



## Recipe of the Week

### Canistel Coffee Coconut Custard Pie

— from *Tinkeing with Dinner*, by former CSA member billjac

- 2 Tablespoons ground coffee
- 1/2 cup water
- 3 or 4 large eggs
- 1/2 - 3/4 cups sugar, adjusted for the sweetness of your fruit [light brown if you'd like, but it makes the results taste more like pumpkin pie than canistel]
- 1 cup coconut milk
- spices [1 teaspoon cinnamon and 1 teaspoon allspice, or more to taste]
- 1 large pinch salt
- pulp from 2-4 ripe canistels (depending on their size)
- 1 pie crust

0. Preheat oven to 350 degrees.

1. Add the coffee to the water in a small pot. Bring to a boil, turn off heat and let steep for 10 minutes.

2. To a food processor or blender add the eggs, sugar, coconut milk, spices and salt. Strain in the coffee. Blend until well combined. Add the canistel. Blend until smooth.

3. Pour mixture into pie crust and bake for 40 to 50 minutes until it is mostly set but the center couple inches are still a little jiggly.

### “Cool” Cucumber Broccoli Salad

— from *Will Cook for Smiles*, by lyuba

- 2 small bunches of broccoli
- 1 medium cucumber
- ½ cup pine nuts
- ½ cup Feta cheese
- 2 tbs chopped green onion
- 1 tbs fresh Dill weed, minced
- 5 mint leaves, minced
- Salt, fresh cracked pepper
- ½ cup plain Greek yogurt
- 1 tbs mayo
- 1 tsp fresh lime juice
- ½ tsp sugar

1. Cut the broccoli florets from the stem and chop them into smaller pieces.

2. Slice the cucumber into straws.

3. In a large mixing bowl, combine broccoli, cucumber, Feta, pine nuts, green onion, dill weed, mint, salt and pepper. Stir until mixed together.

4. In a small bowl, mix Greek yogurt, mayo, sugar and lime juice.

5. Mix the sauce into veggies until all veggies are evenly covered.

6. Let it sit in the fridge for a couple of hours before serving. Stir again and serve.

### 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](http://beeheavenfarm.com), click on CSA, then Newsletters. Use the search box to search 10 years of information on crops & recipes.

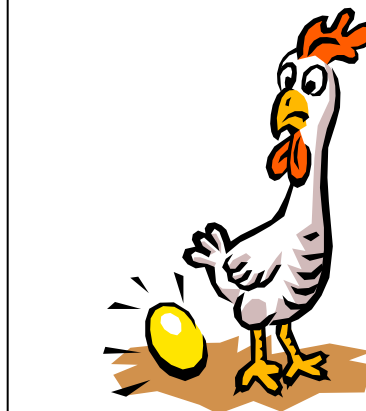
**Share your recipes!** Email your recipes to: [recipes@beeheavenfarm.com](mailto:recipes@beeheavenfarm.com)



## Farm News

We returned to Pinecrest Market last week. We'll be there every Sunday until the end April, when we'll scale back to a single tent in order to continue servicing the SNAP/EBT Fresh Access Bucks incentive program. We have a limited amount of funding for staffing this operation. We've exhausted those funds, so we are looking for a regular volunteer to help us run the program at the market. The person will also help with booth setup, and breakdown, signage, cashiering, and keeping displays stocked as time permits. Please email Margie at [office@beeheavenfarm.com](mailto:office@beeheavenfarm.com) if interested.

Luz is back! A valued farm hand at Bee Heaven Farm for the past four years, Luz had been out since before Thanksgiving, having spent a goodly part of that time in the hospital. It started out simply-enough, as gall stones. She had emergency surgery to take out the stones, then went home. She was back in the hospital less than a week later, with excruciating pancreatitis, and thus began an odyssey that is only now finally over. We're ecstatic to have her back at work, and she's happy to finally be healthy and well.



### EGGS, EGGS, EGGS!

Our pullets (that's what young hens in their first laying season are called) are hitting their stride. We already emailed those of you on the waitlist for Rachel's Eggs. 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.

If you don't want to have a weekly or biweekly egg share, you

can take your chances ordering on the webstore. You must order on Tuesdays to receive your order on your next delivery day. Please note there is a \$10 webstore order minimum.

### Introducing “Cool Runnings Organic Farm”

Currently going through their initial organic certification process, this farm was established last year by Garfield Jarrett. Garfield is a recent graduated of FIU's Veterans and Small Farms Outreach Project.

He's leased land at the western edge of Redland and is busy growing and experimenting with a variety of crops.

In this week's boxes we are sharing in his first harvest of broccoli. The Family shares in addition have a bunch of tender green kale from his farm. Over the summer we enjoyed a variety of hot peppers, Jamaican pumpkins, and cukes. This week at the market we'll have his Shishito and Scotch Bonnet peppers, as well as some cucumbers and pumpkins. We're looking forward to working with this earnest young farmer!

Community Supported Agriculture

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





## Featured Items

**Canistel** Tropical winter fruit are fun to use. Like most fruit of hot climates, they are generally at their best eating when they are soft. Canistel is no exception. DON'T try to eat it before it has softened. When the skin slips off easily, it's ready to eat. With a dense but mild sweetness, it's great in smoothies, but also good any place you might use pumpkin—like in a pie, a custard, or sweet bread.

**Celery** Everyone knows what celery is, right? AH! But if you've never had freshly-harvested celery straight from the farm, you've been missing out. This celery has a slightly salty taste, and it will blow your taste buds away. Save the leafy tops for use in a soup or stir-fry.

**Escarole** It's a member of the chicory family, but looks like a waxy-leaf lettuce. Escarole is slightly bitter, but quite mild. One of my favorite salads is a simple one a guest chef made at a market demo. He tore leaves of escarole and a red lettuce (for color) into bite-sized pieces, added some thinly-sliced onion, and dressed it with a simple honey and fresh lime (or lemon) dressing, with a touch of smoked sesame oil. He sprinkled it with some toasted sesame seeds and handed out samples. Escarole is a hard sell here, because many folks don't really know it. We sold a TON of escarole that day—it was THAT good!



### 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!...



Goat Dairy Share



Mediterranean Share  
Hommos



Cheese Share  
Herbed Cheese



**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.

**Turmeric** You usually see turmeric (*Curcuma longa*) as a dried yellow powder, by itself or as an ingredient in a curry powder or curry paste. Fresh turmeric is finally making its way to markets, but it's usually traveled far before it hits the grocery shelves. This turmeric was harvested a couple of days ago, and you can tell. It's juicy, crunchy and does not have the dull bitter flavor of the dried form. A little goes a long way to help color and flavor a dish. It's great for making turmeric tea and infusions. Turmeric is widely-claimed to help reduce inflammation. If you don't use turmeric liberally, don't worry. You can leave it out on the counter for a couple of weeks with no problem. If it's not all used up by then, you can wrap it in plastic and freeze it. Whenever you want to use some, just shave some off (don't defrost) and put it back. This trick works great with ginger, too!

Want to grow your own turmeric? Turmeric grows "fingers" that hang off a main piece. Pop off and save a finger that has several "eyes". These bumps are the growing tips. Leave your selected piece(s) out on the counter to cure for a few weeks. Then plant them in the ground or in a deep pot, as the fingers grow downward in the soil. Keep moist but not soggy. In time (usually summer when the rains start) your turmeric will grow and thrive. Come winter, the leaves will die off. That's your sign it's time to harvest your crop.

**Dill** This delightful herb is best known for its use in making dill pickles. But it also pairs really well with salmon, fresh or smoked, and is great in chicken soup, salad dressings, and for dips.



### Small Share