

# TRI-COMMUNITY CO-OP

## Basket Contents

*D'Anjou pears*  
*Fuji Apples*  
*Minneola tangelos*  
*Clementine mandarins*  
*Blood oranges*  
*Carrots*  
*Eureka lemons*  
*Asparagus*  
*Celery*  
*Cauliflower*  
*Butternut squash*  
*Potatoes*  
*Bacon Avocados*  
*Onions*  
*Spinach*  
*Red/green leaf lettuce*  
*Collard greens*  
*Extras...Beets,*  
*Romaine Lettuce,*  
*Strawberries*

### Extras Option

The extras option helps you to have more choice over the contents of your basket! This option is very helpful for people with allergies or fussy eaters. As long as supplies last, you may switch out any unwanted item for another item on the extras table.

## GET YOUR GREENS!

While doing a little research about greens, I discovered that the origin of the famous Southern greens is African and that the slaves cooked them with the leftovers from the plantation kitchen. These leftovers often included turnip or beet greens and pigs feet or ham hocks. The greens were cooked down into a gravy and they drank the juice (known as potlikker).

Traditional collard greens are made with ham hocks but for those of us that don't cook with ham hocks, I have come up with a few alternatives.

### Collard Greens with Bacon

4 strips thick-sliced bacon, sliced crosswise into 1/2" pieces (without nitrates!)  
 1 small yellow onion, chopped  
 2 garlic cloves, minced  
 2 T sugar  
 1tsp kosher salt  
 1/2 tsp freshly ground black pepper  
 Several dashes hot sauce  
 1/4 c. apple-cider vinegar  
 2 lbs collard greens, stems removed, sliced into 3" wide

strips (can substitute kale or chard)  
 1 c. chicken broth (or water)

Saute bacon and add onions, cooking until onions start to brown. Add garlic, sugar, salt, pepper, and hot sauce and cook for a few more minutes. Add vinegar and simmer until liquid reduces by half, stirring and scraping bottom of pan. Simmer until greens are soft and serve with hot sauce and cooking liquid.

\*For vegetarian collard greens, you may substitute soyriso, a soy alternative to chorizo, for the bacon and add a few dashes of Bragg's Liquid Aminos (omit salt).

\*\*For an even healthier alternative, try raw greens.

### Marinated Collard Greens

1/4 c. apple cider vinegar  
 1/4 c. chopped sun-dried tomatoes  
 1/4 c. chopped scallions, white parts only  
 1 garlic clove, minced  
 1 tsp red pepper flakes  
 1 tsp sea salt  
 1/2 tsp black pepper  
 1 bunch collard greens, washed  
 1/8 c. olive oil  
 Combine ingredients in a bowl

and Healing Foods

Lets face it, all fresh organic fruits and veggies are healthy, but leafy greens get exceptionally high marks. Collard greens are no exception. Collard greens are particularly high in fiber, the minerals manganese and calcium, and vitamins C, K, A, and folic acid.

When we look for health in foods it's best to measure the nutritional amount per calories as a comparison, not weight. Would it surprise you to know that collards per calories have more calcium than milk? And this is absorbable calcium unlike milk. Milk can actually cause a depletion of calcium. In fact the countries with the highest amount of osteoporosis are the ones which consume the most milk, and milk products.

Milk and milk products can acidify your body leading to a host of health conditions from respiratory conditions to osteoporosis, heart disease, diabetes, and cancer.

Collards and other leafy greens will alkalize your body and help prevent these same conditions.  
[www.classichomeopathy.com](http://www.classichomeopathy.com)

### 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