



## Recipe of the Week

### Stir Fried Bok Choy and Mushrooms

— from *food.com*

- 4 dried Chinese mushrooms
- 1 tsp vegetable oil
- 1 garlic clove, minced
- 1 lb bok choy, cut into bite size pieces
- 2 oz oyster mushrooms
- 2 oz shiitake mushrooms
- 2 Tbsp oyster sauce

Rinse dried mushrooms. Soak in boiling water; let stand 30 minutes. Squeeze out excess water, cut in half and set aside the liquid.

Heat oil in wok. Stir fry garlic till brown.

Add bok choy 1 minute, add mushrooms for another 2 minutes.

Stir in soaking liquid and oyster sauce. Toss and serve.

### Garlicky Gingered Swiss Chard

— a blend of recipes

- 2 Tbsp olive oil
- 2-3 cloves garlic, smashed
- 1/2 Tbsp fresh ginger, grated (peeling optional)
- 1 tsp red pepper flakes
- 1 large bunch Swiss chard, ribs removed and chopped, leaves roughly chopped
- Kosher Salt or Florida Keys Sea Salt
- Freshly-ground black pepper to taste
- Splash red wine vinegar

Heat the oil in a large sauté pan; add the garlic and red pepper flakes. Cook over medium heat until the garlic turns golden.

Add the chard ribs, stir in the ginger, and sauté until soft, about 4-5 minutes. Add the chard leaves and season to taste with salt and pepper. Cook just until the leaves are wilted.

Stir in a splash of red wine vinegar. Serve immediately.

#### **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)

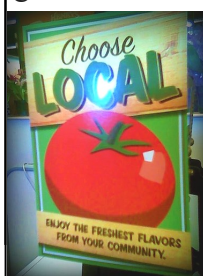


## Farm News

Here in South Florida we're at the height of the vegetable growing season. There's abundance and variety everywhere you look. Our CSA shares are full of interesting items, but there's always a thing or two you may want from your local grocer.

Make a point of asking for locally-grown, Redland-raised produce, even if you're there to get something else! How does this help, you ask? When a produce manager keeps hearing customers ask for something over and over, they WILL ask their buyers. Enough requests, and they will start looking for the local versions of whatever they're selling. Local agriculture is threatened by development pressures, cheap imports, pests, diseases, and climate changes. Steady demand for locally-grown fruits and veggies helps keep local farmers in business.

This is a great time of year to visit farmers markets. Many folks living here are originally from up north, and are not familiar with our growing conditions. You may go to an outdoor market calling itself a "Farmers Market" and see asparagus, garlic, apples, and pears, side-by-side with tomatoes, peppers, green beans, various greens, and



more. Sounds good, right? Well, here's the rub—asparagus, garlic, apples, pears, and similar items require cold weather

and a hibernation period in order to bloom and bear, make cloves, etc. Although in your home garden you might have some asparagus growing, you'll find you get maybe one or two skinny fingers, enough for a snack, and your garlic plants will make leaves and nothing else. So when you see these items at any market, know that they are NOT grown in South Florida.

Those giant juicing carrots? Not from here—our soils are shallow and often rocky. Potatoes? There used to be a thriving winter potato industry here, but no longer—the area grew its last crop of houses 10-15 years ago, never to see farming again. A few growers up around Central Florida are growing potatoes, but the chances of them making it down here are pretty low.

So how about the mangoes you see at the fruit stands? Mango season here is in June, July, and August, with a rare home tree that may bear as early as March, or as late as September. Those mangoes are NOT local—in fact, they're from another country, and in order to be sold in the US, they must be hot-water treated or undergo some other approved treatment to prevent introduction of pests and diseases.

Bananas? The Cavendish and similar bananas you see at every grocer do not grow here, as they're subject to several devastating diseases. And you need to be careful with the small "Manzano" types—

as they've become more popular, they're being imported more and more—so ASK.

You need to be careful even with things that are in season right now, like avocados. Not only are Haas avocados everywhere year-round (they don't grow here, folks!), other varieties that ARE commercially-grown here are being imported and sold right alongside the locally-grown ones.

An unscrupulous vendor will present fruits and vegetables for sale at a market booth without full disclosure. Ask—evasive answers are a red flag. Look for stickers, especially on fruit. Often a tell-tale sign is the boxes the vendor has under the tables or behind the booth—commercial packs with fine print identifying the country of origin, or perhaps "distributed by" some local packinghouse. These are items likely to be grown elsewhere.

All that said, there are a few markets in our area that do have some actual farmers selling their own or partner farms' produce. (but be aware—they also have produce resellers). Pinecrest Farmers Market, Upper East Side, SW Community Market, Verde Gardens, and Redland Farm-Life Market, along with Curbside Market, Burr's Berry Farm, and a U-Pik or two have the real deal. Visit them and help support local agriculture and small family farms!

*Community Supported Agriculture*

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





## Featured Items

**Bok Choy** Pak choy, Boy choi, or by any other name, this succulent, mild and juicy vegetable is low in calories and filling. Use the raw stalks like celery, served with your favorite dip. Slice the stalks on a diagonal, and make a typical Chinese stir-fry easily and quickly. Or, use it as the base for a quick kimchi pickle.

**Chard** is one of the most nutritious greens you can eat! A 1 cup serving of raw chard has 7 calories and supplies 44% of the daily value (DV) of Vitamin A, a whopping 374%DV for Vitamin K, 18% DV for Vitamin C, and 7% DV each for Magnesium and Manganese.

**Oyster Mushrooms** These delicious meaty mushrooms add nice flavor to your dishes. One of my favorite ways to eat them is to briefly sauté them in butter and use them in an omelet filled with whatever veggies I happen to have on hand. On the back page you'll find a recipe pairing mushrooms and bok choy—a match made in heaven.



### 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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**Ginger** Freshly-harvested ginger is delicious and juicy, and bursting with flavor. If you drink tea, try grating a little bit into the pot when you brew up your next batch.. It's refreshing.

**Betel Leaf** This smoked-sausage-flavored leaf packs a taste wallop. Tiny slivers will flavor an omelet. Two leaves laid across a lasagna dish will flavor the whole dish. Possum Trot grower Robert's favorite way to serve betel leaf is to cut a leaf into 1/2" wide strips, and deep-fry in tempura batter. Pair that with a crab dip and you'll have an amazing appetizer.

**Mint** Mojitos, anyone? Ah, but you can do so much more with mint...a finely-chopped sprig brightens up any salad dressing. Add some mint to your tea or lemonade, or spike your water bottle with a few leaves of mint. Try your hand at making mint ice cream or gelato.



Goat Dairy  
Share  
Kefir



Mediterranean  
Share  
Tabbouleh



Cheese Share  
Hani's Cheese



### Small Share