

Recipe of the Week

Carrot Salad with Arugula and Mustard Greens

— adapted rom a recipe by Donna Prizgintas in *Delicious Living*

- 1 large sweet onion, Vidalia or red, cut into large dice, about 1 1/2 cups total
- 2 tablespoons olive oil
- 2 tablespoons rice wine vinegar or white balsamic
- Juice of 1 orange (4 tablespoons)
- 6 ounces Spicy Greens Mix (arugula and mustard greens), washed and drained
- 4 large carrots, scrubbed clean and grated (NO need to peel)

Sauté onion in olive oil for about 10 minutes. Deglaze pan with vinegar. Transfer mixture to a blender; add orange juice, and salt and pepper to taste. Blend until smooth. (Makes about 1 cup.)

Just before serving, combine dressing with grated carrots. Pile onto mixed greens and serve.

Cabbage Pesto

—from *The Vegephile*, Native Offerings Farm

Use this as you would any pesto—toss with pasta or white beans; spread on bread for crostini; add to soups...

- 1/2 medium-size green or red cabbage
- 2 – 3 T coarse sea salt, plus additional to taste
- 4 garlic cloves, peeled and coarsely chopped
- 3/4 c olive oil
- 1/2 c grated Romano or Parmesan cheese

Bring 3 quarts of water to the boil in a large pot. Add the 2 to 3 tablespoons of salt to the water.

Rinse cabbage half and drain well. Remove stems and thick veins from the leaves. Core and cut the leaves into 1-inch wedges.

Cook cabbage for about about 8 minutes. Drain in a colander, reserving about a cup of cooking water. Pour cold water over cabbage to stop cooking. Allow to drain and cool down.

Purée cabbage, garlic, olive oil, and cheese in a food processor until it begins to resemble a paste, adding as much reserved cooking water as necessary to achieve a smooth consistency. If you use a blender, you may need to chop up the cabbage even more and whizz the cabbage in batches first before adding the rest of the ingredients. Taste for salt—as the cabbage was cooked in salted water and the cheese is quite salty, more shouldn’t be necessary.

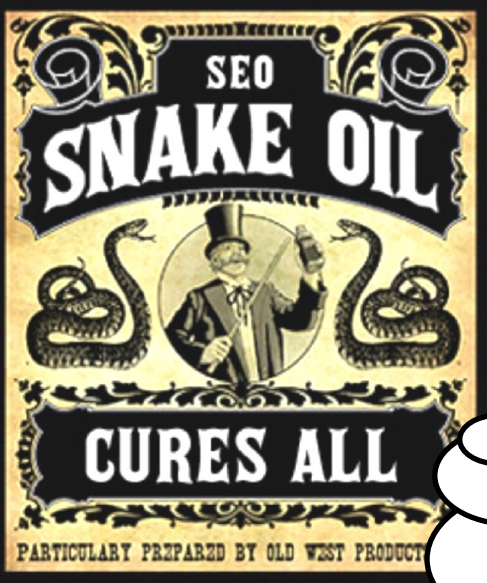
Use immediately or transfer to a jar and cover with a layer of olive oil. Store in refrigerator for up to 2 weeks.

