

Recipe of the Week

Soft Polenta with Leeks

-from epicurious.com, originally in Bon Appetit (Feb. 1999).

3 Tbsp butter	1 bay leaf
1 bunch leeks (white and pale green parts only), thinly sliced	1 c polenta (or 1 c yellow cornmeal)
2 1/4 c (or more) water	1/3 c freshly grated Parmesan cheese
2 c fresh or canned chicken broth	

Melt 2 tablespoons butter in heavy large saucepan over medium heat. Add leeks; stir to coat. Cover and cook until leeks soften, stirring occasionally, about 10 minutes. Add 2 1/4 cups water, broth and bay leaf. Bring to boil. Gradually whisk in polenta. Reduce heat to medium-low and cook until mixture is thick and creamy, stirring often and thinning with more water if necessary, about 35 minutes. (If using regular cornmeal, cook mixture for about 15 minutes rather than 35 minutes.)

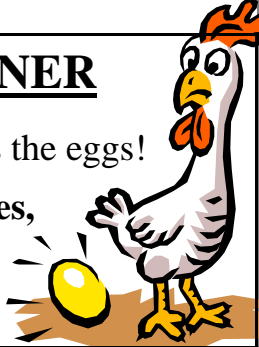
Remove pan from heat. Discard bay leaf. Stir in remaining 1 tablespoon butter and Parmesan cheese. Season polenta to taste with salt and pepper. Divide polenta among plates.

Featured Items

**Leeks:** Leeks are a member of the onion & garlic family, providing many of Alliums’ protective health benefits. They are also a good source of folate, though they also contain oxalates. The leek has been used since ancient times—dried specimens have been found in Egyptian archeological sites, and is a national emblem of Wales. Leeks are best stored unwashed and untrimmed in the refrigerator. With their mild flavor, they are good boiled, fried, and even raw. The darker, more fibrous tops are best used to flavor soups and broths.

**Farmers Market Schedule**  
Sundays 9-2 **PINECREST** Gardens  
Red Road and Killian Drive  
Mondays 2-6 **HOMESTEAD** Main Street  
Losner Park on Krome Ave  
Wednesdays 1-4:30 **OVERTOWN** Roots in the City  
NW 2nd Ave & 10th Street

**EGG CORNER**  
This week: **Group A** gets the eggs!  
**Dadeland, SoMia, Gables,**  
**NoMia, Farm**



**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 [www.redlandorganics.com](http://www.redlandorganics.com), click on CSA, then Newsletters. Use the search box to search 8 years of information on crops & recipes.

**Share your recipes!** Email your recipes to: [recipes@beeheavenfarm.com](mailto:recipes@beeheavenfarm.com)

Visit our **blogs:** [www.redlandrambles.com](http://www.redlandrambles.com), and [www.beeheavenfarm.wordpress.com](http://www.beeheavenfarm.wordpress.com). In those blogs, you’ll find links to other interesting CSA member blogs. Tell us about yours, so we can include it.

Farm News

Can you believe—only 5 weeks left in the season! Time flies... Crops are winding down, and signs of spring are everywhere.

Folks ask “What do you do on the farm after the season (and the markets) are over in April?” There’s a lot of housekeeping—pulling up trellising, removing irrigation, tilling under crop residues, and seeding cover crops in the planting areas will start the recovery process to rejuvenate the beds for next season.

In May we start processing renewals for current & past CSA members. In July we open enrollment to those on the waiting list.

Then there’s the avocado harvest, which typically starts the last week of June on our farm. Before, during and after that, we operate in “summer mode”. We offer, via email pre-orders, whatever items are available for harvest. We don’t do this every week—it’s driven by whatever fruit might be ripening at the time, as very few vegetables grow well here during the summertime. Along with fruit, we have eggs, honey, and certain perennial herbs. So, how does this work? We send out an email early in the week (but not every week!) telling you what’s available. You order and pre-pay online. We harvest to order that Friday, and you pick up either at the farm or at a Miami location on Saturday. This continues until the summer is over and it’s time to start the new planting cycle.

Somewhere in that schedule, we

have to make time for whatever vacation we may take (or not), and catch up with our paperwork. We’re often asked why we don’t try to grow and attend markets year-round. Now you know!

