

Recipe of the Week

Raw Chard, Radish, Cashew and Lemon Ginger Wraps

-from a recipe by Skylor Sprout from Food52

For the Wraps:	For the dressing:
6 chard leaves, 4 radishes	2 pitted Medjool Dates
1 cup chopped cashews	1/2 cup coconut milk
1 carrot, 1 beet	1/2 cup coconut milk yogurt (or dairy yogurt)
6 large bok choy leaves –OR– 6 spinach tortillas	1 lemon
Salt	1 teaspoon fresh ginger

- Start with the dressing... In a blender, combine the coconut milk, yogurt, ginger, and pitted dates. Zest the lemon whole, then cut it in half and squeeze the juice right into the blender. Blend on high for about 45 seconds until smooth. Set aside.
- Wash and finely chop the chard, radishes, and cashews. Place in a large bowl. Use a peeler to shred both the carrot and the beet into the bowl. Salt the veggies well and let sit for 15 minutes so the veggies dehydrate slightly. Add the dressing and stir thoroughly until all veggies are coated.
- Wash the bok choy leaves. Cut the white stems off (reserve for another dish), leaving the floppy green leaf portions. Place about 1/2 cup of veggie mix in the leaf. If using spinach wraps, use about 3/4 cup mix for each one. Wrap tightly and if not eating immediately, use a toothpick to lock it.
- Put any extra dressing in a small bowl for dipping. Enjoy!

Grilled Eggplant & Bok Choy w/Korean BBQ Sauce

-from savourthesensesblog.com

4 Tbsp olive oil	2 garlic cloves, minced
1 small serrano chile with seeds, minced	1/3 c soy sauce
1/4 c brown sugar (packed)	3 Tbsp rice vinegar (or apple cider vinegar)
3 Tbsp water	1 Tbsp sesame oil
1 large head bok choy, washed and leaves separated	1 ;arge eggplant., thinly sliced
Salt and pepper to taste	2 green onions, chopped
2 c cooked rice	2 cooked chicken breasts (optional)

- In a medium saucepan, heat 1 Tbsp olive oil over medium heat and saute the garlic and serrano until soft (about 3 minutes). Add the soy say, brown sugar, vinegar, and water and bring to a boil, stirring frequently. Reduce the heat to low, add the sesame oil and stir to combine. Set aside and keep warm.
- Heat the grill to medium-high heat. Brush the eggplant slices with olive oil and season with salt and pepper. Grill the eggplant until soft (about 3-4 minutes per side).
- Meanwhile, heat 1 Tbsp olive oil over medium heat in a large saute pan. Add the bok choy and 2 Tbsp of the barbecue sauce. Stir-fry until wilted (about 3 minutes).
- Chop the eggplant into bite-sized pieces, then combine with the bok choy. Serve over rice with extra barbecue sauce and chicken (if desired).

**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

...Things happen—  
behind the scenes...

Normally everything runs pretty smoothly. Every Monday the various farms tell me what they have ready to harvest. We also check and see what we have ready to harvest at our farm. Based on the feedback, and mindful of what I’ve been putting in the shares in past weeks, I configure what I want to put in the share boxes for the upcoming week.

Sometimes some items don’t pan out—we may come up short on something, or we may find at the last minute there’s a windfall of another thing. The box contents generally stay fairly stable, but that can easily change, even at the last minute.

But every once in a rare while something you couldn’t have predicted in your wildest dreams happens. This was one of those times.

On Thursday, bright and early, Victor made the run to Worden Farm to pick up their harvest items. He got back late morning without incident. I happened to be in the barn when he arrived, took at look inside the truck, and immediately knew something was NOT right. Half the stuff was missing! OH NO!

I got on the horn with Chris at Worden Farm and we quickly figured out that somehow he’d used last week’s harvest list instead of this week’s list. YIKES! We had to do something, and quickly.

While Victor took a nap, our crew unloaded a giant bin of veggies to make space in the truck. Meanwhile, Chris got his crew to work harvesting all the additional stuff we needed—for shares, for market, and for miscellaneous orders—filling another 60 totes. (A tote can hold approximately 1 3/4 bushels, or up to 70+ pounds of veggies.)

The crew made short work of it, and Chris set off. Victor and Tim headed north to meet Chris halfway, in South Bay (bottom end of Lake Okeechobee). At a likely spot on the side of the road, they parked back-to-back and proceeded to transfer the veggies from their truck to ours. It’s now dark, mind you.

They were approached by someone who told them they were on private property, then wanted to know if we had any “weed” on the truck. I’m sure we had some weeds in amongst the veggies, but that sure wasn’t what the dude was asking about– LOL!

Safely back a little before 9pm, we all breathed a sigh of relief. Now we were finally in good shape to pack the shares Friday morning and fill the orders—well, except for the maneuvering from having to deal with a bunch of extra totes... anyone interested in 92 bunches of mizuna?



**Storage Tip:** Tropical fruit, including, to name a few, avocados, mangos, carambolas, tomatoes—yes, they are a fruit!, should NOT be refrigerated until they are fully ripe. They evolved in hot tropical climates, and are easily damaged by the cold temperatures in refrigerators. Refrigerators are typically set around 34°-38°F, close to freezing. Tropical fruit generally suffer damage at temperatures below 55°F. Unless there’s actually something wrong with your fridge, or you have a specially-designed produce cooler, you won’t have the right temperatures. Keep them on the kitchen counter until they’re ready to eat. Then eat them. If the dish calls for it, you can briefly refrigerate them without loss of flavor.



