



Recipe of the Week

Spaghetti Squash Pad Thai

— Sara Jones, Tucson CSA, Tucson, Arizona,
as appears in *Bounty from the Box: The CSA Farm Cookbook*, by Mi Ae Lipe

Serves 2

Source Note: This is a great idea from one of our volunteers. Although the texture of spaghetti squash is not really spaghetti-ish, it is quite similar to Thai rice noodles. In this recipe, the squash actually makes a decent stand-in for the noodles. Add sautéed greens to the dish if you like. [Ed: This is a great opportunity to use your radish tops]

2 tablespoons lime juice
2 tablespoons fish sauce
1 tablespoon soy sauce
1 to 2 tablespoons brown sugar
1 tablespoon chili sauce
½ cup dry-roasted peanuts, finely chopped, divided, plus more for garnish
1 tablespoon vegetable oil
1 large handful bean sprouts

½ medium onion, thinly sliced
2 cloves garlic, minced
2 eggs, beaten
1 small or ½ medium spaghetti squash, cooked* and separated into strands
Cilantro, for garnish
Lime wedges, for garnish

*[To cook the squash: Preheat oven to 375°F. Lightly oil a baking dish. Cut squash in half lengthwise, scoop out the seeds and loose fiber. Place squash cut-side down, on the baking dish. Roast until tender, about 35-45 minutes. Remove from oven and let rest until cool. Using a fork, scrape the flesh into a bowl.]

1. In a bowl, mix together the lime juice, fish sauce, soy sauce, sugar, chili sauce, and half of the peanuts. Set aside.
2. In a large saucepan, heat the oil over medium heat. Stir-fry the bean sprouts, onion, and garlic for 1 to 2 minutes. Move the vegetables to the side of the pan and pour in the beaten eggs. Wait until the eggs are mostly set and then stir them to scramble.
3. Add about half of the lime juice mixture to the pan; once it begins to bubble, add the squash. Toss gently to coat. Taste for seasoning, adding more of the lime juice mixture as needed. Garnish with extra peanuts, cilantro, and lime wedges, and 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, 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

This week we welcomed back Tim, a former farm intern who first came to Bee Heaven Farm in 2011. We hadn't seen him in 3 years, while he was off having other farm adventures in far-away places. He's here now escaping from the cold Indiana weather—not much work for landscapers up there at the moment... to our benefit.

