



Recipe of the Week

Hani's Tabbouleh

— courtesy of Hani, adapted by Margie

- 1/3 cup bulgur what, coarse grind (do not presoak)
- 1 bunch curly parsley, finely chopped
- Organic olive oil
- Florida Keys Sea salt, or other high-quality sea salt
- 1-2 scallions or 1 small spring onion, finely chopped (greens too)
- 1 medium slicer or several cherry/grape tomatoes, finely chopped
- 1-2 Tbsp mint, finely chopped (option: omit, or increase to 1/2 cup)
- Optional: 1/2 cucumber, seeded and finely diced
- Fresh lemon juice

Put bulgur in a bowl. Add parsley and enough oil to moisten everything. Mix well. Add salt to taste, then mix in scallions, tomato, and optional cucumbers. Adjust salt if needed. Add mint, fresh lemon juice to taste, and mix well. Chill for a few hours, letting the bulgur soak up the dressing. Serve.

Chard with Raisins and Almonds

— Ruth Charles, Featherstone Farm CSA member,
as appears in *Bounty from the Box: The CSA Farm Cookbook*, by Mi Ae Lipe

Serves 4 to 6

Source Note: This recipe uses the colorful “rainbow chard” with its red, yellow, and orange stems. This is a wonderful dish for kids, who love its sweetness and bright colors.

- ¼ cup slivered almonds
- 2 pounds rainbow chard (or use red-stemmed chard)
- ½ cup water
- ½ cup apple juice
- ½ cup raisins
- 2 tablespoons butter

1. In a pan or using your oven broiler, toast the almonds.
2. Wash the chard, but do not dry it. Cut the leaves away from the stems, stack several of them in a neat pile, and roll the leaves up like a cigar. Slice crosswise to shred the leaves. Then cut the stems into ½-inch pieces.
3. In a large pan, cook the chard stems in the water for about 4 minutes; add the leaves and cook until they turn tender, 5 to 8 minutes. Stir in the apple juice and raisins, heating them thoroughly.
4. Top the chard with the butter and almonds, and toss lightly. Serve at once.

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

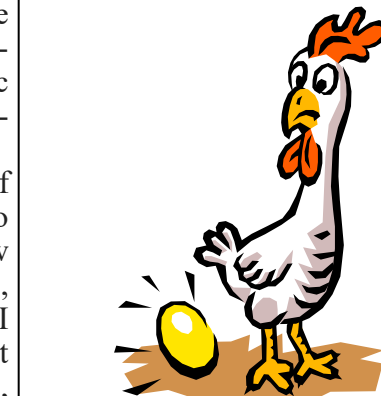


2016 has come and gone in the blink of an eye. Most people I know are glad that this year is over, and are ready for a fresh start.

Where to begin? There's no better place to start than taking care of yourself and your family by enjoying freshly-harvested, organic produce, lovingly grown by our local family farm partners!

I had company from out of town, and I know I did way too much dining out. No matter how hard I tried to make good choices, by the end of the holiday break I was more than ready for eating at home. I want lots of fresh greens, fresh salads, my own farm eggs. I rehydrate with my favorite beverage—unsweetened iced tea, freshly steeped every morning in our cast iron teapot. I drink it throughout the

I'm looking forward to knowing that your share is in your hands, ready for you to work your magic with this delicious bounty. Juice it, eat it raw, cook it—it's all good!



EGGS, EGGS, EGGS!

Our pullets (that's what young hens in their first laying season are called) are hitting their stride. We

day, pouring it over a big glass of ice. already emailed those of you on the waitlist for Rachel's Eggs, and we still have some egg shares available, so here's your chance to enjoy our highly rated eggs (earning Cornucopia Institute's 5-egg rating, among the top 20 nationally for the second time in their Egg Scorecard) - WOO HOO!

To add an egg share, or other add-on, just log on to your CSA member account and choose “add subscription” from the summary box. Click “next” for the basic share (you already have one). On the share options screen, choose the egg share you'd like, and frequency. Then check out and pay.

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Farmigo News

Farmigo is the software system that helps us manage the CSA share operation, from member enrollment to harvest lists to delivery logistics. The folks at Farmigo have been busy redesigning the user interface, and they're rolling it out now.

The next time you log in to your CSA member account or place an order on the webstore you will be treated to the redesigned user interface. It's optimized for mobile use, so it will be easier to use and pleasing to the eye. Check it out!

Community Supported Agriculture

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



Featured Items

Spinach With a short production window in South Florida, spinach is always a welcome treat in the shares! Worden Farm grows a heat-hardy variety. Their farm in Punta Gorda is on very sandy soil (something spinach thrives on), so try as they might, the bunches will be sandy. Trim off the bottom of the bunch, leaving some stems. Wash as described on the next page.

Red Chard Did you know that chard is the same vegetable as beets? Over the centuries, some people preferred plants that had bigger leaves, saving the seeds of those to plant the next time. Others, preferring bigger storage roots (bulbs), chose to save the seeds of those plants. Slowly but surely, two distinct races developed—chard, with big leaves and fat stalks, and beets, with smaller leaves, thinner stalks, and fat bulbs. There are several colors of chard, from the common Giant Fordhook green chard with dark green leaves and white stalks, to the rainbow chards with fun orange, yellow, red, hot pink, white and even pale green stalks. Beets too come in red, white, candy-striped, and golden. And it's all done by Mother Nature—how cool is that?



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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WASHING YOUR GREENS

This procedure works to get dirt or sand off any kind of greens, like lettuce, spinach, kale, chard, celery, etc. Fill up your sink or a very large bowl/tub with ice water. You want depth, so the sand can sink out of the way of the greens. I don't recommend washing more than you're planning to use at one time, because you shorten the shelf life of the greens, especially if you put them away wet.

Remove any bad leaves. Trim the bottoms of the stalks. If the greens have long stalks but you only want to use the leafy tops, save the stalks for another use.

Put the trimmed greens in the water. Gently swirl them for a few seconds. Repeat. This releases the sand. Wait a minute or so, to give the sand a chance to sink to the bottom. Remove the greens and put them in a strainer or gently blot them dry.



Goat Dairy Share
Chevre or Laabneh



Mediterranean Share
Loubiyeh bil zeit



Cheese Share
Hani's Cheese



Small Share