



### Recipe of the Week

## Yukina Savoy Quiche with Spicy Pepper, Cherry and Pine Nut Relish

-from *Fat and Happy*

3 eggs	1 large clove garlic, finely diced	1 Tbsp shredded Parmesan cheese
3 heaping Tbsp Greek yogurt	2 cups yukina savoy (or chard or red choy)	Salt & pepper to taste, olive oil

Heat a saute pan over medium heat, add a drizzle of olive oil. Chop the stems of the yukina savoy into small pieces, add the stems and the garlic to the saute pan; cook for few minutes. Add the rest of the yukina savoy, toss and cook for a about 4 minutes until the leaves begin to wilt. Remove from heat.

Whisk together the eggs and the Greek yogurt with a pinch of salt and fresh black pepper. Pour the egg mixture into a small casserole dish. Add the sauteed yukina savoy and cheese to the eggs, pushing the savoy into the egg.

Place in a pan in a preheated 400 degree oven until the middle is set. The eggs will become quite puffed up, and if you shake the pan, the eggs will not appear runny. It's easy to overcook the eggs so check them often or they will become dry. The eggs will deflate quickly after removing from the oven—serve immediately with the pine nut relish (recipe below) and a scoop of Greek yogurt (optional).

For the relish:	1 large garlic clove, finely diced	3 Tbsp olive oil
1 heaping Tbsp dried cherries, finely diced	1 tsp red pepper flakes	1 green onion, minced
1/2 cup finely diced red pepper		3 Tbsp toasted pine nuts, lightly chopped

Place the dried cherries (you can substitute dried cranberries) and green onions into a small bowl, set aside.

Drizzle 1 tablespoon of olive oil in saute pan, heat over medium-high heat. Add the diced red peppers, cook for 1 minute. Add in the diced garlic and cook for about 3 minutes until the garlic begins to soften and releases its' flavor (toss often). Pour over the cherries.

In the same pan (do not wipe out) add the red pepper flakes and the remaining 2 tablespoons of olive oil. Simmer the flakes over medium heat for about 3 minutes to season the oil. Pour the oil in the peppers and cherry bowl. Top with the toasted pine nuts, set aside until ready to use.

### EGG CORNER

#### There's still a couple of egg shares open!

To add an egg share to your subscription, log in to your account: <http://www.farmigo.com/account/beeheavenfarm>

You'll see your share summary box on the right hand side of the screen.

Click on the link to "+Add a subscription". Click 'Next' to pass by the veggie shares (which you already have) and continue to the share options screen.

Scroll down to find the new egg share, and 'Add' it to your subscription.

IF THEY ALL SAY 'WAITLISTED', YOU WERE TOO LATE-SORRY!



**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. Log in to your account to see the contact information for your pickup site.

**Need more recipes or tips? We have them!** Go to [www.redlandorganics.com](http://www.redlandorganics.com), click on CSA, then Newsletters.

Use the search box to access 10+ years of information. Scan the QR code to start your search:

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

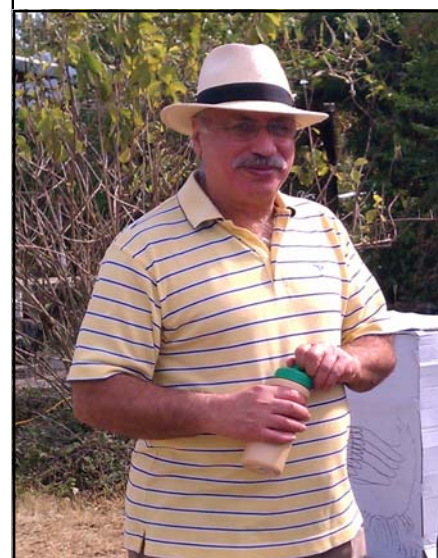
Visit our **blogs**: [www.redlandrambles.com](http://www.redlandrambles.com), and [www.beeheavenfarm.wordpress.com](http://www.beeheavenfarm.wordpress.com). In those blogs, you'll find links to other interesting CSA member blogs. Tell us about yours, so we can include it.

