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Root vegetables love to be roasted as do brassicas like kohlrabi, cauliflower, romanesco, Brussels sprouts and broccoli. Cut up, tossed with a little oil and salt and roasted in a single layer, they are delicious as is or can serve as the foundation for soups, mashes, salads, etc.

Onions, like their allium compatriots, shallots, scallions, leeks and garlic, are pungent raw and quite sweet cooked. If you don't have an onion by all means use a leek, though leeks are sweeter and you might add a little acidity to balance it out and leeks are not so good raw. Scallions (green onions) and shallots can be substituted for onions and vice versa in many recipes, raw or cooked.

Sweet potatoes, potatoes, celery root, rutabagas and turnips and sometimes winter squash can often stand in for one another in mashes, gratins, soups and stews.

Broccoli, Brussels sprouts, cauliflower, spring rabe and romanesco, all brassicas, have similar flavors and behave similarly in many dishes, though certainly not all. Mashed cauliflower is delicious but I would not mash Brussel sprouts.

Leafy greens are eminently substitutable. Chards, beet greens, kale and collards, are all good raw (very thinly sliced) when young and tender. They behave quite similarly when cooked and can be mixed and substituted for each other at will. Turnip, radish, and mustard greens are all tender and often interchangeable, though radish tops are a bit fuzzy raw. Make sure to blanch those.

Get Good at a Handful of Dishes that Showcase most any Vegetable.

It's not so hard to keep up when you have a handful of recipes that can accommodate most any vegetable and in a variety of combinations.

A simple frittata elevates most vegetables, from leafy greens to peppers, peas, herbs, potatoes and both summer and winter squash.

Pan-fried vegetable fritters/savory pancakes/patties transform mounds of vegetables of all kinds into savory nuggets. Broccoli with parmesan, leftover mashed potatoes, leeks and plenty of parsley, rutabaga and carrot latkes, Japanese-inspired cabbage pancakes with scallions, sesame oil and soy sauce. . .

Fried rice with loads of finely chopped vegetables; simple Thai-style coconut milk curries; and soups and stir-fries, of course, are all good vehicles for delicious CSA produce.

A quick, stove top version of mac 'n cheese with whatever vegetables you have, chopped finely, never fails to be devoured. Finally, recipes can often accommodate way more vegetables than they call for. Perhaps a recipe calls for 1 lb of pasta and 3 cups of vegetables. Invert that ratio and use ½ lb of pasta and 6 cups of vegetables or just add more vegetables and have plenty of leftovers. You'll figure out how to make such changes and have recipes and tips work for your particular selection of produce.

Get comfortable making a few of these dishes and make them your own, with different spices, herbs, cheeses.

And then. . .

Cooking (with a CSA) can in fact simplify one's life—a way through the general madness and a treat for the senses and body. Yes, this is work and it takes time and organization but the deliciousness of that regular infusion of produce is well worth it!

Recipe of the Week

No-Rules Stir Fry

-Margie, Bee Heaven Farm

In the spirit of the cover article, here's some fun things to do with the items in your share:

Rinse and coarsely chop some bok choy (or yukina savoy), leaves and stalks, and your radish tops if they still look good. Set aside. Wash and trim the ends off a few green beans, and cut into 3 pieces. [Add other veggies like carrots, celery or squash if you like, cut into slices. Radishes work well too –yes, cooked!] Set aside. Cut up onion and cubanelle pepper into chunks, about the same size as the choy. If you have some fresh ginger on hand, cut a few thin slices.

Heat some coconut or peanut oil in a wok or a large frypan. Add ginger, onion, and peppers, and fry until slightly soft, stirring often. [Add curry powder to taste if desired.] Add the chopped greens and continue stir-frying until they start to look a bit translucent. Drop in the bean pieces and stir-fry for another minute or two—you want them barely cooked. At the last minute, add a splash of soy or tamari sauce, and a dash of hot pepper. Serve by itself or over rice, quinoa, or another grain.

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, click on CSA, then Newsletters. Use the search box to search 10 years of information on crops & recipes.

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

Farm News

-by Katherine Deumling of [Cook With What You Have](#)

A CSA share offers a plethora of produce every week and with it varieties we may have never seen before, let alone cooked—a delight and a bit of a challenge, for sure.

Fresh, delicious vegetables chosen for me week after week is my idea of heaven. It hasn't always been but I get more hooked every year. I'm hooked on the deliciousness, on not having to make any decisions about what vegetables to purchase, and on the creativity it inspires.

So, how does one get hooked?

Stock your Pantry, Two Ways:

Shop mostly to restock rather than for specific dishes. You'll spend less time (and money) running to the store for last minute items and can instead spend your time cooking, eating, and creatively using what you already have.

