



Recipe of the Week

Cherry and Pea Shoot Kale Salad with Date-Balsamic Vinaigrette

— adapted from *The Roasted Root*

Salad:

- 1 bunch Italian (Lacinato) Kale, stems removed and leaves thinly chopped
- 1 cup pea shoots, tightly packed
- 1/4 cup red onion (or scallions), thinly sliced
- 1 cup dried tart cherries (or fresh cherries, pitted and halved)
- 1/2 cup raw walnuts, chopped
- 3/4 cups cooked brown rice

Dressing:

- 1/4 cup oil
- 1/3 cup balsamic vinegar
- 1/4 cup water
- 8 large dates, pitted and chopped
- 1/3 cup yellow onion, chopped
- 2 teaspoons whole grain mustard
- 1/4 teaspoon kosher salt

Prepare the vinaigrette: Add all ingredients for the vinaigrette to a small blender or food processor. Process until completely smooth. Refrigerate until ready to use.

Prepare the salad: Add all ingredients for the salad to a large serving bowl. Toss in the desired amount of date-balsamic vinaigrette and serve. Save the extra dressing for future salads.

Beet Salad with Pea Shoots

— adapted from *myrecipes.com*

- 1/2 bunch of beets, unpeeled
- 3/4 teaspoons kosher salt, divided
- 1 bag pea shoots, snipped into bite-sized pieces
- 1/4 shallot, minced (optional)
- 1 scallion, or 1/4 bunch chives, chopped (1-2 Tablespoons)
- 4 Tablespoons extra-virgin olive oil
- 1-2 Tablespoons lemon juice
- 1/2 firm-ripe Florida avocado, cubed
- 1/4 teaspoon pepper

Preheat oven to 400°F. Scrub beets and arrange in a single layer on a baking pan. Sprinkle with half the salt. Cover with foil and roast until tender when pierced with the tip of a small, sharp knife, about 1 hour.

Cool beets until cool enough to handle. (Peel if desired-optional.) Cut into 1/2-inch-thick wedges.

Combine pea shoots, shallots, scallions, oil, lemon juice and remaining salt in a large bowl. Top with beets, avocados, and pepper, tossing just enough to coat.

Tip: You can roast the beets up to 1 day before—peel and slice when assembling the salad.

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

The continuing warm weather means squashes are in abundance. You'll find acorn squash, butternut squash, yellow squash, zucchini, calabaza, and Jamaican pumpkins.

This week's share reflects the abundance, with acorn squash as well as giant zucchini, great for stuffing. We had planned on yellow squash for a break in the green, but the zucchini outdid the yellow squash—LOL! Don't miss the recipe on page 3 for "Pizza-Stuffed Zucchini Boats".

Cabbages are sizing up well now, so it's time to enjoy the variety of dishes you can make with them. You can start with stuffed cabbage rolls, which you can bake, or cook in a pot to create a tasty soup. Next, shred part of your cabbage to make fresh slaw. Add some chopped onion and carrot for flavor and color, and dress it with mayonnaise and herbs. If you're like my husband, who hates mayonnaise (unless it's freshly home-made), substitute sour cream and yogurt for the mayo, or make a vinegar-based dressing. For an oriental twist, include some slivers of fresh ginger, a dash of shoyu, and a few drops of smoked sesame oil for a burst of flavor. For your next cabbage dish, make a lacto-fermented slaw. It sounds complicated, but is quite simple. Shred half a cabbage. Layer it in a mason jar, alternating each shredded cabbage with a sprinkle of kosher salt. Press down really hard each time you add cabbage, releas-

ing the juices. Continue until the jar is full.

If the released liquid doesn't cover the cabbage, top it off with a bit of brine (2 Tbsp salt per 1 pint water). Loosely cover it and leave it on the counter for a couple of days, to get the fermentation going. Taste it each day, and when you're happy with the level of tartness, put it in the fridge. Use it on sandwiches, hot dogs, or as a side garnish.



