

Recipe of the Week

Romanesco and Cannelini Bean Salad

-from Sunset.com, as seen in foodcombo.com

1 head Romanesco broccoli, broken into medium florets, leaves chopped	1 tsp finely chopped capers
1 Tbsp white wine vinegar	3/4 tsp kosher or Florida Keys Sea Salt
5 Tbsp extra-virgin olive oil (EVOO)	1/2 tsp pepper
2 tsp orange zest (organic to avoid pesticide residues)	1/4 c roughly chopped flat-leaf parsley
1 Tbsp orange juice	1 can (15.5oz) cannellini beans, drained and rinsed

Put Romanesco florets in a steamer basket and set in a large pot filled with 1/2 in. water. Steam over medium-high heat until tender-crisp, 8 to 10 minutes. Transfer to a colander and rinse with cold water.

Whisk vinegar, oil, orange zest and juice, capers, salt, and pepper in a large bowl. Add remaining ingredients and stir to coat.

Roasted Beet and Turnip Galette

-from thekitchn.com, as seen in foodcombo.com

3 medium sized beets (red, golden, or Chioggia)	1/2 c ricotta cheese
5 small to medium sized red turnips	A few pinches of Florida Keys Sea Salt
2 Tbsp EVOO	1/4 tsp smoked paprika
1 frozen puff pasty sheet, defrosted in the fridge overnight	

Trim the beets and turnips, and lay them out on a baking sheet. Drizzle with 1 tablespoon olive oil and a pinch of salt. Roast at 400°F for 20 to 40 minutes depending on size. They are done when fork-tender. (My turnips were smaller than the beets, so they took 20 minutes, whereas the beets took 40 minutes. If you find turnips and beets that are a similar size, it will be a bit easier.)

Lay out the puff pastry on a baking sheet, pinching the edges to make a little crust. Prick the surface all over with a fork. Blind bake it at 400°F for 5 minutes. Take it out of the oven and spread the ricotta over the whole surface.

When the beets and turnips have cooled a bit, peel the skin off if you wish (I don't bother), then slice them thinly and layer them over the ricotta. Dust the whole galette with the paprika, then drizzle the galette with another tablespoon of olive oil and a pinch of salt.

Bake at 400°F for 15 minutes until the edges are golden. Cut into squares and serve warm or at room temperature. You may wish to drizzle a little more olive oil on each piece before serving, and add another pinch of sea salt

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

BeeCause Flea

Saturday March 18 from 10am to 4pm

Tropical Audubon Society

5530 Sunset Drive, Miami, FL 33143

Join local farmers, artisans and makers for Tropical Audubon Society's inaugural BEE-cause Flea, in support of the Pollinators who feed our Planet—
Birds, Bees, Butterflies, Bats & Beetles.

*This is a FREE community event. Please RSVP on EventBrite:
<https://www.eventbrite.com/e/beecause-flea-tickets-32237586489>*

The Flea (10am-4pm)

Shop our inaugural BEE-cause Flea @TropicalAudubon and help support the pollinators who feed our planet. Browse among a carefully curated cross-section of 12-15 vendors — from artisan makers to bakers and beekeepers.

André Art Glass / Bee Heaven Farm / Black Bird Paper Co.
BuenAventura Curbside Project / BunnyLulu Handmade / Cafecito 305
Fair Trade Market / Flying Barn Studio / Found Objects Assemblage
PG Tropicals (Redland) & Guavonia Guava Grove / Keez Beez Honey
The Organic Jeweler / The Polished Coconut
Reeny's Butterflies, Blooms & Bees / Vice City Bean

Listen, Honey FreeBee Workshops:

11:00am Back Yard Beekeeping w/ Ramiro Blanco of Tropical Beekeeper's Association
12:30pm Whole Foods Markets Honey Tasting w/ Keez Beez
2:00pm Cooking w/ Honey Demonstration w/ Food Writer & Critic Victoria Pesce Elliott
3:05pm Cafecito 305 break with Honey Lattes and Vice City Bean
3:15pm Pollinator Walk

Explore the trails that thread our restored Pine Rockland and Tropical Hardwood Hammock habitats.
Take a guided tour of our historic 1932 Doc Thomas House. Picnic in our oak-shaded grove.

Sponsors:

Whole Foods Markets / Edible South Florida / Community Newspapers / Slow Food Miami / INYBN.org



