

FRIDAY MAY 14, 2010

# TRI-COMMUNITY CO-OP

*Bringing farm fresh produce to Wrightwood, Phelan, and Pinon Hills*

LOCAL  ORGANIC  SUSTAINABLE

www.tricomcommunitycoop.com or www.tri-CommunityCo-op@googlegroups.com



*Shipping is a terrible thing to do to vegetables. They probably get jet-lagged, just like people. ~Elizabeth Berry*

By buying local we are helping our community and the environment.

## This Week's Basket



### **Morningstar Farm** **(N. San Diego)**

Cucumbers  
Red Cabbage  
Green Cabbage  
Fennel

### **Gaytan Farm (Mira Loma)**

Cauliflower  
Tomatoes on Vine  
Cilantro  
Broccoli  
Mexican Squash

### **3 Sisters (Redlands)**

Carrots  
Scallions  
Beets

### **Glencarin (Redlands)**

Navel Oranges  
Mandarins  
Bacon Avocado

### **Riverside**

Habanero, Serrano, & Anaheim Peppers  
Garlic

### **Archibald Farm (Redlands)**

Spring Onions



## ORGANIZER'S NOTES

**W**elcome to the Tri-Community Co-Op's first official newsletter. We are hoping to use this as a way of updating you on community events, workshops, policies, recipes, and more! That's a whole lot to expect out of a little sheet of paper, but we feel like the paper is up to the task.



We're looking forward to this summer's harvest! Throughout the winter we have been finding farms and planning for our biggest harvest months. Expect to see berries, peaches, cherries, eggplants, peppers, zucchini, and all the other wonderful

fruits and vegetables of the summer in your basket!



We appreciate your enthusiasm and welcome input. Please talk to us and let us know your opinions about co-op!



Looking forward to summer adventures and picnics!

Live Well,  
Stephanie & Michelle



## OTHER ITEMS FOR SALE



### Winchester Farms Gouda

Gold Medal Winning, handcrafted artisan Gouda cheeses prepared in the Dutch tradition using natural ingredients, best quality milk, and of course no hormones or antibiotics. From Temecula.

**Choose Variety:** garlic, mild, smoked, peppercorn, cumin, garden herb **\$8.00**

### Temecula Valley Honey Company Honey

Pure, natural, and raw local honey in delicious flavors such as Wildflower, Avocado, Orange, or Sage. Varies by Season.



24 ounces **\$7.00**

### Free Range Chicken Eggs

Provided by Moonstruck Farms, Mescal Creek, and Desert Sky Ranch. Farm fresh eggs are higher in beta carotene and lower in cholesterol than store bought eggs.

1 dozen **\$3.25**

### Free Range Chicken

\*\*Price Varies by weight of Chicken\*\*



### Bella Vado Avocado Oil

Avocado oil has a composition closely resembling olive oil and can be directly substituted for it in a healthful cuisine. It is also low in saturated fat and has no cholesterol.

From Temecula this is a pure unfiltered, unrefined avocado oil. No preservatives added. Every bottle of this oil contains approximately 15-20 avocados. Smoke point 520.

250ml bottle **\$7.00**

### Napa Valley Naturals Grapeseed or Olive Oil

**Organic Olive Oil** is medium bodied and 100% Cold Pressed Unrefined Third Party Certified Organic Extra Virgin Olive Oil. Contains No Trans Fatty Acids. Smoke point 320.

16.9 ounces **\$14.00**



**Grapeseed Oil** offers one of the highest concentrations of mono and poly-unsaturated fats of any vegetable oil, and the lowest levels of saturated fat of ANY oil. Grapeseed Oil is an excellent source of Vitamin E, an important antioxidant, and is 75% Omega 6 fatty acid. Smoke point 485.

12.7 ounces **\$10.00**

# Recipes

## Red Snapper With Fennel & Orange

### 1 navel orange

1 large **fennel bulb** fronds reserved for garnish and stalks discarded

2 1/2 tablespoons **olive oil**

1/2 teaspoon finely chopped **fennel seed**

2 (6-oz) **red snapper fillets**, with skin

1 teaspoon **fresh lemon juice**, or to taste

- Separate pith from orange with a sharp knife, then cut sections free from membranes. Squeeze 1 to 2 tablespoons juice from membranes before discarding and reserve. Cut sections into 1/4-inch dice and reserve separately (may need some extra juice).
- Quarter fennel bulb lengthwise and cut into 3/4 in slices.
- Heat 1 1/2 tablespoons oil in a heavy skillet then sauté fennel with fennel seed and salt and pepper to taste on high heat, stirring, until edges are browned and fennel is wilted, about 10 minutes. Turn heat to Low and cook fennel covered, stirring occasionally, until tender, about 8 minutes more. Stir in reserved orange juice & Orange slices.
- While fennel cooks, pat fish dry and season with salt and pepper. Heat remaining tablespoon oil in a skillet, then sauté fish, skin sides down, until skins are golden, about 3 minutes. turn over and saute 3 more min.
- Sprinkle fish with lemon juice and serve, on top of fennel and orange dice.

*(from Gourmet Magazine 2001)*



## Cabbage & Carrot Slaw

1/3 cup **white wine vinegar**

1 to 2 tablespoons **sugar** (optional)

1 clove **garlic**, finely chopped

1/8 teaspoon ground **cumin**

1/8 teaspoon dried **oregano**

1/8 teaspoon dry **mustard**

4 cups finely shredded **red & green cabbage**

2 cups shredded **carrots**

1 cup thinly sliced **green onions** (scallions)

**Salt** and **pepper** to taste

- Whisk together the first 6 ingredients. Then add vegetables & toss to combine. Top with salt & pepper. Top with sliced Chicken & Peanuts for a complete meal.

## Produce Hints, Secrets, and Ideas. . .

- To ripen an avocado, place it in a sealed plastic bag with a ripe banana at room temperature. Another method is to bury the avocado completely in a jar of flour. Do not refrigerate avocados until they are ripe.
- Spring onions are similar to scallions- the difference is that spring onions have a little more bite. They would be perfect sauteed with that Mexican zucchini and tossed with some lime, salt, and pepper.
- Produce taking up your whole fridge? Prep! Chop up your greens, roast your garlic, mix your veggies into dishes that you plan to make. This will take only an hour after you get your basket but will save time during the week.