

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

ORGANIZER'S NOTES- KEEP IT FRESH**H**ello members!

As always, please look over your basket when you take it home and check out which items need to be eaten first. Last basket the melon was extremely ripe and needed to be eaten that weekend. But oh what a treat it was! For most items we purchase them when they are at the peak of their season, and are ripe, ready to eat.

Also, if you are having trouble keeping items fresh in your fridge, please purchase some green bags. You can find them at Bed, Bath and Beyond and elsewhere. They really work, I am able to keep many items fresh for 2 weeks using these bags properly.

In this basket you will find heirloom peppers. Heirloom seeds have been saved for generations. They are often handed down within families. For more information you can visit seedsavers.org. They are a real treat!

Steph & Michelle

This Week's Basket**Gaytan:**

Parsley
Japanese Eggplant
Watermelon
Mixed Summer Squash

Tehachapi:

Green Grapes
Nectarines
Peaches
Plums (red on outside, green on inside)

Redlands:

Chislett Navel Oranges

Morningstar Farm:

Tomatoes
Heirloom Bell Peppers (mixed)
Mixed Squash
Onion

From Our Test Kitchen. . .**Grilled Peach & Arugula Salad**

2 Peaches
4 Cups Arugula
1/2 Sweet Onion
1/3 Cup Hard Blue Cheese
1 Tbs Olive Oil (for grilling)
Salt & Pepper
Balsamic Vinaigrette

- Cut peaches in half removing pit. Brush both sides of peach with olive oil & season with salt & pepper.
- Put on medium heat grill & grill for 5 min/side.
- Remove peaches from grill and deskin. Let cool. Slice to about 1/4 in thick moons.
- Toss COOLED peaches with remaining ingredients. YUM!

Watermelon & Feta Salad

3 Cups Watermelon (cubed)
1 Cup Feta Cheese
1 Handful of Mint (Chopped)
1/2 Red Onion (moon sliced thin)
1 Tbs Balsamic Glaze (Plain Balsamic Vinegar will work as well)
Salt & Pepper (to taste)

- Combine watermelon, feta, mint, and onion in a bowl.
- Toss in balsamic vinegar.
- salt and pepper to taste.
- Serve cold with some kebabs (like ones made with heirloom bell peppers, japanese eggplant, and summer squash in a lemon/oregano marinade with a yogurt dipping sauce).

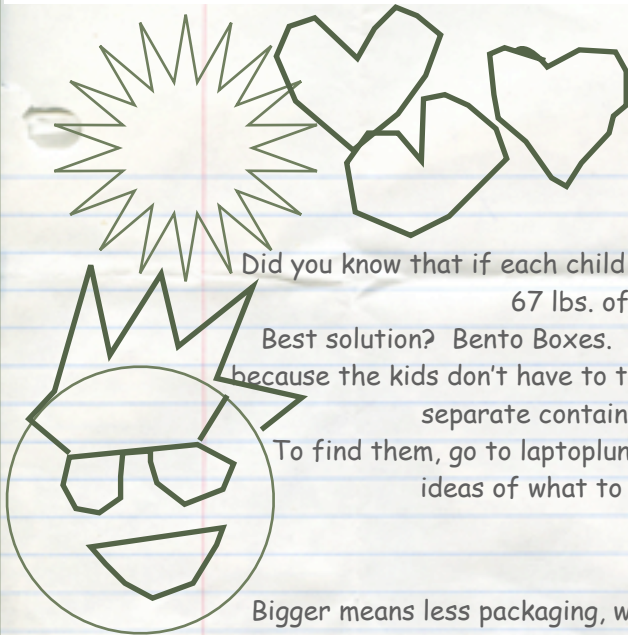
Tips & Secrets

- This basket has all the ingredients to make a super delicious (not to mention fancy) ratatouille. For a reminder on how to make ratatouille look at the June 4 newsletter in our online archives.
- Eggplants are like sponges, they require extra oil when you cook them. Also, make sure to soak your eggplant in saltwater, or at least salt it- this will keep it from turning brown.
- Simple Japanese Eggplant- Slice in 1/2 & grill. Cut into cubes & toss with sesame oil, rice vinegar, soy sauce, garlic, ginger, and sesame seeds.

Greening Up Back to School

Oh school supply aisle, how do I love thee. With your mechanical pencils, pop icon notebooks, and array of pens from ball point to roller you make going back to school exciting! After all the supplies are purchased we head over for a back to school fashion make over and then the pinnacle decision of the backpack. With so many stores and so little time, I thought I would help by sharing some tips on how to make going back to school a little easier on the environment (not to mention your wallet).

By: Kim Vodden



1. Skip the Bag.

Did you know that if each child used reusable containers for their lunch packages, that about 67 lbs. of trash could be saved per child per year!

Best solution? Bento Boxes. They give your child more time to enjoy their 20 minute lunch because the kids don't have to take out all their food and organize it! The food stays in its own separate containers and doesn't get smashed. Take that baggie!

To find them, go to laptoplunches.com- they are made in the USA and the site even gives ideas of what to put into your bento box (hint: it's not Go-gurt.)

2. Buy Bigger.

Bigger means less packaging, which means less going to our landfills. Also, avoid prepackaged food and juice- it may save you 2 minutes in the morning, but it can last years in the dump.

3. Buy Recycled Products.

Everything from paper to pencils comes recycled now. So, if you have to buy it new, buy it recycled. Major stores such as Target offer these options.

4. Repurpose last years leftovers.

Pencils and Pens still good? Keep them in a rubber band as replacements, or use in a homework area. That notebook was only 1/2 used up? Rip out the pages that are still clean and use them for scratch paper, you could even keep the scratch paper in one of last years folders! Old folders? Cut them into squares and save for art projects. Don't toss those old notebook pages, compost! Worms just love paper.

5. Clothing Swap.

Kids are always growing, right? So instead of donating your clothes, try swapping (this also works for toys). Gather other parents you know, or even put out flyers in your neighborhood specifying a date/time. Your child gets to upgrade their wardrobe and see the clothes that they love, but sadly no longer fit, on their friends!