Intern Corner

Anatomy of a Friday (or: How We Make the Sausage)

-Mike D

Salutations, share fans! It’s Mike again, this time with less rhyming, and no beet-related pun at the end. (No beets this week. You are fortunate.) Today I’m going to regale you with a story of the origin of your weekly CSA rations. This yarn focuses on the day many of you thank one deity or another for on a weekly basis. You’ll soon have another reason to do so. Although you are reading this on Saturday or Sunday (Hi, Florida Keys!) I am writing it on Friday; and Friday is the most important day of the week *vis a vis* that box of delicious vegetables you now possess. So rest, weary traveler, and hearken to my tale.

The sun peaks over the horizon. The cock crows. The animals stir. The plants stretch in the soft light of dawn, shedding their dew. The first movement of Rossini’s William Tell Overture plays in the background. The interns rise slowly but determinedly from their slumber. The very air seems to vibrate with the impending transition from serenity to chaos. Thus my day begins. I start the kettle for coffee, Merlot the Barn Cat force-

fully demands his sustenance, and I prepare our breakfast. Hunger sated, caffeine addiction abated, I greet my fellow farmers as they arrive in the barn.

Our work begins with the large refrigerated box truck parked at the loading dock. It contains the prolific bounty from Worden Farm, and always a few surprises. Sometimes I’m scooping new potatoes out of a 4’x4’x3’ container into our more



manageable green totes. Sometimes I’m making sense of a mindless cacophony of disarray in the boxes and totes that have toppled en route. Sometimes I’m squeezing headfirst into a bin full of onions, the rim of which is 5 inches from the ceiling. Always we get the truck unloaded, separate the share stuff from the market stuff, and divide certain bunches into full or half share sized portions. If we’re lucky, we get this done by 9 AM, and then the real work begins.

Four collapsible tables. Two sets

(Continued on page 2)



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

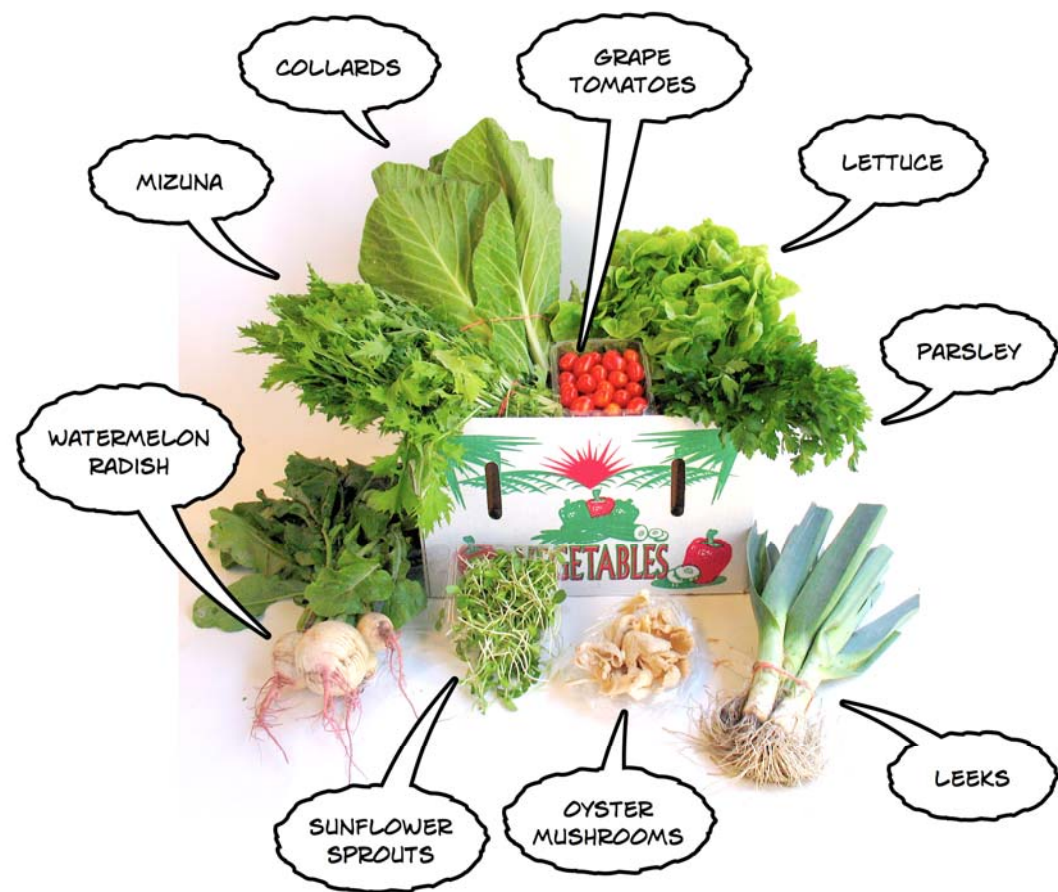
(Continued from page 1)

of old metal rollers. A hundred or so green totes. About a billion (or 419) waxed cardboard boxes. Separately, they are a giant mess. Together, they are a makeshift assembly line. There’s a picture of it on page 1. On one side of the table stands Margie and the Interns. They are each responsible for one or two of the items in your box. They each have their stations set up along the rollers with said items in arms’ reach. After placing them in the box, they roll it down the line to the next person, until it arrives at the end full, closed, and placed in the truck. We do this 154 times, for the full shares. Then we reset the line for half shares and do it 265 more times.

