

TRI-COMMUNITY CO-OP

Basket Contents

Carrots
 Artichokes
 Broccoli
 Asparagus
 Turnips
 Potatoes
 Onions
 Garlic
 Green leaf lettuce
 Celery or beets
 Collards
 Fuji apples
 Asian pears
 Navel oranges
 Tangelos
 Pinkerton avocado
 Extras...Pink Lady
 Apples, Pummelos,
 Romaine lettuce
 Cilantro

Food Storage Tips

1. Store carrots and celery in water (remove carrot tops before storing).
2. Store vegetables in breathable cloth bags (green bags).
3. Cover vegetable drawer with a damp cloth. Trim the stems of your herbs and place them in a cup.

TASTY TURNIPS!

Turnips are surprisingly delicious when cooked properly. However, if not cooked properly, they leave an unpleasant bitter taste in your mouth. One tip to remove the bitterness is to boil them with a potato or an apple (speaking of bitterness, don't forget to save the turnip greens, see newsletter on greens for cooking ideas)! Also, many recipes add a little sugar to bring out the turnips' sweetness.

Turnips are also delicious uncooked. They may be shredded for a salad or coleslaw, or they can be pickled.

Turnips are a healthy alternative to potatoes, since they are less starchy and contain less carbohydrates. You may cook them just like mashed potatoes or combine them to make mashed turnips and potatoes. If you coat them in oil and salt and bake them with some herbs or a dash of parmesan cheese they make yummy French

fries. Turnip potato soup is also delicious. Just substitute half or even all your potatoes with turnips in your favorite recipe. You may want to include them in your favorite roast root vegetable recipe also, try adding a tablespoon of balsamic vinegar to bring out their sweetness.

I am looking forward to making turnip pickles since they are so healthy (see *Healing Foods* article).

Turnip Pickle

1 large beet, optional color
 4 small turnips or 3 medium size turnips
 3-5 garlic cloves, peeled and sliced
 Young celery leaves
 1/2 c. each white vinegar and water
 1 Tbsp. coarse salt
 Wash turnips and beet and slice into large French fry strips or wedges. Heat the water, vinegar, and add salt until dissolved. Layer turnips, beets, garlic and celery leaves in a sterilized jar (I just take them fresh out of the dishwasher). Fill

jars with ~~Healing Foods~~ more in a warm place about 10 days, then refrigerate.

Fermenting foods not only preserves the food without refrigeration, but is extremely healthy. Fermented foods support our immune function and help us resist colds and flues and other ailments. Fermented foods are an extreme help with digestion and increase our absorption of both vitamin B's and omega-3 fatty acids. The bacteria in fermented foods also protect us against harmful pathogenic microorganisms.

Healthy bacteria produced by fermented foods, when used as supplements, are called probiotics. They replace the damage done to our digestive systems when a person has used an antibiotic to fight an infection. Be careful of processed fermented foods we normally get in the stores. Many of those have un-necessary preservatives which cause more harm than good, and have destroyed these beautiful healthy pro-biotics. ~~Read to Sustain Our Lives~~
 Try making an easy
www.classicomeopathy.com
 homemade pickle like the

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