

TRI-COMMUNITY CO-OP

Basket Contents

Butternut Squash

Fuji Apples

Asian Pears

Yams

Mandarin Oranges

Carrots

Onions

Pomegranate

Green Leaf Lettuce

Broccoli

Cauliflower

Oro Blanco Grapefruit

Spinach

Haycha Persimmons

Meyer Lemons

Extras...Kale, Cabbage,

Strawberries and

Mustard greens

Pomegranate Martini

1 1/2 c. pomegranate juice

2 oz. Absolute Citron vodka

1 oz. Cointreau liquor

Cup of ice

*Splash sparkling water (optional)

*Squeeze of lemon (optional)

Shake and serve in chilled martini glass. Add pomegranate seeds to glass as garnish. Happy Holidays!

FESTIVE POMEGRANATE!

We love pomegranate season! They are one of our favorite fruits. I have even motivated (bribed) my kids to eat their dinner by offering them pomegranates for dessert.

First, I serrate the skin by cutting an X across the entire fruit. Then I pry it open, being careful to hold it over the sink and open it towards the sink. Finally, the kids attack the pomegranate ripping it apart and gobbling up the "rubies." After devouring the pomegranate, they sometimes look like they walked off the set of a *Godfather* movie so be sure that they are wearing an old t-shirt or a cover-up.

If you want a cleaner way to get the seeds out of the pomegranate, cut it in half and hold it under water in a large mixing bowl. Discard the membrane and rind as you pry out the seeds. Lastly, discard all the floating bits of membrane and rind and drain into a colander.

Arugula, Apple, Fennel, Orange, and Pomegranate Salad

- 1/2 c. extra-virgin olive oil
- 1/4 c. fresh lemon juice
- 1 shallot, minced
- 1/2 t. (packed) grated lemon peel
- 1 large fresh fennel bulb, trimmed, halved, very thinly sliced
- 1 Fuji apple, halved, cored, cut into matchstick-size strips
- 6 cups trimmed arugula leaves
- 2 mandarin oranges or tangerines, peeled, each cut crosswise into 3 slices
- Pomegranate seeds

Whisk first 4 ingredients in small bowl. Season dressing with salt and pepper. Combine fennel and apple in medium bowl; mix in 3 T. dressing.

Place arugula in large bowl. Add fennel-apple mixture. Toss, adding more dressing to taste. Divide salad among 6 plates. Garnish each with 1 mandarin orange slice and sprinkle with pomegranate seeds.

Healing Foods

Provocative Pomegranate

Lets talk straight about this round fruit...it's very sexy and has a reputation. In ancient Greece it was a symbol of the Goddess Aphrodite. Modern research is confirming it's aphrodisiac properties. There is pertinent information about this little fruit sporting sexy, stimulating properties for both sexes and sexual performance, especially for men.

However, the pomegranate is not just a one night stand concerning health. Research has shown a plethora of potential health benefits. Principally, pomegranates support the cardiovascular system, neutralizing bad cholesterol, thinning the blood, and reducing inflammation.

Pomegranates are also a powerhouse of healthy nutrients. Pomegranates encapsulate sultry vitamins such as A, C, E, and a prominent mineral, iron. All these elements lead to great possibilities for prevention of a wide range of conditions such as, Alzheimer's, diabetes, atherosclerosis, arthritis, erectile dysfunction, heart disease, breast cancer, prostate cancer and more.

RonFrank, D.H.M., D.I.Hom.

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MISSION STATEMENT:

** We, the members of the Tri-Community Co-op, are committed to nurturing the health and well-being of our members and community by providing sustainably grown, local produce. We support farmers who use environmentally-friendly agricultural practices with an emphasis on organically grown produce. Through educational experiences, volunteer opportunities, positive leadership and role modeling, we strive to empower people to own and care for their health, our community, and the environment.*

**Newsletter created by Mary Duman*

WELCOME WINTER

Welcome snow, cold, dark, quiet, and calm....Yin energy. Harmonizing internal energy with the external environmental energies is ancient wisdom for health and healing. When we lived in harmony with nature, humans looked to the trees and animals for guidance. The tree naturally knows what to do when winter arrives but it is very challenging in our fast-paced, yang society, to slow down and restore our energy.

Here are some winter survival tips: Enjoy more rest and relaxation, read, meditate, and sleep! If you start feeling sluggish or depressed make sure you do some light exercise. Take a vitamin D supplement if you don't get enough sun. Vitamin D also helps with depression and cold prevention. Consume lots of warming root vegetables, ginger is a great heating root and a traditional remedy for colds.

Let's Barter!

The barter board will be at the next Co-op, December 17th. Think of items or services that you would like to barter or give away. You may make a small notice and post it on the board on the 17th. Some ideas include, clothing, baked goods, toys, books, massage, house cleaning, music lessons, small appliances, art, knitting, tools, ski equipment. Include contact information on your posting, e-mail works well. If you are in need of items or know someone that is in need, you may also make a notice for needs or items to give away. Contact marylucasduman@yahoo.com for more information.

Vegan Cauliflower Macaroni and Cheeze

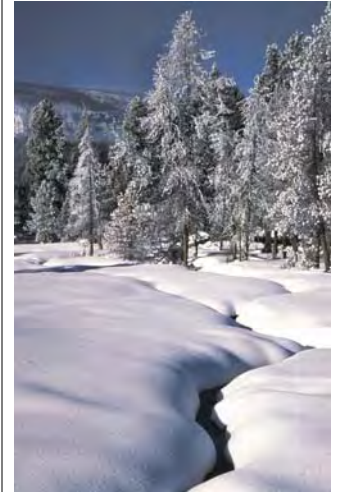
Ever since I quit eating dairy products, I have had periodic cravings for macaroni and cheese. Fortunately, after stopping my consumption of dairy, I discovered that I didn't have allergies. My congestion and my dry eyes went away completely and avoiding dairy is easier now that I know how it makes me feel. However, I have been on a quest for the perfect substitute for that nurturing, creamy, gooey dish. Here is my latest version for anyone interested in a healthy substitute.

Ingredients:

- 1 head cauliflower
- 16 oz. package pasta (we use brown rice)
- 1/2 cup raw cashews
- 1 cup vegetable broth (or cauliflower water from steaming, add a bay leaf, onion scraps, celery leaves)
- 1/4 t. brown mustard
- 2 T. nutritional yeast (you can find this at a health food store or just leave it out...its also good on popcorn)
- 1 onion
- 2-3 cloves garlic
- 1/4-1/2 t. curry powder
- 2 T. olive oil

Directions:

Steam the cauliflower for about 20 min. or until soft. Boil pasta, drain, rinse, and set aside. Sauté 1 onion and garlic in olive oil until soft (if you are in a hurry, just add 1/2 t. of garlic from a jar and skip the onion). Put the cauliflower, broth, cashews, mustard, nutritional yeast, onion mixture, curry powder and a little salt and fresh ground pepper into a blender (high speed preferred). Puree until creamy and pour over pasta and serve. Wala...guilt-free macaroni and cheese.



*"Love awoke one
winter's night
And wander'd through
the snowbound land,
And calling to beasts
and birds
Bid them his message
understand.*

*And from the forest all
wild things
That crept or flew
obeyed love's call,
And learned from him
the golden words
Of brotherhood for one
and all."*

- Author Unknown

Persimmon Smoothie Recipe

Ingredients:

- *2 very ripe Hachiya persimmons
- *1 cup organic coconut milk
- *pinch of ground ginger
- *pinch of ground cardamom-optional

Directions:

Blend all ingredients, preferably in a high speed blender, adding ice or additional water to produce desired consistency.