



Recipe of the Week

Mizuna Greens, Pork, and Daikon Radish Harihari Hot Pot

• adapted from cookpad.com

1/2 lb pork, thinly sliced	3c Dashi stock (or water +2 Tbsp bonito-based dashi stock granules)***
1/2 Daikon radish (save the green leafy tops)	3 inch piece Kombu (dried kelp)
1 packet Shimeji mushrooms*	2 Tbsp cooking sake
1/2 stalk Japanese leek	2 Tbsp Mirin (a naturally sweet, low-alcohol fermented rice wine)
1 oz Aburaage**	2 Tbsp Usukuchi (light) soy sauce
1/2 lb tofu	1/2 heaping tsp Florida Keys Sea Salt
1/2 bunch mizuna	

*substitute fresh shiitake or enoki mushrooms

**Aburaage is thinly-sliced tofu, twice-deep-fried. Find it in the refrigerated or freezer section of Asian markets.

***Dashi is a popular Japanese broth or stock, made from kombu (dried kelp), bonito flakes (dried and smoked skipjack tuna), anchovies, sardines, or a combination of any or all of these.

Slice the daikon radish into rounds and then into thin strips. Cut the Japanese leek, aburaage, and tofu into bite-size pieces. Cut the mizuna into 2 inch pieces.

Add the stock, sake, mirin, soy sauce and salt to an earthenware pot and heat over medium. Before it starts to boil, add the pork and use cooking chopsticks to separate the pieces. This will tenderize the meat.

Add the remaining ingredients except for the mizuna. Cover with the lid and heat over medium heat. When steam starts to escape from the hole in the lid, add the mizuna. As soon as they're cooked, it's done.

This recipe is seasoned for cooking at the table on a portable burner (it's seasoned lightly at the beginning), and equally great for a simple home meal or when entertaining guests.

Optional: Add udon noodles to the pot during cooking.

Leftovers: Add rice and eggs to the remaining broth to make porridge. Make sure to taste the broth and dilute if necessary.

Share your recipes! Email to: recipes@beeheavenfarm.com

Post them on our Facebook page at: facebook.com/beeheavenfarm



Farm News

The season has ended

Today is your last share of the season. Share enrollment for next season will begin in June. Early bird renewals receive a discount, so be on the lookout for our renewal email notice.

We hope you've enjoyed the shares over the season, and would love your feedback. To that end, in the next few weeks we'll be sending you a survey. Keep an eye out for it! You can also rate us on [Yelp](https://www.yelp.com) and on [LocalHarvest.org](https://www.localharvest.org)

Gleaning Day Potluck

Folks have been asking about our annual end-of-season Gleaning Day potluck. This is a laid-back event, where you mingle with other CSA members, meet some of your local growers, and get your hands dirty harvesting whatever treasures you can find still growing. As of this writing, it's looking like May 15, or perhaps even May 22, since we'll still be at market May 1, and the following weekend is Mother's Day. We'll send out an email announcement to everyone once we've finalized plans.

Vicki's Earth Day Musings

It's 5 a.m. and I'm on the road; it's a clear, dry morning and everything looks refreshed from the heavy rains the day before. I am relatively well rested and there isn't a sign of traffic in the northbound lanes; a great contrast from the 2:30 p.m. crosstown traffic in the pouring rain which I encountered going from one Farm to School Community Garden to the other in downtown Key West. As I cruise along I approach the Key Deer Refuge and slow to the requisite 35 mph. Once past the main part of the town (it's one traffic light), I see a mother and her child by the side of the road. This is not a human mother and child, but a mama Key Deer with her newly born baby. They stand together, close to one another and, I notice, close to the road. They munched away contentedly, and as I approached and slowed a little more to avoid startling them, the baby boy peaked his ears and lifted his head, catching my scent and checking my vibe. About the same moment the mama sends me a message thanking me for going so



slow as I pass and I am reminded of the Earth Day celebration I hosted with 4th graders the day before. We chatted about the Earth being borrowed from future generations and how we are using what was left to us by our elders; we talked about sharing the Earth and passing it on to the next generations. In that next moment the Mama seemed to catch my thought and with her gaze affirm that she too is thinking of what will be passed on to the next generation, her young. Will I, a human, protect this habitat for them, an already endangered species? Would her son someday stand and feed on grass with his young in this refuge? I assured her he would and contemplated this lesson; it's not only our next generations, those of the human family, but for generations of future animals that we are stewards. It was then that I noticed the low cut grass and thought how mowing a lawn can impact a species. If all the grass is cut short for human aesthetics, where will the wildlife find its food source? What about lawn care products? Animals can't feed on grass that has been treated. The interconnectedness of our actions and habits to the kind of place we live in today and will leave behind tomorrow gives me a sense of completeness and at the same moment a sense of dread, knowing that this connection is not always obvious to everyone.



