



Recipes of the Week

Roasted Napa Cabbage

-adapted from *food.com*

6 Tbsp vegetable oil	Florida Keys Sea Salt to taste
2 garlic cloves, crushed	Freshly ground pepper, to taste
6 cups napa cabbage, roughly shredded	Optional—hot pepper flakes, to taste

Heat the oil in a skillet on low. Add the garlic cloves and cook very gently for 15 minutes. Discard the garlic and toss the cabbage with the oil, salt and pepper.

Preheat oven to 450°F. Place the cabbage on a baking sheet and bake for about 15 minutes or until the tops of the cabbage pieces are browned.

Zucchini Oven Chips

-adapted from *cookinglight.com*

1/4 cup dry breadcrumbs	1/8 tsp freshly ground black pepper
1/4 cup (1 oz) grated fresh Parmesan cheese	2 Tbsp fat-free milk
1/4 tsp seasoned salt	2 1/2 cups 1/4 in thick zucchini slices (or yellow squash)
1/4 tsp garlic powder	Cooking spray

Preheat oven to 425°F. Combine breadcrumbs, cheese and spices in a medium bowl, stirring with a whisk.

Place milk in a shallow bowl. Dip zucchini slices in milk, and dredge in breadcrumb mixture.

Place coated slices on an ovenproof wire rack coated with cooking spray; place rack on a baking sheet.

Bake for 30 minutes or until browned and crisp.

Serve immediately.

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

We're in the home stretch for the end of the winter growing season. With just 4 weeks remaining in our CSA (two distributions for the biweekly folks), it's time to take stock of what you've put up for the leaner summer months. Have you made some pickles or preserves? Pickled beets is a favorite of many and easy to make. Ferments are also quite easy, and do not require cooking. Some blanched and frozen veggies tucked in the freezer can help carry you through the summer.

Squash is back! I didn't realize how much I miss summer squash and zucchini. Now that they're back, I can't wait to eat them. They're so quick and easy to cook, OR eat raw. If you're trying to lose weight, they're an almost ideal food, because they're nutritious, have fiber, but very few calories. So you can eat a lot (just take it easy on the heavy sauces and you're good to go).

APPRENTICE CORNER

Having grown up captivated by animals and working with them professionally for the past ten years, my friends and family ask me why I would begin working on an organic farm. "How does that fit into your lifestyle and career in animal care and wildlife education?" they might ask. When I respond to them, I tell them that actually it fits together perfectly.

As humans, our love for organic food may stem from wanting to eat healthy and feel healthy. But there are many other wonderful aspects to organic farming that we don't think about when we take a bite of that sweet unadulterated organic fruit.

Organic farming refrains from using harsh synthetic chemicals on our food products and is nothing like a typical monoculture system that has rows and rows of vegetables and no other surrounding vegetation. Organic farming allows the ecosystem to thrive because it provides room for surrounding vegetation, does not

poison birds or bees with chemical outputs, and also provides vital habitats for wildlife like birds and reptiles that our ecosystem so badly needs.

So when I am faced with this question of how it all fits together, I think of how important it is to protect our environment. Without habitats within this environment to live in, the wildlife animals that I so truly admire would be non-existent. Now that I work on an organic farm that holds these principles of working with nature in such high regard, I can add another aspect to my wildlife education programs. I can express to the children how important it is to save our environment as I always have, but now I can tell them how they can do this... by supporting local organic agriculture and the principles that it stands for.

Ginger Ross
Wild Florida Productions

(Ed: Ginger recently joined us to gain practical experience in farming, after completing coursework in permaculture design principles.)

MARK YOUR CALENDAR

Join us Sunday, April 3rd at 10am, at Pincrest Farmers Market. We're hosting a "Cooking With the Seasons" cooking demonstration. Sponsored by Florida Organic Growers, guest chef David Bearl will prepare several dishes using seasonal produce sourced right from the market vendors. Come learn some tips and get ideas on how to use your veggies!

Visit us Sundays 9am-2pm at the
Pincrest Farmers Market
SW 110th St & 57th Ave



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

Featured Items

Caimito This tropical fruit is also known as star apple (not to be confused with carambola, aka star fruit). When unripe, it has quite a bit of latex in the rind. As it ripens, the latex nearly (but not quite) disappears. You typically eat the translucent pulp surrounding the seeds, and you can also eat some of the flesh just inside the rind. Some are juicier than others. A cross-section of caimito, cut on its equator, looks like a star burst.

Chinese Napa Cabbage These tender sweet cabbages cook quickly, and are especially well-suited for making kimchi, a Korean cabbage and vegetable ferment that's typically spicy.