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



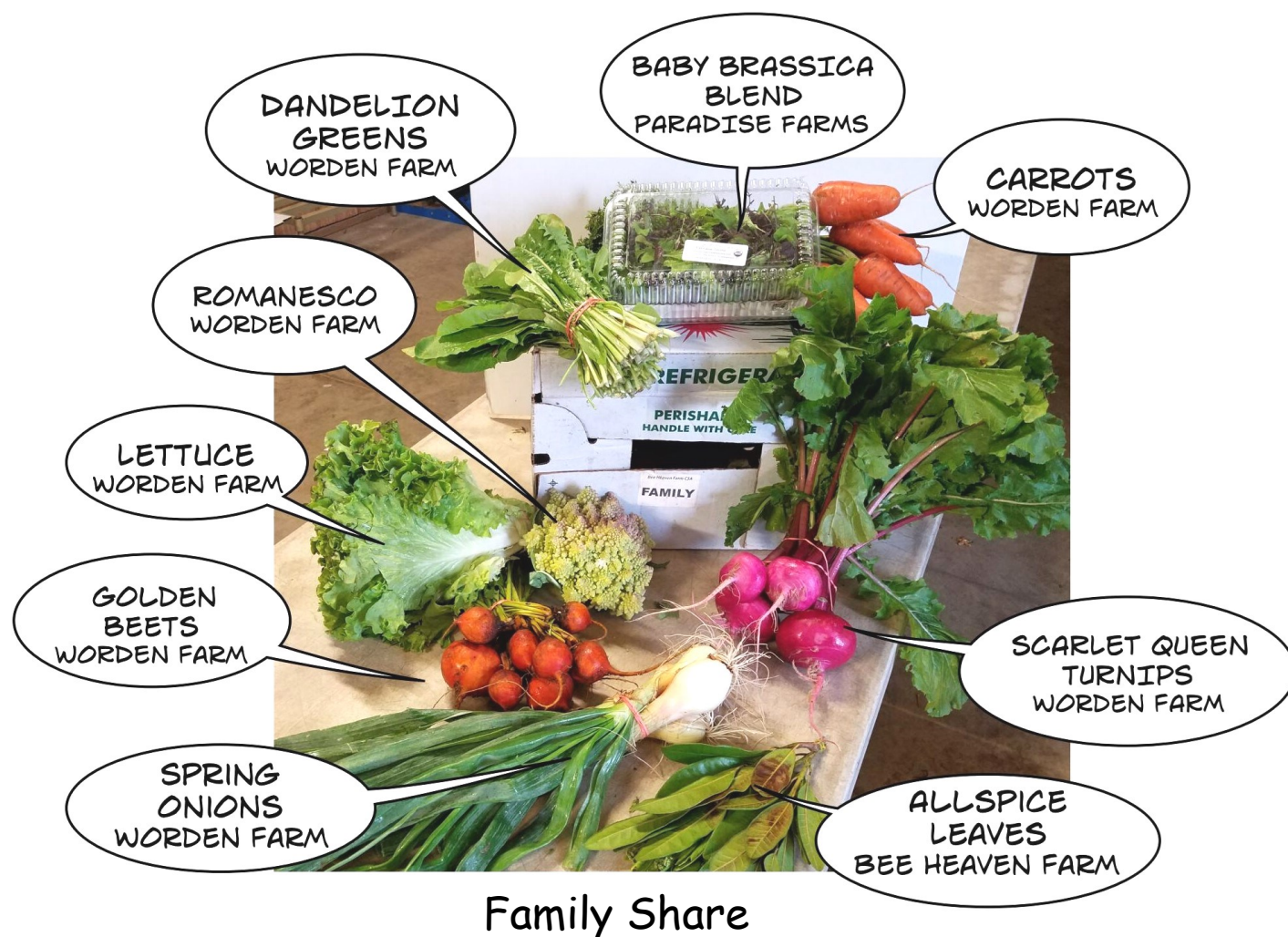
Featured Items

Romanesco aka fractal Broccoli, Romanesco is arguably the most fascinating of all the vegetables that grace our table.. Look closely and you'll see a repeating spiral pattern, from the macro level (the head as a whole), to the micro level—even under a microscope you'll see that same spiral pattern. This phenomenon is based on the Golden Ratio, commonly found in nature. In addition to its beauty, this ancient vegetable, known since Roman times, is delicious as well. Try the recipe on the back for a quick and nourishing dish.

BBB Baby Brassica Blend is a unique item from Paradise Farms. Gabriele has supplied numerous high-end hotels and restaurants for over 15 years with this signature blend of baby brassicas. It has a short shelf-life, so eat it within the next day or two.

Golden Beets All the beet flavor with none of the staining! How cool is that? Golden beets are very pretty, and just as tasty as red beets. Try the roasted beet and turnip galette recipe on page 4.

Scarlet Queen Turnips These creamy turnips are great on their own, cooked along with their greens. They're great as a substitute for potatoes in stew and soup dishes.



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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Allspice Leaves This beautiful tree, also known as Pimenta in many parts of the West Indies, is also a source of food, and the wood is used for smoking meats. You probably know and may have used dried allspice berries. They're a common ingredient in many countries around the world, for pickling, flavoring cakes, spicing meats, in curry powder, jerk seasoning, and moles. Allspice leaves are used in cooking, much like bay leaves—in fact, they are known as West Indies Bay. But the leaves also make a great tea, hot or iced, and requires little if any sweetening. A couple of interesting factoids: 1) allspice seed will only germinate after passing through a bird's gut; and 2) there are separate male and female trees—only the female trees produce the berries.



Goat Dairy Share
Labneh



Mediterranean
Share
Hommos



Cheese Share
Hani's Cheese



Small Share