

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.

**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

IMPORTANT  
DATES

Last share pickup

for Weekly: Apr 21-23

Biweekly A: Apr 14-16

Biweekly B: Apr 21-23

**\*and\***

Last MONTHLY  
SHARE distributions

(salt, gomasio, honey, soap,  
pollen)

for Weekly: Apr 7-9

Biweekly A: Apr 14-16

Biweekly B: Apr 7-9



Friday morning we had a visit from Chef Michael Schwartz, his Brand Director and consummate blogger Jackie Sayet, and videographer Troy. They spent the day visiting local farms, photographing and shooting video for a training video they’re producing for their staff. We go way back with Michael, since before he opened his flagship res-

taurant,

Michael’s Genuine Food & Drink, in 2007. We’ve supplied and worked with him, Jackie, and his chefs on assorted projects, with Slow Food Miami, and Wholesome Wave Foundation. Together we started the first producer-only market in Miami, and were first to accept SNAP/EBT (food stamps). Wholesome Wave chipped in to increase the value of the SNAP benefit dollar with additional incentives, helping make healthy and organic food affordable to low-income families.

Michael has come a long way since then, opening more signature restaurants, creating his own beer, and expanding to serve cruise ships and even a stint in the Cayman Islands.

After many worldly adventures, he’s focusing on his latest local endeavor—opening a commissary to better service his restaurants and Michael Schwartz Events private catering. Michael’s strength is his true commitment to local farmers and fresh, locally-grown, seasonal produce.

Michael is taking time to re-connect with the local growers. Ours was one of several stops he

**Remember to bring back your empty boxes no later than April 16. If you have a pickup on our last distribution day (April 21-23) please TAKE YOUR BOX HOME WITH YOU, as we will not be returning to your pickup site until November!**

made, but I ours was the most exciting! I introduced them to some new, promising heirloom peppers we’re trying out, sampled black sapote, checked out the chicken tractors, dug some galan-gal root (aka Thai ginger) , and got chased by a bunch of aggravated bees.

And we got a bonus—Michael and Jackie arranged and took the pictures of this week’s shares!

Thank you, Michael, Jackie—it was great reconnecting. And great to meet Troy. I am truly sorry the bees got you, and so glad you’re not allergic! Note: when you visit bees, do not wear cologne, scented aftershave or scented deodorant, and don’t forget things like scented laundry detergents, softeners, and dryer sheets!! Bees do NOT like these things...



