

TRI-COMMUNITY CO-OP

Basket Contents

D'Anjou pears

Pink Lady Apples

Kale

Artichokes

Navel oranges

Carrots

Pink lemons

Broccoli

Leeks

Yams

Melogold Grapefruit

Bacon Avocados

Onions

Spinach

Red leaf lettuce

Extras....Fuji Apples,

Romaine Lettuce,

Mustard Greens, Garlic,

Strawberries

REMINDER

Co-op opens at 9:00 and closes at 10:30!

Baskets will not be distributed before 9:00 unless you volunteer to help sort the baskets from 7:30 until 9:00. In that case, you may take your basket when you are finished sorting.

LOVING LEEKS!

The leek is the sweeter, milder cousin of the onion and it can be used in place of onions in many dishes. Leeks are most commonly served braised with butter and chicken broth or in a leek potato soup. Leeks can also be sautéed in butter or oil and used as a topping for mashed potatoes, eggs, or soup. If you want to get even fancier, you may want to caramelize them (brown them) and use them as a tasty topping. Here are a few recipes for you to try....

Mushroom Leek Risotto

2 T unsalted butter
3 leeks, finely chopped
1 large onion, finely chopped
2 cloves garlic, minced
1 c chopped button mushrooms
½ tsp salt
½ tsp black pepper
¾ c Arborio rice
¼ c white wine
3 c chicken broth
½ c grated Parmesan cheese

Instructions:

1. Melt butter in a large pot over medium heat. Add leeks, onions, and garlic; cook until softened and lightly browned, 6 to 8 minutes. Add mushrooms and cook until softened and

liquid has cooked out, 4 to 5 minutes. Add salt and pepper and stir.

2. Add rice to pot and stir to coat; cook 3 minutes, stirring. Add wine and cook until liquid evaporates, 6 to 7 minutes.

3. Add broth ¼ cup at a time, and bring heat to a gentle simmer. Allow each increment of liquid to be absorbed before adding the next, stirring occasionally. The entire process will take up to 45 minutes. When rice is sticky, smooth, and slightly al dente, remove from heat. Add cheese, stir to mix, and serve immediately. *For a simpler leek recipe, try braised leeks.

Braised Lemon Leeks

4 small or medium leeks, about 7 inches long and cut lengthwise into quarters or eighths
2 T unsalted butter
1/4 c. chicken broth

1 tsp freshly grated lemon zest

Instructions:

Soak leeks in cold water 15 minutes. Remove grit. Melt butter over moderate heat and add leeks to skillet. Cook leeks, stirring occasionally, five minutes and add broth and zest. Braise leeks until tender, or until very tender, and season with salt and pepper.

Healing Foods

Leeks are a wonderful cleanser. They bind with other substances and help to purge them out of the body. With their high fiber and potassium levels, leeks are perfect for a nice internal spring cleaning. The fiber in leeks slows down the digestion of food in a good way, especially for diabetics, slowing the uptake of the sugars in the food and slowing the need for insulin to be released. Leeks also help reduce cholesterol absorption, lowering the bad and raising the good cholesterol.

Leeks, like onions, have a good amount of quercetin which reduces allergies and inflammation. Leeks are a good source of vitamin C, and Folic Acid too. Leeks have lutein and zeaxanthin (now there's a mouthful), which are both foods for our eyes. Leeks show some promising potential on the cancer prevention front as well, especially colon, prostate, and ovarian. So, clean your body while making a tasty leek

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