Yukina Savoy It's been some time since we included this juicy and tender, versatile veggie in the small shares. It's also known as Japanese spinach, though I like to say it's like a tatsoi on steroids. If you're familiar with tatsoi, you'll know that it's tender and mild, and when allowed to mature, a head of tatsoi looks a lot like a miniature head of yukina savoy, only with flat instead of savoyed leaves. Enjoy this great veggie many ways. If you like to juice, try juicing the stalks, then prepare the dark green leaves with your favorite spinach recipe.

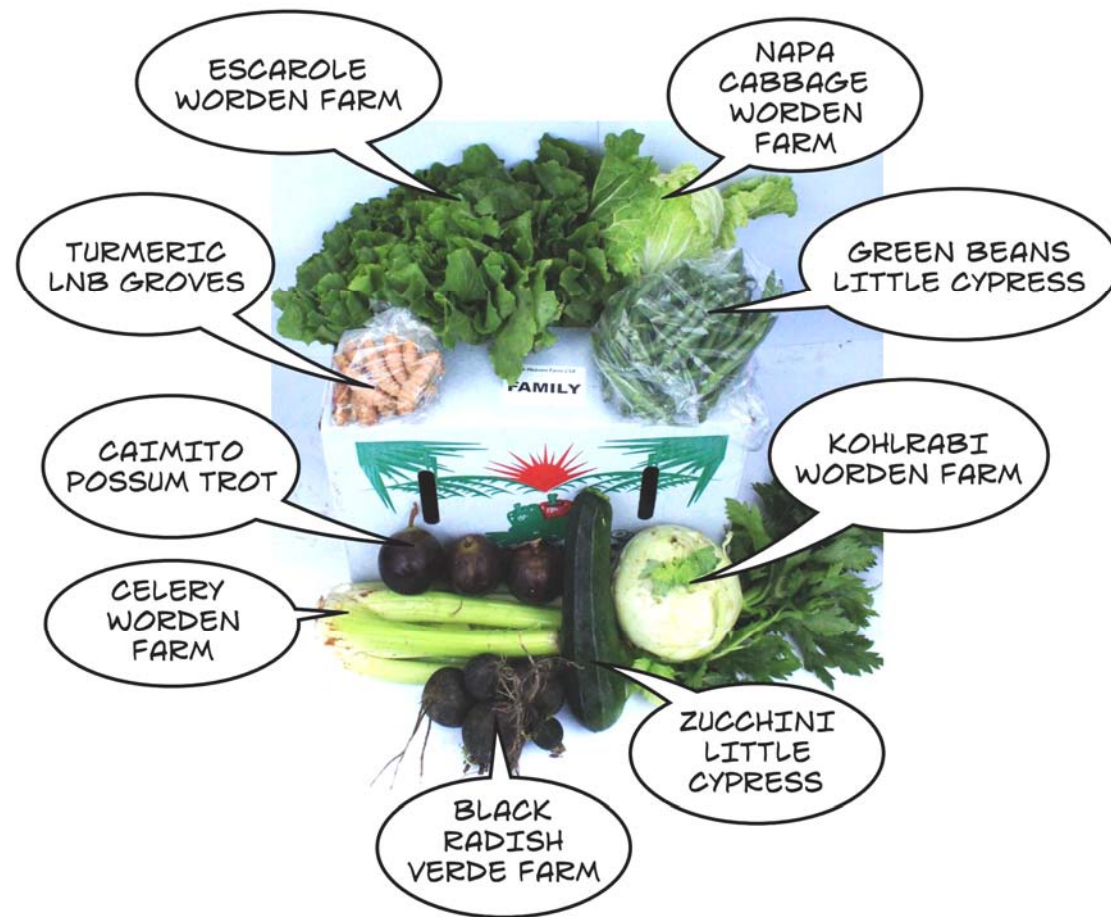
Featured Items

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.

Turmeric We had some turmeric earlier in the season, and we managed to get enough before the harvest was completely finished to include them one more time in the shares! If you don't use it a lot, wrap it tightly in plastic wrap and pop it in the freezer. Anytime you want some, take it out and slice (more like shave-you'll see...) what you want, without letting it defrost, then wrap it back up and put it away. But I encourage you to be generous with fresh turmeric. It has a nice flavor, and is not bitter like dried turmeric. It colors rice and other grains beautifully, with some added flavor to boot. Or use it to make real curry, from scratch. It's really not difficult and the flavor of fresh curry is awesome.

Celery This standard staple is often ignored, used more often for snack sticks, in chicken soup, and to add liquid to juice. A properly grown celery is worlds removed from the blanched, tasteless stalks you get at the market. Don't stick this in the back of your fridge and forget about it. Make it front and center.

NOTE: The caimitos in your share box are ripe and ready to eat now. They do not keep for long. Refrigerate if not consuming them immediately, and use within 3-4 days.



Family Share



Cheese Share
Hani's Redland Cheese



Mediterranean Share
Lentils



Small 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!...