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

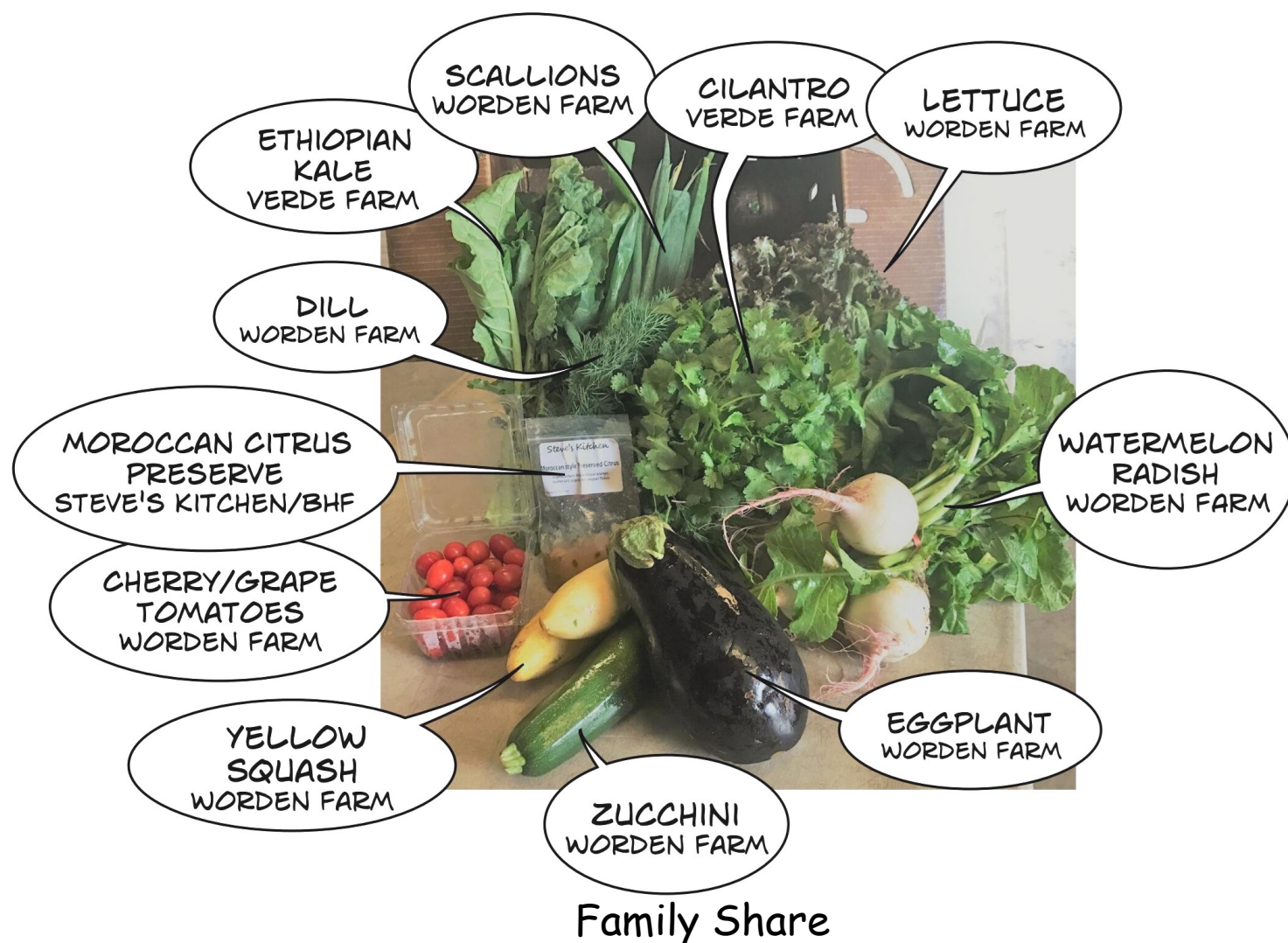
Featured Items

**Purple Bok Choy** A variation of bok choy, this beautiful purple cabbage relative is best shown off raw. Try making a slaw—slice thinly across the grain (leaves and stalks), along with a watermelon radish, for a great purple/pink color combo. Use your favorite slaw dressing—mayo or vinegar-based, whatever your preference, it will work great. Consider adding some dried raisins, tiny currants, tart cherries, or cranberries for a nice sweet flavor bite.

**Ethiopian Kale** Though it's called kale, and looks like kale with its thicker leaves, this delicious tender leafy green is closer to its mustard green cousins than to other kales. However, it has none of the spiciness you find in most mustard greens. I become more fond of this kale the more I eat it, and it grows pretty happily here too!

>>>> **REMINDER:** The last share distribution for Biweekly A schedule is April 14-16. That means you have ONE MORE pickup. Weekly folks will pick up their last shares April 21-23.

>>>> The last MONTHLY share distribution (honey, pollen, salt, gomasio, soap) for weekly and Biweekly A folks will be April 14-16.



**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.

=====

**Watermelon Radish** Just because it's called a radish doesn't mean you should dismiss it as commonplace. This variety, of unassuming appearance from the outside, explodes with vibrant color on the inside. And it's rarely spicy. Slice it very thinly and drop into ice water for 15 minutes for a very crispy addition to your salad, or perched on the side of your cocktail (yes, that's what I said—your cocktail!). And don't forget the tops—they are completely edible (just like other members of the mustard/Brassica family: kale, cabbage, turnips, mustard, broccoli, radish, bok choy, and so on...)—so if they're in good shape, cook them up! Use my all-purpose "greens and beans" recipe below and you can't go wrong:

Margie's Any Ol' Greens and Beans

Cook up a batch of dry beans, or cheat with canned beans if you're in a rush. If you didn't season the beans already, add a clove or two of chopped garlic, a tablespoon of olive oil, and (optional) hot pepper to taste. About 10-20 minutes before serving (depending on how tough the particular greens are that you're using), add chopped greens. Stir a few times to make sure the greens are mixed well into the beans. Finish cooking, serve and enjoy.

Goat Dairy Share  
ChèvreMediterranean Share  
Heirloom Bean MedleyCheese Share  
Hani's Cheese