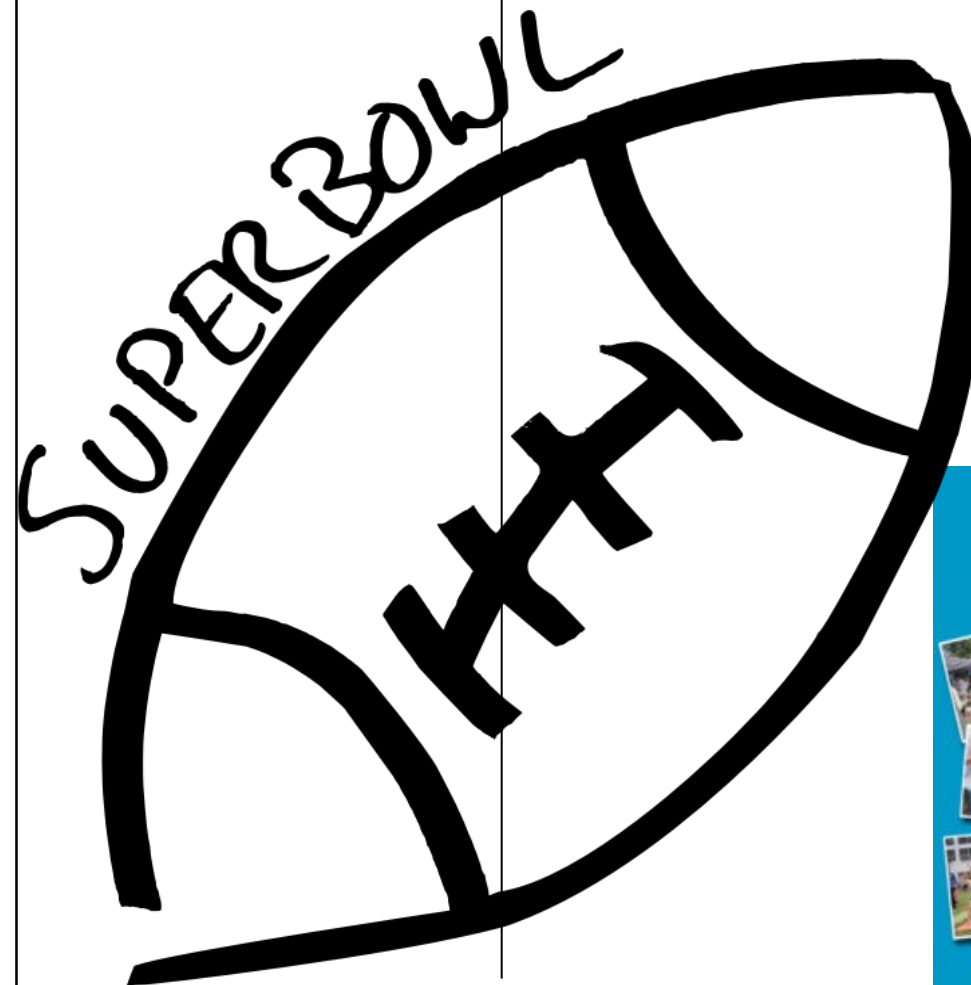
It's Super Bowl weekend, and even if you aren't into football, it's likely other family members are, and you'll be having or going to a party. Or you may decide to just be a homebody. There's plenty of goodies in your shares to prepare some healthy snacks and party food. The artisanal cherry tomato mix, the great carrots, and the sweet peppers will all lend color to your table.

Come see us Feb 11 at the 3rd annual Homestead Eco Fair

Main Street Homestead and the City of Homestead are partnered again to bring the Eco Fair in Losner Park, Saturday, Feb 11, 2017 from 12:00-4:00 p.m.

Losner Park is located at 104 N. Krome Ave. Homestead, FL 33030. This fun event connect residents with all the great environmental and nature groups throughout South Florida. The Eco Fair also focuses on promoting Homestead's award-winning National Parks Trolley service.

The event is free of charge and family-friendly. There will be children's activities, demonstrations, music, vendors, and more.



Community Supported Agriculture

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



Featured Items

Rainbow Carrots Fun, colorful and delicious, rainbow carrots have subtle variations in flavor. They are great raw or cooked, and their green tops are perfectly edible. Use like parsley. Try a carrot-top pesto.

Spaghetti Squash This is another fun food. When cooked, spaghetti squash, as its name implies, will break up into a very impressive vegetable imitation of spaghetti strands. Gluten-free! Go paleo, too—serve up this healthy, low-calorie and nutritious squash.

Italian Frying Peppers Cubanelle peppers are but one type of a class of peppers more famously known as Italian frying peppers. We have a few varieties, some of which are long and slim, while others are short and stocky—but they’re all sweet and delicious, and colorful too!



Family Share



Goat Dairy Share
Yogurt



Mediterranean Share
Baba Ghanoush



Cheese Share
Hani's Cheese

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!...