I’m the guy with his back to you. I’m a superhero. (Never you mind.) What matters to you is that I am The Runner. The Runner is responsible for replenishing everyone’s stations so nobody runs out of anything and the line keeps moving smoothly. I enjoy this job the most because it’s chaotic, unpredictable, and fast paced. Superheroes love that stuff.

All the shares packed, we get a well earned break for lunch, which is usually when Marian arrives to take all these great pictures. After lunch, it’s reorganizing that which we’ve thrown into chaos: filling the Extras boxes, separating the Keys shares into the cooler, loading the market produce into the other truck, and basically lifting heavy things and carrying them about for the better part of a couple hours. After that, Egg shares are packed and sorted; and Hani comes bearing Med and Cheese shares, which are placed into the coolers with the Egg shares. We breathe a collective sigh of relief. Our arduous task is nearly at an end. In a couple of minutes, I will e-mail this to Margie, who will publish it in the newsletter (probably deleting most of it). Around 5 or 6 (*ed: or 7 or 8 or 9*) this evening, we’ll all sit around the now clear table line for a relaxing paper-folding session, under Merlot’s watchful supervision. Once the newsletters are sorted into site envelopes, we are truly done with the fast-paced funny-farm Friday.

Enjoy your veggies, weary traveler. I bid you good night.



**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!... courtesy of Marian Wertalka, CSA member

**About the shares...** There are two sizes of box, corresponding to the two share sizes. And, no, **two half-share boxes do NOT equal one full-share box**. If you’re sharing with someone, or if your full share box is missing (hopefully not!) please DON’T take two half-share boxes if you paid for a full share. We also have an eXTRAs box, with goodies to rummage through and exchange with others—but they go fast!

Food Miles	What’s in my share box today?
<i>From BHF</i>	<i>NOTE: A full share is NOT the same as 2 half-shares!</i>
2.5	Oyster Mushrooms (HS) - Full / Half
165	Lettuce (WF) - All
165	Collards (WF) - All
165	Mizuna (WF) - Full / Half
2	Sprouts (HHF) - Full only
165	Watermelon Radish (WF) - Full only
165	Parsley (WF) - Full / Half
8	Grape Tomatoes (SOF) - All: 1 pt
	☺ Xtras - pick an item or two — but don’t be a piggy!
0;3;8	<b>Egg shares, Mediterranean Shares, Cheese shares, and Honey &amp; Pollen shares below are add-on items and are ONLY for those who paid for them!</b>
3	Mediterranean Share (HMO): Moudardarah (Lentils)
3	Cheese share (HMO): Assorted Hani’s cheeses
0;8	<b>Egg Shares (BHF/PNS): Full/Half—A: Dadeland, SoMia, Gables, NoMia, Farm</b>
0	<b>Honey &amp; Pollen Shares (BHF-MB) - next (and last of 5) April 2-3</b>
	<i>Please remember to return your gently-flattened box each week—directions and a video on how to do it without ripping the box can be found at <a href="http://www.redlandorganics.com/CSAboxes.htm">www.redlandorganics.com/CSAboxes.htm</a>. Or bring a bag and transfer your share when you pick it up— then flatten your box and go!</i>

**Which farms supplied this week’s shares?** -all the farms are located in the South Florida area  
WF\*= Worden Farm; BHF\*= Bee Heaven Farm; HS=Happy Shrooms; HHF\*=Health & Happiness Farms; PNS=PNS Farms; HMO=Hani’s Mediterranean Organics; SOF=Sunshine Organic Farms  
\*Redland Organics founders & grower members; \*\*not certified, naturally-grown

**REDUCE, REUSE, RECYCLE—send your CSA box back each week!**  
Does your box rip when you try to break it down? See how to do it right  
watch the video at [www.redlandorganics.com/CSAboxes.htm](http://www.redlandorganics.com/CSAboxes.htm)  
the trick is in how to ‘squeeze’ the flaps!