

Recipe of the Week

Salad of Nopales and Cracked Wheat

-adapted from *Uncommon Fruits and Vegetables* by Elizabeth Schneider

3/4 c bulgur or cracked wheat	2 Tbsp good EVOO
2 pads nopales, cut into 1/4 inch strips	1/2 small red onion, coarsely diced (approx. 1/4 cup)
2 Tbsp lemon juice	1/2 fresh poblano or other mild pepper, seeded and finely diced
3/4 tsp Florida Keys Sea salt or to taste	1/2 c fresh cilantro, coarsely chopped

Combine cracked wheat and 2 1/2 cups boiling water in a bowl; let stand until wheat is no longer crunchy in the center, about 1/2 hour. Drain in colander lined with cheesecloth (or a clean tea towel), then squeeze as much of the water out as possible. Dry wheat on a towel, tossing.

Place nopales on a steamer rack over boiling water; cover and cook until barely tender throughout. Let cool entirely. Cut in strips 1/4 inch wide.

Combine lemon juice, salt, and olive oil, blend. Toss with nopales, chile pepper, and onion. Combine with cracked wheat and cilantro and mix well. Serve chilled or at room temp.

Tamarind and Date Agua Fresca

-adapted from *Bon Appetit's* test kitchen

Several ripe tamarind pods	1 1/2 Tbsp superfine sugar
4 pitted Medjool dates	

Gently crack and remove shells from tamarind pods. Remove any insect-infested parts.

Combine peeled tamarind (seeds included), dates, and 1 quart water in a medium pot and bring to a boil. Simmer briskly, stirring often and mashing pulp and dates with the back of a spoon until they break down, about 10 minutes. Remove from heat and let steep for 2 hours.

Strain mixture through a fine-mesh sieve into a large bowl, pressing on solids to extract as much liquid as possible (you should have about 1 cup).

Transfer tamarind mixture to a pitcher. Stir in sugar and 1 cup water. Serve chilled over ice.

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

The season is ending...

The winter growing season in South Florida is quickly drawing to a close. There are only two weeks remaining in our CSA season. Soon we will be plowing the fields and getting ready to sow a cover crop and a few selected summer plantings.

While the season ends, the yearly cycle continues. We lost a farm hand earlier this year, and we're happy to have found someone eager to join and help us continue growing.

Welcome Brendon

As the newest employee at Bee Heaven Farm, I am excited to join a team that helps provide fresh and delicious food for the south Florida community.

I love learning about plants and studying the many different ways they can be prepared into food, medicine, clothes, tools, and shelter. After working with a Mayan community to preserve the traditional usage of plants for the past year I am thrilled to see many of the same plants here in Dade County. From thatch roof palapas to sapotes, nopales, and oregano Cubano, we are truly blessed to be surrounded by a tropical climate and community of people who love plants.

While working at the Bee Heaven Farm booth at the Pinecrest market last Sunday, I enjoyed learning new recipes and names for the fruit and vegetables I have savored over the years. What a joy it is to taste familiar flavors in new combinations that have me salivating for the meals to come.

I wish for you and your family a beautiful spring filled with aromatic, tantalizing, and fully nourishing meals. And I am grateful to have helped package and send the ingredients your way.

Peas and blessings,
Brendon J Gross

Behind the Scenes

Every so often Murphy lets you know he's alive and well, and laying down the law. This was one such week.

During CSA season, we make a weekly run on Thursdays to pick up goodies for the shares and the market from our out-of-town farm partners. Victor leaves around 8am and usually returns between 4 and 6 pm. This week, he left at the usual time, but didn't get back until 10am Friday, a good two hours after we normally start unloading the truck and packing the shares.

"What the heck happened?" you wonder. Remember Murphy? Well, first, a water line broke on the turbo (it's a diesel truck). He happened to be close by his dad's shop. (His dad, also named Victor, was our original delivery driver. He passed the torch to his son a few years ago, but remains as relief driver, and more importantly, as the truck mechanic.) A quick fix and he was back on the road. Halfway between South Bay and Clewiston, an oil line broke. Yep—Murphy again! Dad had decided to ride along in case something broke (premonition?), so he hitched-hiked to Clewiston, picked up the parts, and got it running again. But something still wasn't quite right, because they were blowing black smoke out the exhaust. It was so bad, when they got to Moore Haven, the FDOT stopped them and told them they could not go any further until they fixed the pollution! Dad called his wife back in Miami and had her bring out a spare turbo he just happened to have at home (a bit of luck there). After a few more hours had gone by, making the repairs in the dark on the side of the road, they were ready to proceed. By then, though, it was so late the two farmers had gone to bed with the chickens, and they had to wait until 5am to pick up the veggies. And that's what they did, returning exhausted but triumphant, having

Community Supported Agriculture 

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



Featured Items

Tamarind This leguminous pod has very tart flesh. It is pan-tropical, and popular around the world both in its ripe and its green form. Unripe green fruit is extremely sour, and used in certain pickles and soups. The ripe pulp is extensively used in cooking, particularly in flavoring curries, chutnies, in drinks, and jams and desserts. The fruit is also used medicinally, and the pulp can be used to polish metal such as brass. The beautiful wood is used in cabinetry and furniture. The trees make nice landscape specimens, and can be trained as an indoor bonsai in temperate regions.

Nopales The pads of a “spineless” type of the prickly pear Opuntia cactus are commonly eaten in Mexico. They are reported to help control blood sugar, and there are currently studies underway to confirm their use in diabetes management. Nopales are generally grilled or boiled, and sliced or diced. They are served as a side or incorporated in main dishes. They have a slightly citrusy taste, are reminiscent of green beans, and are slightly mucilaginous—controlled by adding lemon or lime to the dish.

This week is the last of 5 monthly share distributions for biweekly “B” schedule:

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

UPDATE

On Mediterranean shares and Cheese shares.

NO MED or CHEESE shares THIS WEEK.

Hani is home and we’re happy to report he’s recuperating well. He’s planning to have some help next week so he can double up on the shares for the last two weeks of the season.

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 Items

Rainbow Chard This delightful green, basically a leafy beet without a bulbous root, comes in a rainbow of colors. You might have red, hot pink, pink-striped, yellow, orange, or white stems. You can make a colorful savory pie or quiche with the chopped stems. Include the leaves or cook them separately for an additional side dish. The leaves are tender and cook quickly.

White (Hakurei) Asian Salad Turnips These turnips are crispy and sweet, and are great raw, simply sliced into a salad. They also make great pickles, and are often found as an ingredient in kimchi.



Small Share