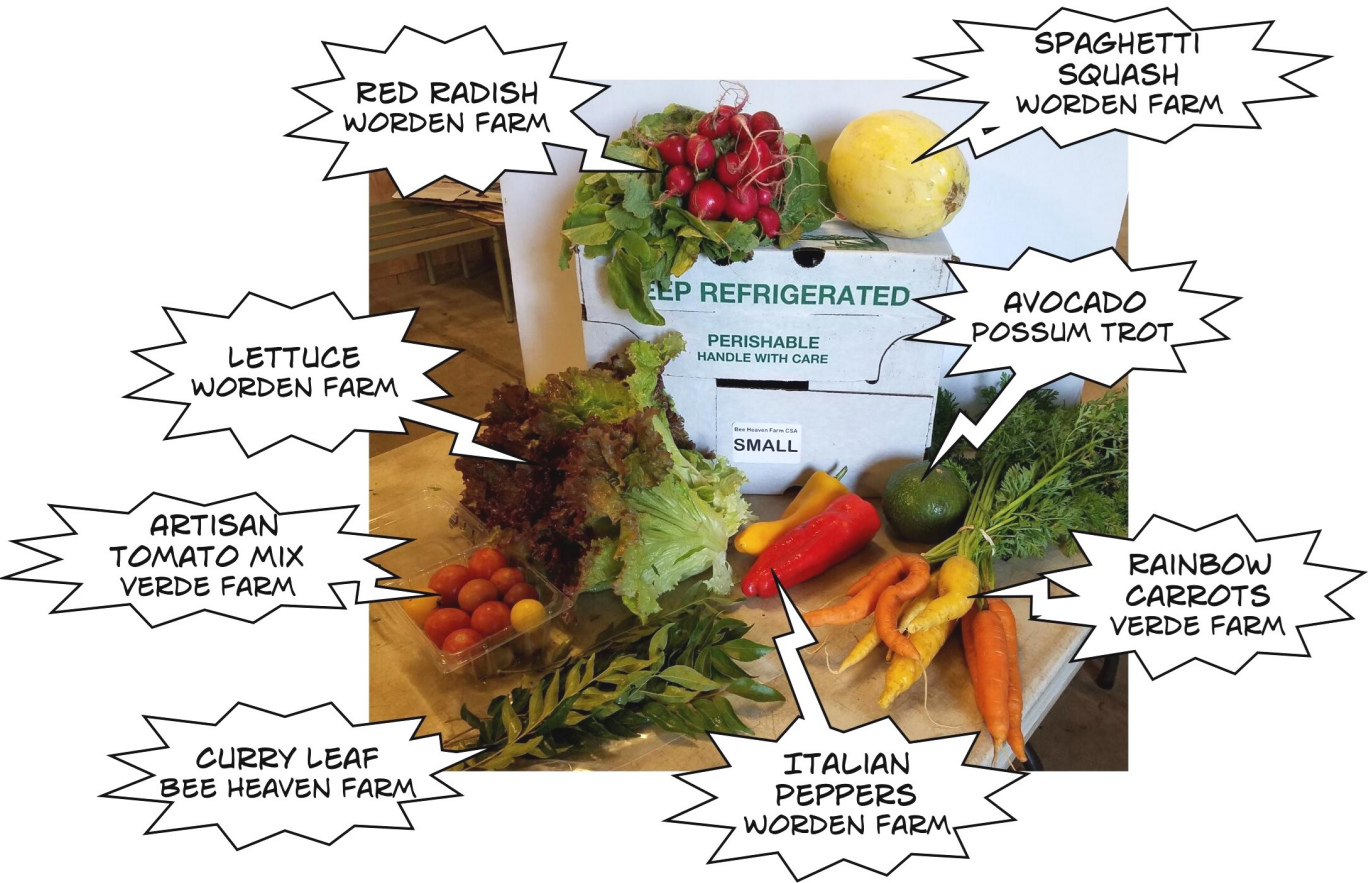


About the shares... There are two sizes of box, labeled FAMILY & SMALL. Please make sure you’ve taken the correct size. Weekly and bi-weekly shares are the same. Take ONLY what belongs to you. Options and special orders have YOUR NAME on them.

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Curry Leaf We had this in the shares early in the season. Some of you later arrivals missed it, so here’s your chance to try it again. Treat it like bay leaf, but use generously in any dish to add a nice but subtle flavor surprisingly like a curry spice mix.

Red Round Radish Radishes are a staple snack and salad ingredient, often taken for granted and considered an obligatory snack/dip plate item. A well-grown radish is full of flavor and juicy crunchiness. And when they come in a bunch with pretty tops, use those leaves in a stir-fry, soup or stew, or throw them in a pot of beans to add color and nutrients. Radishes, as all members of the mustard family, are nutritious powerhouses.



Small Share