



Recipe of the Week

Poached Salmon, Leek, and Fennel Soup

— from marthastewart.com

- 3 leeks, white and light-green parts only
- 1 tablespoon extra-virgin olive oil
- 3 carrots, peeled and cut into 1/4-inch-thick slices
- 1 small fennel bulb, trimmed and cut into wedges, fronds reserved for garnish
- 2 celery stalks, cut crosswise into 1/4-inch slices
- 4 sprigs fresh flat-leaf parsley
- 4 sprigs fresh thyme
- One 14 1/2-ounce can fat-free vegetable stock
- 2 teaspoons coarse salt
- 1/2 teaspoon freshly ground pepper
- One 1-pound salmon fillet, skin removed, cut into 1-inch cubes
- 1 bunch (about 3 ounces) spinach, washed and cut into 1 1/2-inch-wide strips

Slice leeks crosswise into 1/4-inch coins. Place in bowl of cold water; move leeks with fingers so sand falls to bottom. Lift leeks from water with fingers or slotted spoon, and drain; set aside.

Heat oil in a saucepan over medium heat. Add leeks, carrots, fennel, and celery. Cook until softened, about 5 minutes. Add parsley, thyme, stock, salt, pepper, and 5 cups water. Bring to a boil; reduce to a simmer. Cook 30 minutes. Turn off heat; add salmon and spinach. Poach until just cooked through, about 3 minutes. Garnish with fennel fronds; serve.

Raw Beet and Carrot Slaw

-adapted from bonappetit.com

- 1/4 cup plain Greek-style yogurt
- 1 teaspoon finely grated orange zest
- 3 tablespoons fresh orange juice
- 1 tablespoon fresh lemon juice
- 1 tablespoon finely chopped fresh dill
- 4-6 medium beets, peeled, julienned
- 1 medium carrot, peeled, julienned
- Florida Keys Sea Salt and freshly ground black pepper

Whisk yogurt, orange zest and juice, lemon juice, and dill in a medium bowl. Add beets and carrot and toss to combine. Season to taste with salt and pepper.

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

Visit us Saturday 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 connects 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, which connects Biscayne National Park with Everglades National Park.

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



Wow! Time flies!

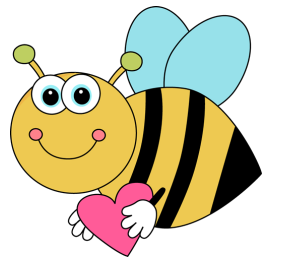
This week marks the midpoint of our harvest season. We're half-way through the 20-week CSA season. The weather has been warm and everything has been growing vigorously, so there's a lot of great produce out there.

Before you know it we'll be thinking about the summer fruit crops. Avocados are beginning to bloom, signaling that spring is around the corner.



Valentine's Day

...is coming up on Tuesday. At Bee Heaven Farm we have a long-standing farm tradition—along with those heart-healthy veggies to keep you and yours in tip-top shape, we include a jar of our delicious wild-flower honey for your honey in all the share boxes.



Our bees work busily year-round to create this tasty honey—if you haven't tried it before, you're in for a treat! It's raw, and only strained, not filtered, so microscopic bits of pollen are still in it. This is why local honey is considered useful in combating pollen-related allergies. It's also why, when it sits around on the shelf, you will see some settling after awhile. It may even start to crystallize.

All of that is normal and the honey is perfectly edible. If you don't like it like that, set it on your car hood in full sun, or throw it on the dash or in the trunk and ride around with it on a hot day. After a few hours in the heat, the crystallized honey will go back into solution. Any pollen that eventually settles to the bottom will stay there, and you can scrape it out with a spoon.

Store your honey on the counter or in your kitchen cabinet. Unless it has been adulterated, honey never goes bad, and should never be refrigerated.

Community Supported Agriculture

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



Featured Items

Garnet Mustard These vibrant mustard greens practically shout out “eat me”! Like it spicy? Eat them raw. Like them mellow? Cook them, and the heat tones down. Add some dried fruit like apricots or raisins, and the sugar transforms the dish.

Butternut Squash This is one of the more familiar winter squash. Supermarkets commonly carry them, as they keep very well. Freshly-harvested butternut squash is a delight to cook—often the skin is soft enough to eat! It’s dense and lends itself well to baking as well as roasting.

Beets with tops Red beets remind me of the way we like our hearts—bursting with sweetness and tenderness. Roast beets to really bring out their sweetness. Use the tops to prepare a great mess o’greens, with EVOO (extra-virgin olive oil), salt & pepper to taste, and quickly sautéed.



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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Leeks When I hear leeks mentioned, my next thought is “potato leek soup”. However, leeks are much more versatile than that! They are great split lengthwise in half and grilled, baked in a casserole or a quiche, and more. Check out the recipe on the back page.

Fennel Fennel is related to both dill and carrots. With a mild and sweet anise flavor, fennel is high in fiber and rich in several B vitamins, and is especially rich in manganese, iron, calcium, and magnesium.

Chopped fennel bulbs flavored with salt, black pepper, lemon juice, parsley, olive oil, and sometimes sumac, are popular in Israel, served as a simple salad. A tasty variation adds thinly-sliced celery ribs, and celery leaves for garnish. It is best prepared and refrigerated a couple of hours ahead of serving time to allow flavors to mingle.



Goat Dairy Share

Mediterranean Share
Felafel or Fejuada
a Brazilian (black bean dish-vegan)



Cheese Share
Hani's Cheese



Small Share