

TRI-COMMUNITY CO-OP

Basket Contents

Pink Lady Apples
Fuji Apples
Asian Pears
Yams
Mandarin Oranges
Carrots
Onions
Brussels Sprouts
Romaine Lettuce
Broccoli
Beets
Oro Blanco Grapefruit
Spinach
Bacon Avocados
Meyer Lemons
Kale
Green Garlic
Italian Parsley
Navel Oranges
Extras...Cabbage and
Cilantro

TCC Potluck

this Saturday!

***See back for
details.**

BEETS AND BRUSSELS SPROUTS

Honestly, I have never loved beets or Brussels sprouts. However, I recently discovered a new way to cook them that is delicious!

Caramelizing vegetables completely transforms their flavor and texture. Caramelizing vegetables brings the natural sugars in the veggies to the surface and gives them a sweet, nutty flavor.

It's so simple...just roast your vegetables in the oven with a little oil or in a skillet on the stove. The key is to make sure that you spread out the veggies and don't stir them too often. They should get nice and brown on the bottom before you stir them. Adding a little sweetener also helps to caramelize the vegetables and bring out their flavor.

For caramelized roast beets and Brussels sprouts, slice your beets and/or Brussels sprouts fairly thinly 1/4-1/2 inch and toss them with a little olive oil, balsamic vinegar (FYI...2 heavenly varieties are sold

at co-op....quality olive oil and balsamic vinegar makes a huge difference), sugar (1-2 teaspoons), salt, fresh ground pepper, and fresh herbs and put them in a baking dish or on a cookie sheet and bake. Top them with roasted nuts (walnuts, pecans, or pine nuts) and some crumbled blue cheese or goat cheese and gobble them up (see variation of this recipe on the back)!

For an even healthier beet dish, try them raw. I enjoy shredding them in a winter salad along with shredded carrots, cabbage, apples, raisins, sunflower seeds, and a simple lemon and olive oil dressing. Also, try pickled beets.

SOUTHERN PICKLED BEETS

2 beets, peeled and very thinly sliced
1/2 onion, very thinly sliced
2 T apple cider vinegar
1 T extra virgin olive oil
(Combine all ingredients in a bowl and marinate for at least one hour)

Healing Foods

Brussels sprouts are a bit rare as far as our traditional food choices go, but surprisingly most are grown here in California. As members of the cruciferous family, these little veggies may even top broccoli on Ron's healthy foods list.

Brussels sprouts contain high amounts of vitamin C, Beta Carotene, Folic Acid, Manganese, Potassium, Calcium, and are a good source of vitamin E, and omega-3 fatty acids as well.

The 3 most powerful benefits from Brussels sprouts are detoxification, anti-oxidation, and anti-inflammation. Health studies support Brussels sprouts as useful for cancer prevention, cardiovascular support, cholesterol reduction, DNA protection, digestive support, and blood sugar stabilization.

Stay well during the cold and flu season by eating these unusual little gems!

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*

TCC Potluck

Please join us at Ron and Mary's home for a winter potluck. We will be celebrating the success of the co-op in the past year and dreaming about possibilities for cooperation and community in the upcoming year. Bring the family and one dish to share. Call Mary at 760-684-2332 for details.

When: Saturday, January 15th at 5:30

Where: 26641 Timberline Drive, Hwy 2 West, R. Flume Canyon, R. Timberline Dr.

Thank You Co-op Volunteers!

Thank you to our November and December Friday morning TCC volunteers who have made our co-op both possible and successful: *Anthony and Jami Delgado, Brenna Doubleday, Debbie Bartle, Matt & Rachel Bales, Gail Manning, Helen Horn, Jane Warger, Jill Carlton, Kathleen Flannigan, Kathy Smith, Laura Frame, Lily Coffeen, Mary Duman, Michelle Scharfe, Judi and Wylie Skillman.*

I would like to give a special thank you to the Skillman family, who once again logged the most volunteer-hours for a single membership. Because of their consistent efforts throughout both summer and fall I am pleased to announce that they will be receiving their basket for free this coming Friday. Thanks Judi and Wylie for all your hard work!!

Beginning now, we will be giving a free basket to the membership that logs the most volunteer-hours in a single quarter. Hours will be logged for 3 months and the basket will be given on the first co-op of the following month. Each membership is eligible to win 1 basket in any given 12-month period. Hours will be logged based solely on the volunteer sign-in sheet, which Michelle has at each co-op. Please be sure to both sign-in and sign-out so that your hours will be correctly logged and so you will be eligible to earn a free basket.

Thank you all for your help! I look forward to another wonderful year of cooperation and produce. Happy 2011!

Tricia Opdahl, TCC Volunteer Coordinator

Lemon Roasted Beets with Feta

3 Large beets
4 Cloves garlic
Zest and juice of one lemon
1 Tbsp olive oil
Salt and pepper to taste
1 Tbsp fresh thyme (I have used dried)
1/4 Cup feta cheese

Preheat oven to 400 degrees. Peel beets, cut in half, and slice into 1/4" slices. Place in a large baking dish with garlic, lemon zest, lemon juice, olive oil and season with salt and pepper. Bake in oven for 40-45 minutes until beets are fork tender. Remove from oven, place on serving platter and top with fresh thyme and feta.



*Be content
with what you
have; rejoice in
the way things
are. When you
realize there is
nothing
lacking, the
whole world
belongs to you.*

Lao Tzu