

Recipe of the Week

Celery and Fennel Sauté

-from Worden Farm to Table

1 lg fennel bulb, trimmed, halved and cored, cut into 1.” wedges, reserv- ing fronds	1 Tbsp butter
1/4 head escarole, cleaned and chopped	4 cloves garlic, minced
6 stalks celery cut into 2” pieces, reserving inner leaves	1/2 cup chicken or vegetable stock
4 scallions, trimmed and halved lengthwise, cut into 2” pieces, reserving dark tops	Parmesan cheese for garnishing (optioinal)
2 Tbsp olive oil	

- Coarsely chop 2 Tbsp each fennel fronds, celery leaves and onion tops. Combine in a small bowl and set aside.
- In a 12 –inch cast iron skillet, heat olive oil and butter over medium high heat for 2-3 minutes. Add fennel, celery and garlic. Cook, stirring occasionally until tender, about 8-10 minutes. Season with ½ tsp salt
- Reduce heat to medium. Add stock, escarole and green onions. Cover and cook 8 minutes. Uncover and cook 2 minutes more or until most of the broth has evaporated.
- Season with ¼ tsp pepper, sprinkle with reserved chopped greens and garnish with shaved bowl and garnish with shaved Parmesan cheese.

Italian Kale, Summer Squash and Spring Onion Salad with Quinoa

-from Worden Farm to Table

This simple and easy recipe, developed by Chef Instructor Jason Osborne and the students of the Charlotte Technical College Culinary Arts Program for Worden Farm, uses raw vegetables. It makes a great salad to accompany grilled seafood, meats and poultry.

1/2 cup Italian Kale, fine chiffonade (Green Kale works too)	3 Tblp EVOO
1/2 cup Zucchini & Yellow Squash, 1/4” dice	1/2 fresh lemon
1 Granny Smith Apple, 1/4” dice	1/2 tsp Red Wine vinegar
1/2 Spring Onion, fine julienne	1 Tbsp fresh herbs, minced
1 small red pepper, 1/4” dice	Salt & Pepper to taste
1/4 cup Quinoa, cooked	

- Prepare Quinoa and cool completely.
- Prepare vegetables.
- Toss all ingredients until lightly dressed. Season to taste with Salt & 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.

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Farm News

OUR SEASON
ENDS SOON

WOW! It’s crazy to think we’re already 80% through our season...yep, just 4 weeks remaining before we wrap up. It seems like we just started yesterday. I’m going to miss all those fresh veggies.

The veggies have done well this year, with lots of nice weather and cool, but no freezing temperatures. Now we’re seeing a lot of the crops winding down. Tomatoes are starting to fizzle out. Cilantro insists on bolting. Lettuces are bolting quickly too. A sure sign season’s end is approaching is when the spring onions get big and their tops start dying down. That means pretty soon the mature onions can be pulled and cured for a bit, so they will keep longer.

Another sure sign that summer is coming soon are all the baby avocados and mangos. This year the mild weather, interspersed with a few cold days, has triggered several major mango blooms. The latest, currently hitting its peak, is pretty impressive. If we continue with the great weather, we should have quite a mango crop, perhaps maturing a bit later than usual. I can’t wait!

SUMMER GARDENS

Do you garden? Then it’s time to start thinking about summer options.

You could choose to let the garden rest, removing plant residues and weeds, and either covering with a thick mulch or plastic to solarize the soil. This helps keep weeds from getting too out of hand. Solarizing kills organisms in the top layer of soil, helping control nematodes.

A second option for your garden is to plant a cover crop. Cover crops aren’t just for big farms. A good cover crops helps control weeds and build organic matter to replenish your soil. Some kinds of cover crops also help kill nematodes when worked into the ground. Some good choices for our climate include *Crotolaria Juncea* (aka Sunn Hemp, and no, it’s not real hemp), sudangrass, or Sudex, a sorghum-sudangrass cross that doesn’t set viable seed. You can also grow cowpeas, crowder peas or others in that group (not the same as green beans), for the added bonus of a crop you can harvest. Make sure you turn it all into the soil as soon as you’ve harvested the beans. Mustard greens are famous for their nematocidal activity—when you turn the plant under, it releases mus-

tard gas (yes, the very same) into the soil, killing the nematodes.

Your choice of cover crop will affect what you grow the next season. For example, Sunn Hemp is a legume, as are the cowpeas. So you don’t want to grow beans in the same spot right after that. Mustard is in the Brassica (broccoli, cabbage, radish, kale) family, so good choices for putting in after a summer of mustard are tomatoes, peppers, beans, carrots, onions, lettuce, beets, all of which are members of other plant families.

Another option is to grow “summer vegetables”. Here, this includes okra, roselle (both of which are in the hibiscus family) and callaloo (edible amaranth). Other tropical vegetables like boniato, yucca, Malanga thrive in the hot, wet summer months, but they take longer to mature—as much as 9 to 12 months, so plan ahead when choosing a place to plant these.

Finally, there are some perennial herbs that will do well here. Among them are garlic chives, Cuban oregano, turmeric and ginger. The latter two die down when ready to harvest in the wintertime, then regrow in late spring once the rains begin.



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

Featured Items

Bok Choy A really juicy, mild-flavored veggie. It's crisp and crunchy, pairing well with dips, and equally at home in a Chinese, Thai, or Japanese recipe.

Arugula When lettuces start to bolt, they become very bitter and inedible. When arugula starts to bolt, the pungency just intensifies! Because of this, they can grow longer, even into summer. Arugula flowers, though small, are also edible, and can add a bright spicy flavor to salads. Our heirloom arugula starin is slow to bolt, and is full-flavored, not the wimpy "baby" selections that you see nowadays in salad bags. If you think it's too pungent to eat raw, you'll find that cooking cuts way down on that. Arugula, quickly cooked in some good-quality olive oil, garlic, and simply seasoned with salt and pepper, makes a great topping for pasta (whether traditional flour-based, gluten-free, or vegetable-based). It's a very quick prep for a busy weekday meal. You can top it with shaved or shredded Parmesan or Romano cheese. If you're a meat-eater, add some Italian sausage to "beef" it up. Even the kids will love it. Another way kids (and adults) enjoy arugula is on top of pizza. Here's another quick busy meal idea: start with a basic frozen pizza (tomato or tomato and cheese). Toss some torn arugula leaves and some thinly-sliced onion on top of the pizza. Follow the directions on the packaging to bake it out, and enjoy!



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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Black Sapote This fruit is a tropical persimmon. You know that orange fruit that you must wait to eat until it's fully ripe, soft and translucent, or it tastes horrible? This one works the same way, except that it doesn't turn translucent. Instead, the skin turns brown, and you think it's ready for the compost... But LO! At this point it's a delicious, slightly-sweet soft flesh that looks like chocolate pudding or mousse. (No, it doesn't taste like chocolate all by itself, but add a spoonful of cocoa powder to the flesh, sweeten to taste (optional), add a bit of cinnamon or nutmeg, stir well to mix, and you have a fruity chocolate dairy-free pudding.

NOTE: A black sapote is not ready to eat until it's ugly and your thumb goes right through the skin with light pressure. Don't get impatient and cut into it sooner—it will not taste good.

Goat Dairy Share
Feta CheeseMediterranean Share
Loubyeh b'zeitCheese Share
Hani's Cheese

Small Share