This is a basic list but you certainly don't need everything listed to cook many dishes. And, your pantry will reflect your particular taste. This is just a loose guide.

Purchased Goods for Pantry, Fridge and Freezer:

- Lentils; French green, red, brown
- Beans: black, pinto, white, chickpeas
- Grains: brown and white rice, barley, farro, cornmeal/polenta, quinoa, pasta, couscous, bulgur
- Seeds & nuts: sunflower, pumpkin, hazelnuts, walnuts, peanuts, almonds, etc.
- Spices: cumin, coriander, mustard seeds, dried chilies, turmeric, caraway, paprika, cardamom
- Herbs: thyme, oregano
- Vinegars: cider, rice and red wine
- Oils: olive, sunflower, coconut, sesame
- Hot sauce, soy sauce, fish sauce
- Dairy products
- Eggs
- Lemons and limes
- Meat and fish in freezer: sausages, bacon, chicken, etc.

Semi-prepared Items:

When you have a little spare time you can add semi-prepared items to your fridge/ pantry that will make life much easier and tastier when you don't have those extra few minutes to get a meal on the table.

- Make a jar of vinaigrette and keep it in the fridge. Dress lettuces and greens as well as roasted vegetables or plain chickpeas/beans with the same vinaigrette, adding some chopped herbs and toasted seeds. Be creative!
- Cook a good quantity of beans. Put beans out to soak before you go to work in the morning. Cook them that evening while you're in the kitchen cooking

something else for dinner anyway and have them ready for the next day or freeze half.

- Cook twice as much rice, barley or farro as you need for any given meal and freeze half of it to make fried rice, rice and beans or a soup the following week on a particularly busy night when you need the head start.
- Toast a cup of sunflower or pumpkin seeds and keep in a jar. Your salads will be better for them; your soups will have added crunch; your snacks will be cheaper and more nutritious!
- Use a whole bunch of parsley or cilantro to make a quick, savory sauce with garlic, olive oil, lemon juice or vinegar. Stir in some thick yogurt for a creamy version. Having a flavorful component like this on hand means a plain bowl of rice or beans or a fried egg turns into a meal in no time.
- Make chicken or any other meat, fish or vegetable stock and freeze.

Free Yourself from Strictly Following a Recipe & Learn to Improvise and Substitute.

The more you cook—and you will be cooking (!)—the easier and more fun it is to substitute and adapt as you go. Families of vegetables such as brassicas and alliums have certain common characteristics that in many cases let you substitute one for another. However, there is no real shortcut to learning how to do this so experiment as much as you can—you'll have plenty of opportunity. Here are a few general guidelines to get you started.

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Mark Your Calendar!

Annual Farm Day

Dec 18, 11:30-3

See us at the Market

Sundays 9am-2pm


Pinecrest Gardens

SW 110th St & 57th Ave

Dec 4 & 11, then every Sunday

from Jan 8 thru April 30

Off-season setup: May-Sept



Community Supported Agriculture

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



Featured Items

Dandelion Greens Italian Dandelion Greens are a bitter green in the chicory family. It's not the wild dandelion greens you see up north in early spring, but they're a very close approximation, and used the same way. Dandelion greens are high in Vitamin K and calcium. Cooked with olive oil in a bit of vegetable or meat stock and lots of garlic, a dash of hot pepper, and salt and pepper to taste, it's a simple, quick and delicious dish. Garnish with lemon wedges or drizzle some aged balsamic vinegar when serving.

Cubanelle Peppers These sweet salad peppers are great for eating raw, though they're also good roasted or grilled.

Bok Choy and Yukina Savoy Two of the many, many members of the Brassica (broccoli and cabbage) family, both of these are mild veggies great in stir fry or raw. Their juicy stalks juice well, and also work like a great celery substitute with a party dip. The leaves are also great raw or cooked. Yukina savoy leaves are often called "Japanese spinach", because you can use them the same way as spinach.



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!...



About the shares... There are two sizes of box, 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.

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Shiso (aka Perilla) This delightful herb, well-known in Asian countries, is in the mint family. There are all-green, all-purple, and green with purple undersides, as in the one in your share box. Another name for it is "beefsteak plant" but it's falling out of usage. I first experience this herb at a fair, when a Vietnamese lady made fried crabcakes and topped it with a few leaves of shiso and a peanut sauce. DELICIOUS! Shiso is great thinly sliced and added to a cucumber salad, included in fresh spring rolls, or in most dishes in place of mint—yes, even to make a shiso mojito!



Goat Dairy Share
Feta cheese



Mediterranean Share
Hommos



Cheese Share
Hani's Cheese



Small Share