

FRIDAY JULY 16, 2010

# TRI-COMMUNITY CO-OP

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

LOCAL ORGANIC SUSTAINABLE

[www.tricommunitycoop.com](http://www.tricommunitycoop.com) or <http://groups.google.com/group/Tri-CommunityCo-op>

## ORGANIZER'S NOTES-

**O**ur first Open Air Market was a great success! Due to its popularity we have decided to hold it every co-op through September 10. Let us know what you think! If you know of farmers who would like to participate please let Steph know.

Thanks and happy locavoring!

Steph and Michelle

ps. The market is now open to the community but is MEMBERS ONLY from 9:30- 10:00 am. So if you want to beat the crowd to the market and shop during members only time, come on down before 10am!

## This Week's Basket

### Moonstruck Farms:

Potatoes

### Mescal Creek:

Garlic

### Tehachapi:

Red Grapes

Black Grapes

Yellow Peaches

White Nectarines

### Archibald:

Cucumbers

### Morningstar:

Tomatoes

Zucchini

### Glencairn:

Oranges

### Gaytan:

White Corn

Green Bell Peppers

Celery

Watermelon

Cilantro

Parsley

Carrots

Green Beans



## From Our Test Kitchen. . .

### Pickled Cucumber Salad

3 Cucumbers  
3/4 C Sugar  
1 C White Vinegar  
8-10 Ice Cubes  
Salt to taste

- Thinly slice cucumbers. You choose if you want to leave the skin on or take it off. Place in a non-reactive bowl.
- In a saucepan combine white vinegar and sugar, cook till sugar dissolves.
- Once cool, pour the sugar/vinegar mixture over the cucumbers.
- Top with salt and ice cubes. Place in refrigerator.
- Once the cubes melt, the salad is ready.

You could add if you're feeling fancy: Sesame seeds, dill, cayenne, garlic, onions, basil, parsley, mint, or pepper.

### Peach Shortcake on Ginger Biscuits

from *Local Flavors* By Deborah Madison

The Fruit & Topping

4 large ripe Peaches

1 tablespoon Sugar

The Biscuits

your favorite **Biscuit Recipe/ Bisquick** for 4 biscuits (use buttermilk)

1/3 C **Candied Ginger**, chopped

1/2 teaspoon **Vanilla Extract**

The Cream

1 C **Whipping Cream**

1/8 teaspoon **Almond Extract**

**Confectioners' Sugar** (optional)

- Peel & slice the peaches into wedges, sprinkle with sugar and refrigerate while you make the biscuits.
- Make biscuits adding the ginger & vanilla to your favorite recipe. Cut into 3 in circles 3/4 in thick. Cook according to your instructions (usually 400 for 12 min.)
- Whip the cream (using an electric mixer) until it holds soft peaks then stir in almond extract.
- Cut biscuits in half, top with fruit and juices and cream.



# Check Out Our New Recipe Blog!

<http://tricomunitycoop.wordpress.com>

-  Post new recipes
-  Find recipes by ingredient
-  Share cooking secrets
-  Find ideas

## What Does tricomunitycoop.com Offer You?

Have you seen the new Co-Op website? Aside from being pretty, it has a ton of information. Missed a newsletter? No problem, just click the link and they are all archived there. Did the crazy girl take a picture of you that you'd like to see? Look under photos, you could be famous! Want to know about our farmers & their farms? Go ahead, click meet our farmers. Always wanted to volunteer & play a larger role in the Co-Op community? Click away at volunteer info & when you volunteer you get extras (it's like being paid in produce)! OH, what to do with your basket contents? NO FEAR! Click on a green underlined item and it will give you an idea from our recipe blog. Wondering if any events are happening in the Co-Op community? Look right in the center of the page, and you will find our latest & greatest events. Sounds too good to be true? It's not. . . so visit us on our website & be sure to leave us a little letter in the google group (<http://groups.google.com/group/Tri-CommunityCo-op>) we love to hear from you!

See photos from Co-Op day!

Learn about our farmers!

Sign-up to volunteer.

Upcoming Events & News are always in the Center of the screen.



- [Home](#)
  - [About Us](#)
  - [Contact Us](#)
  - [How to Join](#)
  - [Products](#)
  - [Photos](#)
  - [Meet Our Farmers](#)
  - [Newsletters](#)
  - [Volunteer Info](#)
  - [Schedule](#)
- HELPFUL LINKS  
[New: Recipe Blog!](#)  
[Join Our Google Group](#)

### WELCOME to the Organic Produce Co-op for the Tri-Community!

Do you dream of getting your fruit and veggies from a local farm or farmer's market? That's what we do for our members! We buy fresh seasonal produce and fruit from small family operated farms in Redlands, Cherry Valley, Phelan, and Pinon Hills.

**Next basket pickup: Friday July 16** at the Wrightwood United Methodist Church, 9:30-10:30am. Plus, starting at 10am:



**Open Air Market**  
 FARM FRESH PRODUCE AND PRODUCTS FOR SALE  
 OPEN TO THE COMMUNITY

Thank the church for their support of our Co-op: bring canned food to donate to Helping Hands. [Click to see the full 2010 Co-op Schedule.](#)

#### Basket contents for July 2

Click on a basket ingredient to see recipes using that ingredient. Or [post your own recipes here!](#)

- Asparagus
- Avocado
- Cabbage
- Canteloupe
- Cherries
- Cucumbers
- Garlic
- Loquats

Pick-up Location & time!

Co-Op Schedule, So you never miss one!

Basket Contents. . . If they are underlined and green, we have a recipe for them on our blog!