**Come see us** at the Pinecrest Gardens Market SW 112th St & 57th Ave on Sundays 9-2 from Dec thru April



## Meet Your Farmer

Hani Khouri makes goat cheese. He also loves to cook, especially dishes showcasing his



Lebanese heritage.

A few years ago, we started offering cheese share and Mediterranean share add-on options to our CSA members, so they could receive and enjoy Hani's specialties on a weekly or biweekly basis, along with the CSA shares. You can also find Hani at the Coral Gables Farmers Market during the season, and special events like GrowFest!, various Fairchild Gardens festivals, and occasional catering jobs.

## Mediterranean Shares

What's in those mysterious clamshells every other week? Lebanese dishes lovingly prepared by Hani. He sources as much local organic produce as possible for his dishes. Earlier this week Hani visited our planting of Rosa Bianca eggplant at Bee Heaven Farm, which is just now starting to bear. He decided to feature it in this week's Mediterranean share of baba ghanoush.

## Farm News

The recent cold wave passed through quickly, bringing much-needed rain. Though there were concerns about wind-burn from the frigid wind blowing from the north, we had not issues in Redland. A little further up at Worden Farm, there was some frost, with minor damage. The weather has been so variable these past few winters that it's hard to say whether we're going to have any more cold spells or rain until the end of the growing season. And when will that be? Hard to say,

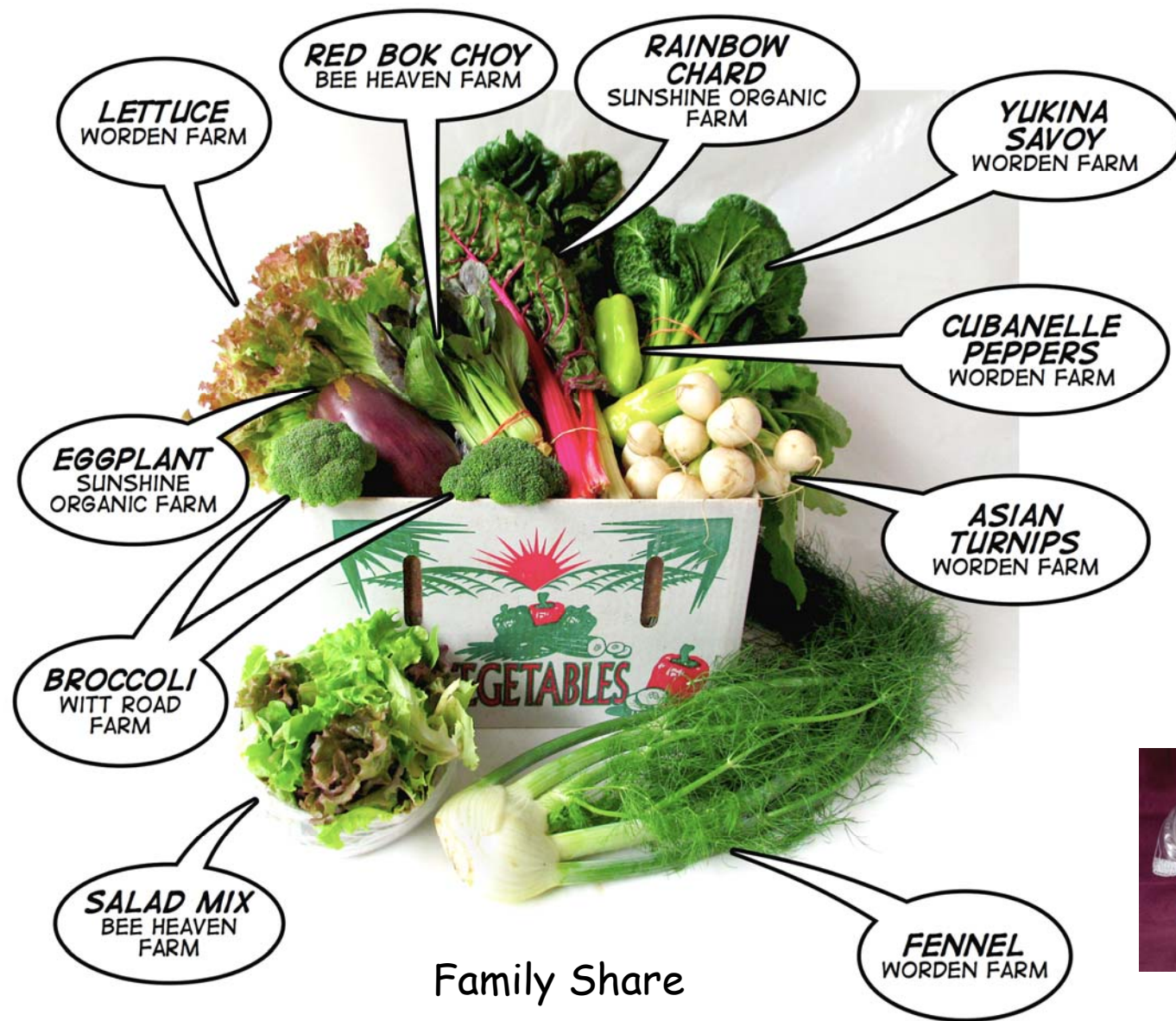
too. Some years we're done in April. Some years, when the weather stays cool into May, tomatoes will still be alive and bearing, maybe into early June. But normally, it all changes once the rainy season starts, usually sometime in May.