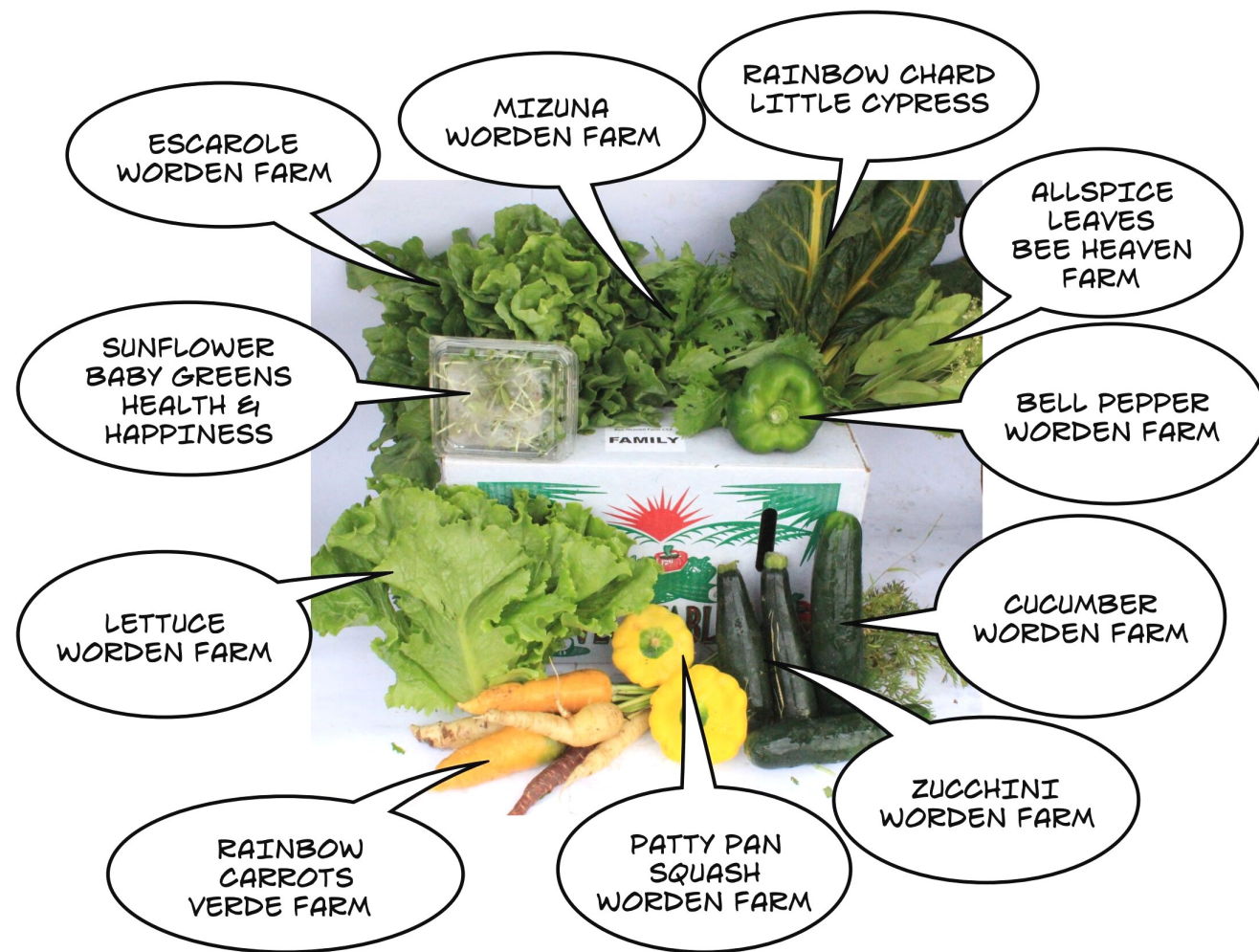
It's rich, "organic", down-to-earth, user-friendly, and nourishing!



Featured Items

The spring squash plantings have been profiting from the more normal weather in March and April. There's an abundance of zucchini, patty pan, yellow squash, and cucumbers.

We'd hoped to include some of our Bee Heaven Farm carrots in this last share, but they're still not big enough to harvest. However, Verde Farm harvested their first crop of rainbow carrots, just in time for us to include them-yay! (For small family farms, multi-farm CSAs are definitely the way to go.)



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 Carrots Colorful carrots look awesome when served mixed together. Raw or cooked, they make a beautiful presentation, and each color's flavor is slightly different!

Allspice leaves Allspice is also known as West Indies Bay. It can be used to flavor soups, beans, or meats, much like Bay Laurel. But Allspice leaves also make a very nice tea. Bring a pot of water to a boil, add a handful of allspice leaves, and simmer gently for a few minutes. Then let steep until you're ready to drink it. I like it as an iced tea, and normally don't even bother to sweeten it, but a bit of honey is good.

Med and Cheese

UPDATE

Broken hips are difficult, but Hani is hanging in there. His crew (wife and daughter) is finally ready to tackle some share prep, with Hani directing.

Schedule-B folks have a double portion, to cover this week and missed shares from April 9-10.

Weekly folks will find 4 portions, covering the April 2-3, 9-10, 16-17, and this week.

You can freeze both cheese and med shares for later. When ready to eat, let thaw out slowly in the refrigerator overnight.

We appreciate your patience!



Cheese Share
Hani's Herbed Cheese



Mediterranean Share
Deconstructed Hommos



Small Share