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



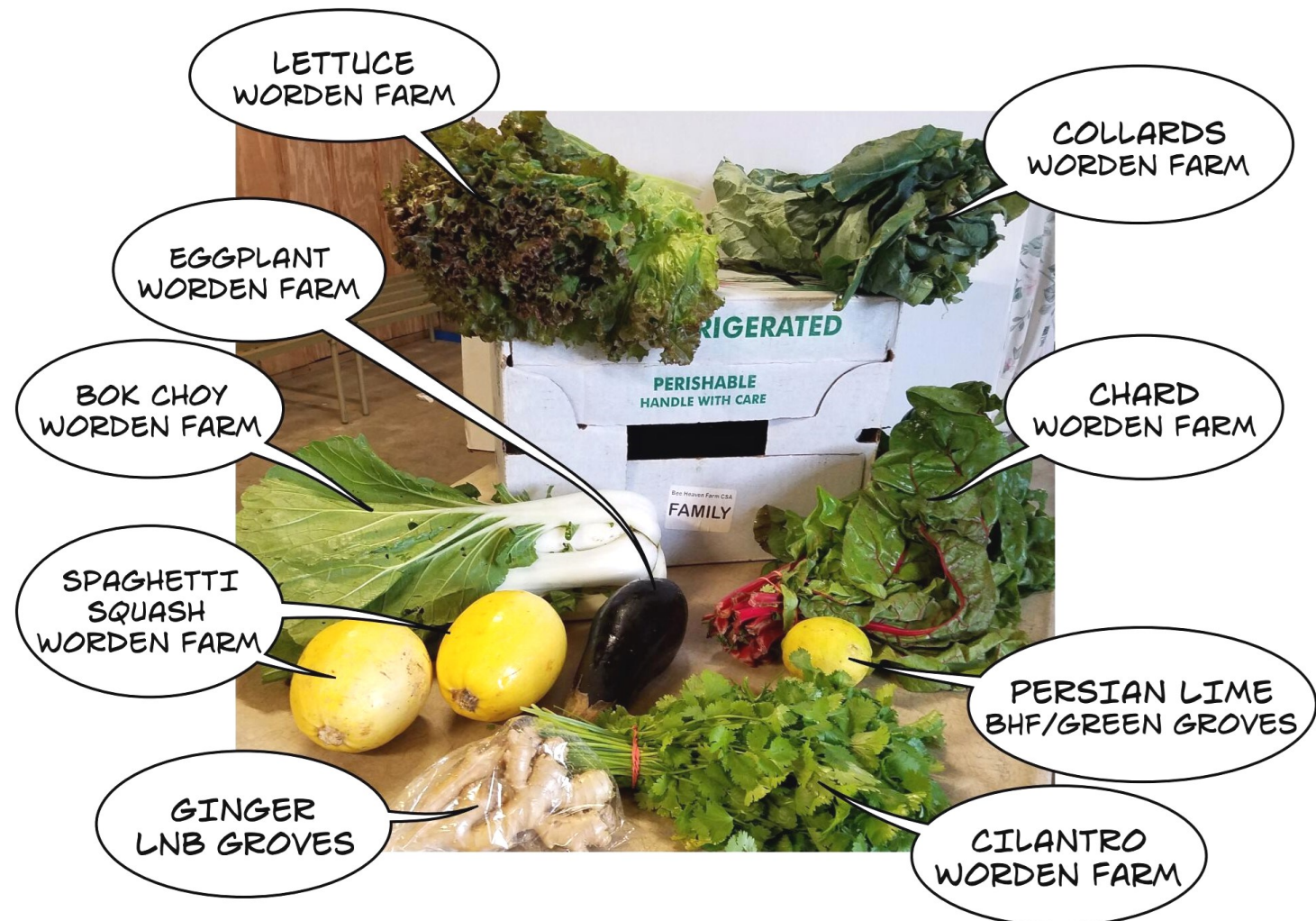


## Featured Items

**Spaghetti Squash** Great for making a veggeghetti—a gluten-free, vegetable substitute for spaghetti. Cut in half, scoop out the seeds, oil the cut edges, place face down on a baking sheet, and bake or microwave until fork tender. Let cool down enough to handle, and scoop out the insides, which magically become like strands of spaghetti.

**Bok Choy** The ubiquitous vegetable found in Chinese restaurant dishes everywhere. But did you know the crunchy and juicy stalks are great as a celery substitute for dips? And they're both nutritious and very low calorie.

**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.



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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**Persian Lime** Yeah, it's a lime—a "regular" Persian aka Tahiti Lime. But wait...this has a yellow rind... Persian limes are best harvested at the point when they are fully mature, and at peak juice content. This happens to be the point when they are about to turn yellow. As the skin turns yellow, the sugars increase, and the lime is at maximum flavor. Alas, all too often the ones you find at the grocery store are harvested waaaaay too soon. You can squeeze an immature lime all day and barely get a few drops. But these beauties are another story. Be prepared for lots of awesome juiciness!

**TIP:** To cut wedges of citrus for maximum juice, first cut the fruit in half along its equator. Then proceed to cut each half into wedges, starting from the exposed flesh. This ensures that all the membranes are cut through, allowing all the juice to be easily squeezed out.

Goat Dairy Share  
Kefir



Mediterranean  
Share  
Cauliflower w/  
Lentils



Cheese Share  
Hani's Cheese



Small Share