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

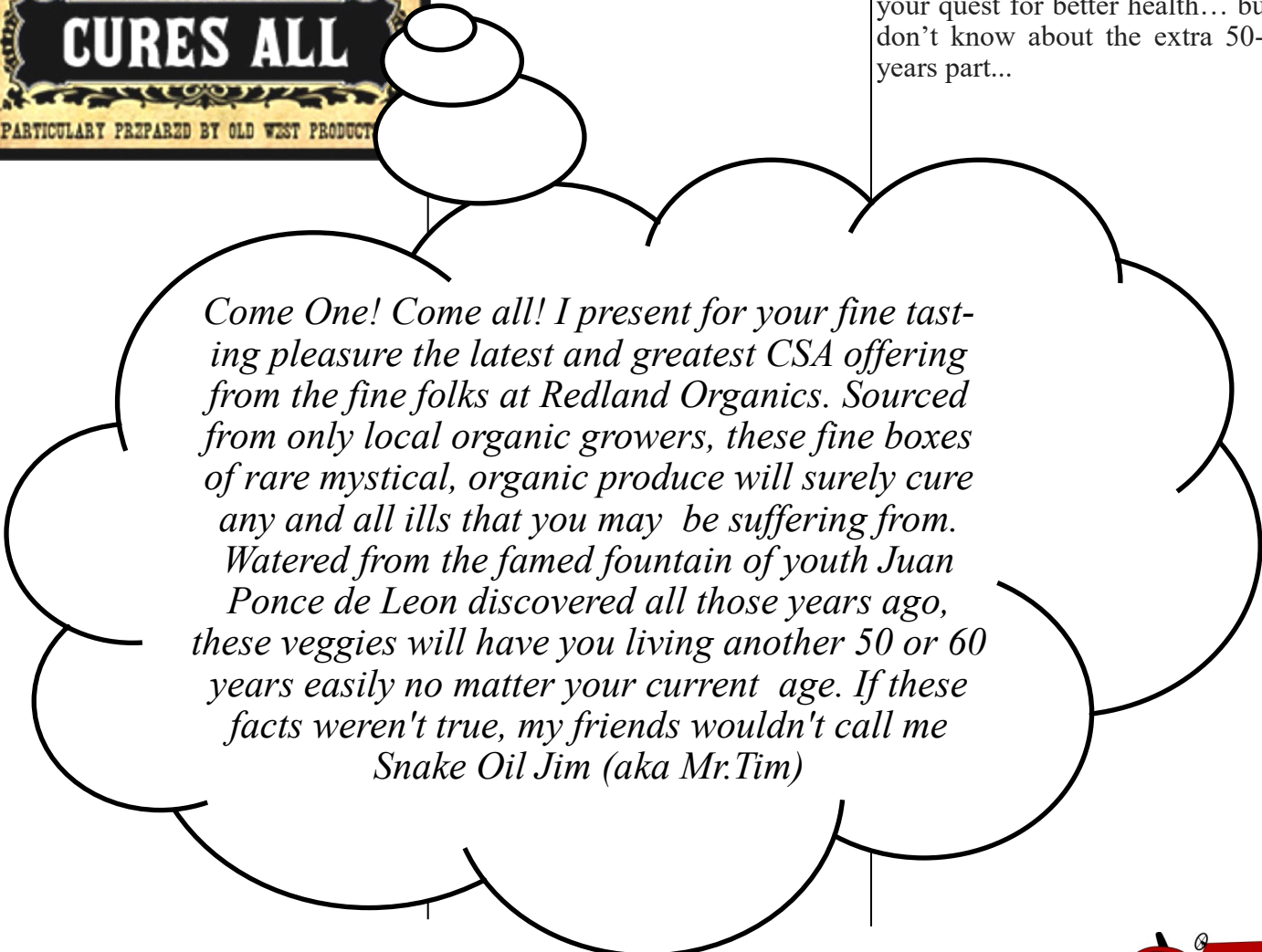
Farm News



Ed: No, folks, it’s not snake oil!

It IS freshly-harvested organic produce, grown by our group of farmers with our awesome CSA members in mind, and thoughtfully curated to provide a varied nutritious experience from week to week.

Consuming these veggies WILL undoubtedly help you in your quest for better health... but I don’t know about the extra 50-60 years part...



Community Supported Agriculture 

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



Featured Items

Spicy Greens Mix Arugula and Mustard greens make a great combination. For a spicy kick, eat it raw. Not so keen on the heat? Cooking tones down the kick, and adding a sweet ingredient, like dried fruit, or a bit of sugar, really mellows and rounds out the flavor. Check out the recipe on Page 4.

Scarlet Queen Turnips If the only turnips you've had are the strong-flavored traditional purple-top globes, you're in for a treat. These red-skinned turnips are creamy and mild, and their tops make great greens.

Hakurei Turnips These white Asian salad turnips have a crispy, crunchy, mild flesh, and are great raw in a salad. (Remember, turnips are in the same family as radishes, and can be used similarly.)



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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French Breakfast Radishes Like the more familiar red round radishes, these pink and white cylindrical beauties are mild and delicious. If your bunch has nice tops, they're great in a quick saute or stir fry. French Breakfast radishes got their name because they are popular as breakfast food in France. Simply served with a baguette slathered with butter and a bowl of café au lait, they make a surprisingly tasty combination.



Goat Dairy Share
Feta

Mediterranean Share
Veggie Soup



Cheese Share
Hani's Cheese



Small Share