

Recipe of the Week

Wake-Up Tuna Salad

— Mi Ae Lipe, as appears in *Bounty From the Box, a CSA Farm Cookbook*, by Mi Ae Lipe

Serves 1

Author’s Note: This is my favorite salad, one that I eat most days for breakfast as an entire meal. With its bold flavors and raw hot pepper, this is definitely not a delicate salad for the faint of heart. The beauty of it is that I can vary the ingredients and proportions according to what is absolutely fresh and topnotch that day, and to my mood—and so should you.

This salad will only be as good as the quality of the ingredients used, so don’t scrimp on the greens, herbs, tuna, and oil. Because the flavors are already so powerful, the dressing should not be a dominating one. I have found that the very best-quality hazelnut oil and a sprinkling of sea salt are the perfect accompaniments; the nutty saltiness gently mellows and enhances the greens and tuna.

A note about the tuna: Don’t make this with that insipid water-packed albacore—use an oil-packed tuna that is richly flavored. The extra calories are well worth it.

- Salad mix or mesclun (can contain any proportions of baby lettuces, mizuna, tatsoi, spinach, escarole, radicchio, arugula) *[ed: you can use the spicy mix and omit the hot pepper if it’s too spicy for you]*
- Fresh basil leaves, torn
- Fresh herbs (oregano, chives, tarragon, or whatever you fancy)
- Jalapeño or serrano pepper, thinly sliced or diced, to taste
- Hazelnut oil
- Sea salt
- 1 (5-ounce) can Italian oil-packed tuna (Genova brand is my favorite)

1. Place a generous handful of salad mix in a large bowl or on a plate. Add the torn basil leaves and sprinkle with whatever fresh herbs you desire. Add the jalapeño. Gently toss together to combine.
2. Drain the tuna (save the tasty oil and use it within a day or two for adding to a pasta dish or as a treat for a lucky cat) and add it to the top of the salad. Drizzle a generous amount of hazelnut oil all over the salad, then finish with a sprinkling of sea salt. Enjoy immediately.

**Variations:** Instead of tuna, substitute canned salmon or chicken *[ed: many types of cheese works for this and will greatly vary the taste; for vegans, firm tofu, seitan, or another meat substitute also works]*. Add finely chopped green onions, shallots, or onion rings. Substitute the very best extra-virgin olive oil you can afford for the hazelnut oil.



From time to time we feature recipes, such as the one above, from Mi Ae Lipe’s **Bounty From the Box, a CSA Farm Cookbook**. This is a wonderful, comprehensive tome, containing recipes, background information on veggies, farm stories, and other useful information. If you’re looking for a single source of inspiration to learn about preparing the goodies in our CSA boxes, this is the one to get. Mi Ae presented at the Miami Book Fair in November, She personally signed the copies we have available for purchase on our [webstore](#). The price \$35 includes sales tax. Place your order on Tuesday for delivery to your pickup site along with your share box.

**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](mailto:recipes@beeheavenfarm.com)

Farm News

*Ginger works at Bee Heaven Farm and also receives a weekly small share. Here she shares her approach to the weekly influx of fresh veggies...*

“As an employee for two farms and a farm delivery service, the amount of vegetables I have on hand can sometimes seem overwhelming. I open my overflowing refrigerator and start sorting through fruits and vegetables, some I’ve never even heard of before! So for those of you trying to figure out what to do with your weekly box of goodness, you’re not alone.

“I rarely have time to plan and prepare a five-star meal, so I turn to more simple suggestions:

“Blend up a perfect smoothie by throwing in some juice or coconut water, frozen fruit, a handful of leafy greens, and a fat such as an avocado or a scoop of nut butter.

“Whip up a delicious stir-fry of veggie noodles and any other veggies you have on hand and toss them in coconut oil.

“Throw stuff like cabbage, kohlrabi, turnips, cilantro, peppers, ginger and turmeric in the food processor... mix with some vinegar and lemon juice and you have instant coleslaw.

“Chop any kind of veggie you could ever imagine in your chopper, sprinkle fresh herbs over them and throw them in the oven to roast a medley!

“Any leftover items can be frozen for future use and don’t forget, you can always throw them in some vegetable broth for a delicious soup.

“Still have more? Ferment, ferment, ferment. I’m not one to waste anything, but if there are some leftovers I make sure to compost them and voila, I have soil for my garden. Now I’m ready to start all over again with next week’s share.”

*ed: A good basic cookbook makes a great reference from which you can learn techniques and get ideas on what to do. Don’t feel bound to follow a recipe. Use a recipe that sounds good as a jumping-off point. Add or substitute similar items for any ingredients you may not have on hand, or just to vary it up.*

*The only recipes I suggest following closely (at least until you’re thoroughly familiar with how ingredients behave) are those for baked goods such as cakes and breads. But even with those, there are changes you can make without messing it up. For example, you can take a banana bread recipe and*

*substitute another mashed fruit, or shredded zucchini in place of part or all the banana.*

*An example of a recipe that you can vary easily is featured on the back page. It’s from Mi Ae Lipe’s “Bounty From the Box, a CSA Farm Cookbook”. From this one recipe, you can make so many combinations with completely different textures and taste outcomes that you could make this salad every day and not ever repeat yourself!*



**Storage Tip:** Have a limp root or two sitting in your refrigerator? Gather them up, and soak them in water with ice cubes for a few hours, or until they’ve firmed up. Check periodically to be sure the water stays ice cold—add more ice cubes as needed. Once turgid, use them or bag them up for another day. You can also perk up wilted greens the same way (of course, if they’re in total meltdown, it won’t work). Prevent the problem by separating leafy tops from the roots and storing them separately, in plastic bags or containers, in the vegetable drawer.





## 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.

**Calabaza/Jamaican Pumpkin** “Traditional” orange pumpkins do not grow well in tropical climates. However, there is a class of pumpkins, primarily of the Cucurbita moschata species, that grows throughout the Caribbean. Most commonly known as Calabaza, you often see cut pieces for sale at the grocery store. Calabazas vary in density and texture. These are a Jamaican strain, especially nice, and Redland Raised by Garfield at Cool Runnings. They’re great cut into slices and roasted, or used in soups and stews.

My favorite way to eat Calabaza is in a refreshing cold salad. Cut into cubes, boil until just fork-tender, then chill it. Serve on a bed of watercress, topped with very thin slices of onion and dressed simply with salt and pepper to taste, olive oil, and vinegar. Our spicy salad mix, escarole, or even plain lettuce, also work well.



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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**Escarole** This underappreciated member of the chicory family is mild and tender, yet performs well in soups. And it’s the only green I know that makes its own self-thickening sauce when cooked as a stand-alone side dish. Its slightly bitter flavor is not offensive, and works well in a salad. I particularly enjoy escarole in a simple salad a chef prepared for a market demo. Tear escarole and red butterhead lettuce into bite-sized pieces. Toss with a honey-lime dressing (just mix freshly-squeezed lemon or lime juice with honey), thinly-sliced onions (if you don’t have red lettuce, choose red onions for the color), salt and pepper to taste, and sprinkle some toasted sesame seeds. For an Asian twist, add a bit of sesame oil to the dressing. Easy and delicious!

**Spring Onions** The loose onions you normally buy at the store are fully matured and cured. Before they get to be fully grown, at the “teenage/young adult” stage, they still have green tops and small, juicy, tender, and sweet bulbs. You can eat everything—the leaves are especially nice in soups and stir-fries, or as a topping for steak or salad.



Goat Dairy Share  
Yoghurt



Mediterranean  
Share  
Felafel



Cheese Share  
Za'atar Cheese



Small Share