

FRIDAY JULY 2, 2010

TRI-COMMUNITY CO-OP

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

LOCAL  ORGANIC  SUSTAINABLE

www.tricomcommunitycoop.com or <http://groups.google.com/group/Tri-CommunityCo-op>



WATCH OUT FOR BEARS!

"Hope is the only bee that makes honey without flowers."
Robert Green Ingersoll

This Week's Basket

Glencairn

(Redlands)

Pinkerton Avocados
Oranges
Peaches or Nectarines

Ramirez Farm

(Riverside)

Cantaloupe
Strawberries
Peppers

Guldseth Orchard

(Cherry Valley)

Cherries
Loquats

Archibald Farm

(Redlands)

Cucumbers
Yellow Squash
Mexican Squash

Mescal Creek

(Llano)

Heirloom Garlic

Gaytan Farm

(Mira Loma)

Tomatoes on the Vine
Cabbage

ORGANIZER'S NOTES

We hope you all will enjoy the delicious cherries grown for us by Sue and John from Guldseth Orchard in Cherry Valley. Sue and John have owned their beautiful farm for decades - and moved to their farm permanently when they retired from teaching. Those of you who participated in our last basket pickup will be receiving an extra pound of cherries to make up for the cherries that went bad in the last basket.



Once again, Kim has gone above and beyond on the recipes for this basket. Check out her brilliant tips and secrets for using your basket items!



Have a great weekend and see you at Mountaineer Days!!!



Live Well,
Stephanie and Michelle



From Our Test Kitchen. . .

Loquat & Apricot Chutney

- 2 pints fresh **loquats**, ripe
juice of 1 **lemon**
1 cup **apricots**
- 1 cup **Fuji apple** (½ apple), shredded
- 2 tablespoons **canola oil**
- ¼ teaspoon **cumin seeds**
- ½ teaspoon **fennel seeds**
- 1 **shallot**, finely chopped
- ½ teaspoon fresh **garlic**
- ½ teaspoon fresh **ginger**
- 1 teaspoon dry **mustard powder**
¼ teaspoon **paprika**
- ¼ teaspoon **red chili powder**
¼ teaspoon **salt**
- ½ cup **apple cider vinegar**
- 2 tablespoons **molasses**
- 1 tablespoon **dark floral honey**
- 2-½ tablespoons **brown sugar**

*Serve with grilled chicken & basmati
rice

from Pham Fatale blog

Wash, peel and seeds the loquats. Place them in a bowl and coat them with 1 tablespoon of brown sugar and the juice of half a lemon juice. Let sit 15 min..

Remove the pits from the apricots. Coarsely chop them and set aside.

In a deep saucepan, heat the oil. Add the cumin and fennel seeds. Once the seeds start popping in the hot oil, add the shallots and cook for about 2 minutes until they're translucent.

Add the loquats, apricots, shredded apples, ginger garlic paste, dry mustard, paprika and red chili powder. Cook over high heat for about 2 minutes until some fruits caramelize and add vinegar, molasses, honey and the rest of the brown sugar. Season with a little salt. Bring to a boil then immediately reduce the heat to a gentle simmer. Cook for about 15-20 additional minutes. Stir occasionally. Finish with lemon juice. Bring one last time to a rolling boil, then turn off the heat.

Hints & Secrets

Did you know that Loquats are only grown in the US on Central Coast of California and are not traditionally shipped to commercial stores? How lucky we are!

Cantaloupe makes great salsa, just combine with lime juice, garlic, cilantro, some onion, and of course salt & pepper- So refreshing!

Tomatoes (especially vine ripened ones) should always be stored on the counter. It keeps all the health benefits of the tomato and increases their flavor.



Ann is a native Californian whose favorite memories often involved vegetable gardens. From her childhood home in the hills north of UCLA to her grandparent's ranch in southern Oregon, there was always healthy food to be picked, whether cultivated or foraged in the wild. A passionate believer in the many benefits of eating locally, she is very happy to support farmers in the high desert and other Inland Empire locales. The mother of two grown children, Ann lives in Pinon Hills with her husband, Chris, and two cats. Her other interests include reading, creative puttering, travel, and learning new things.

Ann Hale
Founding Member

MEMBER SPOTLIGHT- ANN HALE

Zucchini Boats

Adjust the ingredients to meet your family's dietary preferences. In place of turkey sausage, use cooked grain. Whatever vegetables you have around will work for the stuffing, and feel free to top with whatever cheese you have on hand. Highlighted items have been featured in recent baskets or available through the Co-op.

On a baking sheet, roast cut side down for 15 minutes @ 350 degrees:

2 medium (8 ") **zucchini**, cut in half length-wise, pulp scooped out and set aside

Saute in small amount of **olive** or other **good oil**:

2 Cups (approx.) total of a mixture of **reserved zucchini pulp, chopped bell**

peppers, swiss chard, spinach, onions, shallots, parsley, fresh basil and/or other herbs, fresh garlic, tomato, mushrooms, or whatever you have on hand

Add 2 Cups (approx.) cooked turkey sausage or a cooked whole grain of your choice

Season to taste with sea salt and ground pepper; **lemon zest** adds a refreshing zing if you like.

Stuff the boats with the sautéed mix; sprinkle with something crunchy like a mixture of chopped nuts/seeds, and lightly drizzle with **olive or other oil**.

Bake for 20 minutes or until bubbly. If you like, sprinkle with a grated **cheese**.