Egg shares are available!

===== The Rice Story

For many years, after we discovered that not only was rice being grown in South Florida, but there was significant acreage growing of certified organic rice, we offered a CSA add-on monthly rice share. We went up to the mill, located south of Lake Okeechobee, and purchased the rice directly every month, usually a pallet at a time.

Even after ever-increasing demands from cereal makers, we still managed to pool our purchases together with Global Organics, a local distributor owned by a friend, and continued providing rice.

But since Global Organics sold to Alberts (owned by UNFI, the behind-the-scenes giant of organic suppliers to grocers nationwide), last May, we had been unable to get our hands on any rice. We thought it was the usual summer lull before harvest. This fall, after the new harvest, we were still unable to locate any.

I noticed a new "Florida Table" brand of organic rice at Whole Foods Market in November. I tracked down someone at the source (Domino). I learned that they were re-branding, and sending the rice in bulk up to a Tampa co-packer for the new-style retail package, to be distributed to grocers. You can no longer buy at the mill, unless you can buy 20,000 lbs of rice at a time!

Our CSA is a partnership of local farms providing directly to you, our CSA members. The local organic sugar growers (who grow the organic rice as a rotation crop), are no longer interested in partnering with other local growers to directly serve their home market. We will no longer be offering a rice share. We'll credit the rice shares purchased this season, and you'll need to get your rice at the store.



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

Featured Items

Shishito Peppers A flavorful small, thin-walled Japanese pepper - generally mild, with an occasional spicy one. Popular with chefs, it's great simply grilled or blistered over a flame and pairs equally well with seafood, pork, or steak.

Endive Another member of the chicory family, curly endive has a lighter, more frilly leaf than escarole. A very frilly endive is called frisée, and is often an ingredient in salad mixes. *Frisée aux Lardons* is a traditional French dish made with curly endive or frisée. It's a simple salad, tossed with a vinaigrette of crumbled bacon, olive oil, mustard, and lemon juice, and typically served topped with a poached egg, shaved Gruyère cheese, and toasted croutons.

Pea Shoots Young, recently-sprouted peas have a light pea flavor. They are rich in Vitamins A, C, and folate and are low in calories.

Acorn Squash These personal-sized hard squashes, when cut in half and baked, serves two. You can easily dress it up with a dollop of your favorite stuffing recipe and chopped sausage or tofu. Finish it off under the broiler and you have an easy and elegant main dish, paired with a side salad.



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.

Pizza-Stuffed Zucchini Boats

-adapted from *Damn Delicious*

Preheat oven to 375°F. Line a baking pan with parchment paper; set aside.

Cut a giant zucchini in half lengthwise. Scoop out the center, leaving about 1/2" thick of flesh on the skin. A melon-baller works great for this. Chop up the insides for use in the stuffing, or reserve for another recipe.

Heat 1 Tbsp olive oil in a saucepan over medium heat. Add 1/2 lb ground turkey or another protein such as cooked quinoa or farro, 1 Tbsp each fresh chopped oregano and basil, and Florida Keys Sea Salt and freshly ground black pepper to taste. Optionally mix in the chopped zucchini innards. Cook until browned, about 4-7 minutes. Drain any excess fat. Stir in 1 1/2 cups marinara sauce until heated through, about 1-2 minutes.

Fill zucchini halves with the mixture, and sprinkle with 2/3 cups shredded mozzarella cheese. Top with (1/4 mini pepperoni peppers-optional) and 1/4 cup freshly-grated Parmesan cheese.

Place stuffed zucchini halves on the baking pan and bake until zucchini is tender and the cheese has melted, about 15-20 minutes. Serve immediately.



Goat Dairy Share
Labneh

Mediterranean Share
Chef's choice of...
Felafel
Loubyeh
Mudardarah



Cheese Share
Hani's Cheese



Small Share