

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.

Super Tasty and Fresh Cabbage Pineapple Salad

-adapted from *Easy Tasty Recipe* as seen in foodcombo.com

15oz can pineapple crushed in juice (or equivalent fresh)	1/2 cucumber
1/2 head green cabbage	Juice of 1 1/2 lemons
2" leek (you can substitute scallions)	2 Tbsp honey (optional for a very sweet pineapple)
3 1/2 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
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. (*Ed: 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.

Share your recipes! Email your recipes to: recipes@beeheavenfarm.com

Farm News

IMPORTANT DATES

Biweekly “A” folks
this is your last
share of the season,
along with your last
monthly options
(salt, honey, soap, pollen)

For everyone else—
there’s one more
week!

Last share pickup
Apr 21-23

Please note this is the last day you can leave empty boxes at your pickup site. If you take yours home today, please do not bring it back next week!

Repurpose/reuse/recycle



For a number of you, today marks your last share of the 2016-2017 season. I hope you’ve enjoyed the veggies as much as I’ve enjoyed putting together the boxes each week. Coordinating with our growers, figuring out what’s ready to harvest, dealing with last-minute unexpected challenges... it’s a complicated, time-consuming, but satisfying job.

My goal each week is to deliver a combination of 100% locally-grown veggies, herbs, and fruits, avoiding too much repetition, and introducing little-known veggies not normally found at your big-box grocery stores. Gee, I make it sound simple, huh? But consider—even the fastest-maturing crops (radishes, baby greens), require at least 3 weeks to germinate and grow big enough to harvest. Most crops average 6 weeks from sowing to maturity, while some, such as onions, require 6 months, or even more. Turmeric needs 9 months, and fruit trees may have one or more crops a year, or none!

Farmers must plan waaayyy ahead of the time they want the crop to be ready. Weather affects maturity times. Weather forecasters are the butt of jokes for a reason—it’s darned hard to predict what Mother Nature will be up to next. Farmers deal with these uncertainties, plus pests and diseases, on a daily basis. And yet, we manage to produce the wonderful goodies you get in your boxes each week!

Summer is the time to regroup, restore, and plan for next season.

Though we won’t be offering a weekly share program during the summer months, you can visit us at the Pinecrest Market on Sundays. You can also order from our webstore, which will be open every other week, subject to availability of fruit and other summer crops. Pickup sites will be limited to the farm and a couple of other locations within Miami-Dade County.

Enjoy your summer!



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).



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.

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.



Goat Dairy Share
Labneh



Mediterranean
Share
hodgepodge
medley

Cheese Share
Hani's
Hodgepodge
cheese medley
assortment



Small Share