Food Miles From	Our Farm Partners	USDA Organic
130	Worden Farm*	✓
3	Homestead Organic Farms*	✓
4	Paradise Farms Organic*	✓
1.5	Wyndham Organics	✓
1.5	Health & Happiness Farm*	✓
7	Sunshine Organic Farms	✓
4	Sawmill Farm*	
7	Possum Trot	
95	Witt Road Organics	✓
78	Sem-Chi Rice	✓
1.2	Three Sisters Farm	
109	Broken J Ranch	
0.5	Green Groves/BHF	✓
3	Hani's Mediterranean	
0	Bee Heaven Farm*	✓
87.5	Florida Keys Sea Salt	
7.5	PNS Farms	✓
0.1	Abigail Farms	
1	Kiss My Grass Farms	

\*Redland Organics founders & grower members



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



Family Share

**Featured Items**

**Broccoli** If you had to choose one plant family over all others for nutrition, the Brassicas would win hands down. The most well-known members of this family are broccoli, cauliflower, kale, radish, turnips and mustard greens. But there's plenty others, including this week's Yukina Savoy, white Asian salad Turnips, and Red Choy.

**Fennel** The other day I found a somewhat limp fennel lost in the walk-in cooler. It had come back from the market, a last lonely unsold item. I brought it into the house, and decided I would use it somehow that evening. I had a package of frozen organic Butternut Squash Raviolis, which I remembered to be rather bland. I figured the fennel would work to liven it up a bit. So I improvised. I chopped up a sweet pepper (Cubanelles, bell, or Italian Frying peppers would all work here), a Poblano pepper to spice things up a bit, some garlic, and a couple of purple

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scallions. I added some FKSS sea salt and freshly ground pepper, and sauted it all in olive oil, until I had a bit of browning going on. I served this over the ravioli, and topped it with freshly-grated gruyere cheese. It was simple, tasty, and quick!

**Want to know more about an item in your share?** Take a look in our online newsletter archive, where we have over 10 years' worth of accumulated information on most every share item, including tips and recipes. Type in the name of the vegetable, herb or fruit you want to know about and it will show you all references to it. Try it this week with 'Yukina Savoy', and you'll find a few really nice recipes!

Here's the link to search the archives: <http://www.redlandorganics.com/newsletter-search.htm>



Baba Ghanoush

Mediterranean Share



Hani's Cheese

Cheese Share



Small Share

**Note:** Some Keys and on-farm pickup small shares have Red Choy instead of Yukina Savoy, as all the Yukina Savoy did not make it on to the truck.