

Recipe of the Week

Root Vegetable Tagine with Preserved Citrus and Olives

-adapted from kimsnee.com

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| 4 c vegetable stock | 1 medium kohlrabi, cut into chunks |
| generous pinch of saffron (optional if using turmeric) | 2-3 new potatoes, cut into chunks |
| 2 spring onions, thinly sliced, tops included | 2 turnips (or 1 turnip and 1 rutabaga), cut into chunks |
| 3 Tbsp olive oil | 2 carrots, cut into chunks |
| 1 tomato, cut into chunks | 1 med golden or Chioggia beet, cut into chunks |
| 1 tsp fresh ginger, grated | 1 med sweet potato, cut into chunks |
| 1 tsp fresh turmeric, grated (optional if using saffron) | 1 or 2 zucchini or yellow squash, cut into thick chunks |
| 1 tsp smoked paprika | 1”-2” piece preserved citrus, rind and flesh intact |
| 1/2 tsp ground cumin | 1/4 c flat-leaf parsley, chopped, plus more for serving |
| 1/2 tsp cinnamon | 1/3 c cilantro, chopped, plus more for serving |
| 1/4 tsp red pepper flakes (optional) | 2-3 dozen Greek olives, preferably pitted |
| 3 cloves garlic, chopped | 1” chunk preserved lemon for garnish, rinsed and cut into slices |

- Heat the vegetable broth and if using, saffron, add it, letting it “bloom.” Set aside.
- In a large dutch oven over medium heat, cook the onions in olive oil until softened. Add the tomato, ginger, turmeric, paprika, cumin, cinnamon, red pepper flakes, and garlic. Cook, stirring, for two minutes.
- Add all the cubed vegetables, except for the zucchini and squash, to the pan. Add the preserved citrus, flesh and all, into the pan. Toss to coat, adding parsley and cilantro.
- Add the broth/saffron mixture to cover the vegetables. If the vegetables aren’t mostly covered with liquid, add water. Bring pan to a boil, reduce heat, cover and simmer for about 25 minutes, stirring occasionally, until vegetables are almost tender. Add the zucchini and squash, and continue simmering for another 10 minutes.
- Carefully remove vegetables to a serving dish using a large slotted spoon or handled skimmer. Remove as much preserved citrus as you can while you scoop, and discard. The flavor is what we want.
- Add olives to the remaining liquid left in pan. Bring to a boil, cooking until the broth reduces to a thicker sauce. Pour the sauce and olives over the vegetables. Garnish with the rinsed and sliced preserved citrus piece and additional parsley and cilantro.
- Serve over rice or couscous with your favorite harissa (a spicy chile paste of North African origin) on the side.
- *Feel free to vary the proportions and combinations of veggies used, according to what you have on hand.*

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

Farm News

There’s just two weeks remaining until the end of the season. So... what happens after that?

The crops are winding down and pretty soon it will be hot all the time.

We’ll be at the market in full force until the last weekend in April. Then we switch to summer mode. At that time, we stop visiting our out-of-town farm partners, as they too are winding down for the summer.

At the market, you’ll begin to notice the transition from mostly leafy greens to mostly hardier fruiting vegetables. Fruits are transitioning.

This is an exciting time of year, as we usually see exotic jaboticaba, tasty mamey and sapodilla (these two have already been showing off for a couple of months due to the warm winter). We’re also seeing red custard apple, and more bananas and papayas.

We usually start to see mangoes in June, though this year, I expect we’ll see some really early mangoes by the end of this month. Avocados will follow in late June.

For me, mangoes and avocados mark the true start of summer—that, and all the dead and dying to-

matoes, bolting lettuces, and a general demise of the soft green leafy veggies.

As you drive around the agricultural area, you will see fields in transition. Some will be bare, perhaps being prepared for a summer cover crop. Some fields will be awaiting cleanup, with the last of the tomatoes looking abandoned and forlorn. Some fields will already be planted in okra or bitter melon, anticipating start of summer harvest in a few weeks.

Farmers as well as fields need to recuperate from the drain of growing and harvesting crops. In that respect, summer in South Florida is very much like winter up north, except for the need to mow on a weekly basis once the rains begin!

Enjoy the remaining cool time as we transition to summer, when you’ll find me dreaming of soft lettuces, juicy tomatoes, and all those other great veggies we take for granted during the winter time.

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



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!



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

Featured Items

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

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!

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

**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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Preserved Citrus Moroccan Style This is a traditional Moroccan staple, with a twist—instead of just preserved lemon, Steve uses a combination of lemons, limes, and sour oranges. Then he adds a touch of red pepper, which heightens the flavor. If you've never worked with preserved citrus, here's a few tips:

You'll notice that the fruit is immersed in a thick syrup. The syrup consists of the salt and the juice that came out of the fruit during the preservation process. Most recipes call for a piece of the fruit, well-rinsed, then finely chopped and added to your dish. A LITTLE GOES A LOOOONG WAY. I always omit any added salt from the recipe. If you don't want to waste the syrup, you can do what long-term CSA member Vicki does—she rinses the fruit into a bowl, then uses the rinsate to make a tasty salad dressing.

Besides traditional Moroccan dishes such as baked chicken, or baked fish, I discovered an awesome match with raw kale. I took a bunch of kale, rinsed and cut chiffonade (those are thin ribbons—best to roll up the leaves—collards is great for this) or shredded. For a half-bunch I used a piece of citrus between 1/4" and 1/2" long. I chopped it very finely, then massaged it into the chopped kale until all the surfaces were moistened. Then I let it sit a bit for the flavors to blend. Over the next couple of days, I ate the raw kale, each time varying it up a bit. One time I added sliced almonds. Another time I ate it plain. Another time I added dried tart cherries and hemp seed. When I got tired of eating it raw, I briefly cooked the remaining kale and served it as a side dish for dinner. Pure UMAMI!



Goat Dairy Share
Yogurt



Mediterranean Share
Foule Madamas

Cheese Share
Hani's or Crème Cheese

**Small Share**