Recipe of the Week

Recipes for using dried bananas

—quoted in theoldfoodie.com from The Queenslander (Brisbane, Queensland) May 1891

Pancakes.—Cut sufficient dried bananas into small pieces, stew them with a little white wine, grated lemon peel and sugar to taste, and spread the mixture smoothly over pancakes; roll them up, and serve with sifted sugar.

Cream.—Take 2 oz of dried bananas, slice them in thin pieces, and then gently stew in a half cup of good cream, with a little ginger; when tolerably thick, strain, add sugar to taste, and flavour with rosewater.

Cream.

Squeeze the lemon juice over the cabbage

—adapted from Easy Tasty Recipe as seen in foodcombo.com

1 1/2 teaspoon black pepper

Super Tasty and Fresh Cabbage Pineapple Salad

3 slices cucumber

Juice of 1 1/2 lemons

2 Tbsp honey (optional for a very sweet pineapple)

31/2 Tbsp olive oil

Florida Keys Sea Salt and freshly ground pepper

• Shred the cabbage, cucumber and leek
• Combine the cucumber, leek, crushed pineapple with juice, and cabbage in a large bowl
• Squeeze the lemon juice over the cabbage
• Toss with olive oil and honey, and season to taste.

Cucumber Dill Martini

—from The Weary Chef

3 slices cucumber

1 1/2 oz gin

1 tsp fresh lemon juice

Florida Keys Sea Salt and freshly ground pepper

A few sprigs dill (or flowering head)

1/2 oz dry vermouth

Several ice cubes

• Place a martini glass in the freezer to chill.
• Wash the dill under cold, running water. If using a flowering head of dill instead, firmly rub it from stem to flower while washing to remove any loose buds.
• Add gin, vermouth, lemon juice, and several cubes of ice to a cocktail shaker, and shake vigorously for about 10 seconds. (Eat! The Weary Chef says "Don’t talk to me about bruising gin. Just shake it!")
• Arrange cucumber slices and dill in the chilled martini glass, and strain gin mixture over the vegetation. It’s OK if the dill is not completely covered. Enjoy!

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.

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

>>>>>>REMINDER: This is last share distribution for Biweekly Schedule A folks. Everyone else picks up their last share next week—April 21-23.

**Cabbage** As a staple food, I bet that most of the time many of you pass right by the cabbages at the grocery store, only remembering them for special occasions like St. Paddy’s Day or a holiday meal. But for many folks all over the world, cabbage is eaten daily in some form or another. Simple slaws, or pickles and ferments using cabbage are also common in many cultures, from Kimchi to sauerkraut to “curtido.” These lactoferments are loaded with probiotics, which are thought to help keep your gut flora healthy, especially when eaten regularly in small quantities. Think of it as a vegetable equivalent to yogurt or kefir.

**Cucumber** We usually see “regular” cucumbers at the store. Nowadays, we also see “greenhouse” or Asian cukes, which are generally slimmer, longer, very crunchy, and mostly seedless. We hardly ever see fresh “pickles”, or Kirby cukes, because most of the crop grown here is destined for pickle factories. These very crunchy, short, and squat cukes are included in the Family shares—use them the same as any other cucumber, or enjoy a quick refrigerator dill pickle (there are tons of recipes everywhere online you can try).

**Cheese Share**

Hani Hodgepodge cheese medley assortment

**Mediterranean Share**

Hodgepodge medley

**Family Share**

Goat Dairy Share Labneh

**Small Share**

Better Than Candy! Bananas Our delicious specialty bananas ripen throughout the year, but never enough of them at one time to supply the CSA shares with fresh ones. In fact, we often set out to market without bananas, only to discover a ripening stalk a day or two later. And usually they’re too ripe to take to market by the following weekend. What to do? We started drying them some years back, and they are amazing. As with all our dried fruit, we can’t improve on perfection, so we don’t. There’s nothing added, ever.

**Jaboticaba** This is a Brazilian fruit similar to a muscadine grape, but completely unrelated. Jaboticaba exhibits “cauliflory”, meaning that it flowers and fruits directly on the trunk. This makes for a very unusual look. Jaboticaba trees are difficult to grow here, requiring acidic conditions. They are very slow growers—a tree may take 20 years to start fruiting. Once established, they may fruit several times a year, depending on the weather. Enjoy this unusual fruit like a grape. Some folks eat the skin, while others just suck the sweet-tart pulp out of it. There are usually two or three grape-like seeds inside.

**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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