

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- THE MOVE!

Welcome to our new location for the Fall and Winter, the Wrightwood Community Building. Crazy enough, we needed even more space to facilitate all the wonderful goods and produce available at the market and so many co-op members. We're looking into getting more farmers and food craftsmen on board to really bring you the food that our community has to offer. We will be holding the Open Air Market alongside regular Co-op as long as the weather holds out, and if we can figure out how to swing it inside, we will fashion ourselves after the Grateful Dead and Keep on Truckin' right through winter.

Our goal is to bring you a real deal Certified Farmers Market by April, so be looking forward to updates on that.

Thanks to all of you who have given us input on what you would like to see and spreading the word, we're truly appreciative!

Sincerely,

Tri Community Co-op



Basket Contents

Morningstar Farm:

Zucchini
Avocado

Gaytan Farm:

Japanese Eggplant
Tomatoes
Cilantro
Anaheim Peppers
Cucumbers

Ramirez Farm:

Peaches
Grapes
Pluots

Glencairn Farm:

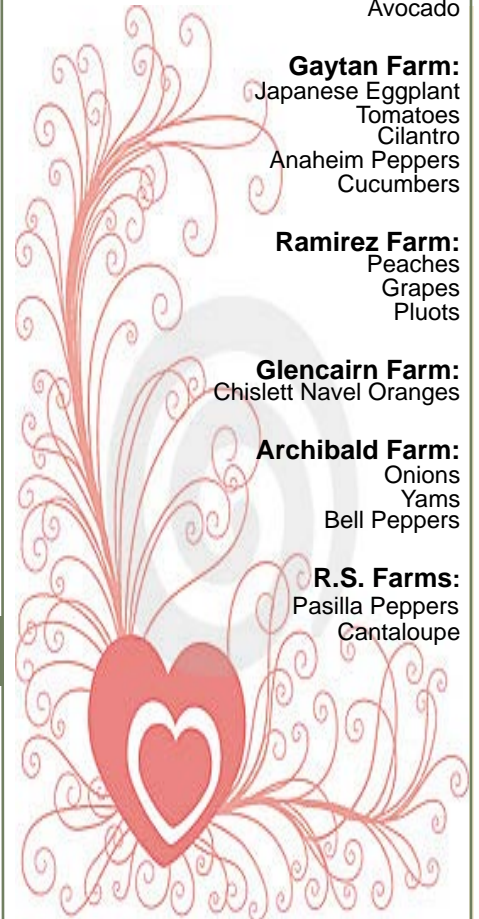
Chislett Navel Oranges

Archibald Farm:

Onions
Yams
Bell Peppers

R.S. Farms:

Pasilla Peppers
Cantaloupe



Tips & Secrets

- Did you know that the Chislett Navel grows later in the season (or even post season) from regular navel oranges? Their seed strand originally came from Australia around the mid-eighties and was originally grown at UC Riverside in the United States.
- Pluots are a hybrid of plum and apricot. The trees are made through cross-pollination of each type of tree with a tiny little brush. The genius who came up with this was named Floyd Zaiger. They are high in vitamins A & C as well as delicious.

From Our Test Kitchen. . .

Baked Eggplant, Pepper, and Sweet Potato Casserole

- 2 medium **Yellow Onion**
 - 4-6 tablespoons **olive oil**
 - 2 **sweet potatoes**, peeled and cubed
 - 3 **small eggplant** cut into cubes
 - 1 large **red pepper**
 - 2 cloves **garlic**, sliced
 - 1 teaspoon **paprika**
 - 1 teaspoon ground **cumin**
 - 1 teaspoon **ground coriander**
 - 1 teaspoon **turmeric**
 - 1 teaspoon **red pepper flakes**
 - 1 cup **vegetable stock**
 - 1 small **cans chopped tomatoes**
 - 1 can **chickpeas**, drained
 - 2 Tablespoons **sugar**
 - 1 teaspoon **salt**
 - 1/4 cup **cilantro leaves**, chopped
 - 1 carton **plain yogurt**
- Preheat the oven to 425 F.
 - Cut one whole onion into thick moon slices.

- Put half of the oil into a large roasting dish and add in the onion, sweet potatoes, eggplant and pepper.
- Mix to coat in the oil and bake for 30 minutes, turning halfway through the baking.
- Meanwhile, roughly chop the other onion and heat the rest of the oil in a frying pan.
- Fry the onion for a few minutes, until soft, then add the garlic, spices and tomatoes.
- Cook for five minutes.
- Stir in the stock and chickpeas, as well as any sugar, salt and chili flakes to taste.
- Take the veggies out of the oven, pour the spiced tomato mixture over top and mix well.
- Lower the oven temperature to 375 F and bake for another 20-30 minutes, until the veggies are cooked.
- Stir halfway through baking.
- Just before serving, stir in the fresh cilantro and top each plate with a spoonful of sour cream.
- Serve with rice, quinoa, or bread.