue beans and Red Round radishes
ready to be packed in the shares*

Have you visited us at the Pinecrest Market yet? Come on out and plan on spending a delightful morning checking out the great artisan vendors, and shop for items we couldn't include in the shares. Come hungry, because there's some great food to be had too! I recommend Babe Froman's hearty veggie bowl, which includes their awesome sausages, diced veggies sourced right at the market, optionally topped with an egg and/or cheese. Or try their sausage sandwiches and their amazing bacon. Sometimes they have duck bacon, too (yes, quack-quack). If you prefer, Lamoy's Living Foods has a great raw food platter or sandwich. Or, enjoy Howie's Eat da Bone BBQ, Nisha's Indian goodies, Zak the Baker's bread or sinful cookies, or try some of Frances' Le Vinois Bakery rugelah or quiche. There's artisan ice cream, chia products, Laurie's Pantry granola, artisan jams—the list goes on... See you at the market!

Community Supported Agriculture

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



Featured Items

Red Turnips Scarlet Queen turnips are a gorgeous red outside and a creamy white inside. They are milder than the traditional purple-top white globe turnips, and are delicious roasted or mashed. Leave the skins on for their pretty red contrast.

Red Round radish We're usually think of radishes as a raw salad ingredient, but did you know they're great cooked too? And you can eat the tops on any kind of radish. Though some varieties are hairy and best eaten cooked, others have smooth leaves and make a great salad addition. Red round radishes are mild, but can be spicy when grown in water-stressed situations.

Spring Onions These teenage onions have a mild flavor, and their leaves are great for flavoring soups or chop into salads and cooked dishes.

Dragon's Tongue Bean (Langerie) I wish we had enough of this juicy heirloom bean for everyone, but I'm glad to have enough to include in the family shares this week. Try them raw or very lightly marinated to keep the pretty purple streaks. The purple disappears when cooked, but they're still tasty!



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.

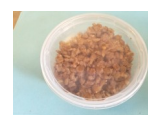
Featured Item

Betel Leaf A member of the black pepper family, betel leaf has a unique flavor that fools you into thinking you're eating smoked sausage! A little goes a long way, so don't overuse it. A couple of leaves in a layered lasagna will impart a smoky flavor to the entire dish. Try a few finely shredded strips in an omelet or egg scramble.

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Cheese Share
Hani's Cheese



Mediterranean Share
Moudardarah



Small Share