

# TRI-COMMUNITY CO-OP

## Basket Contents

*Fuji apples*  
*Cara cara oranges*  
*Melogold grapefruit*  
*Meyer lemons*  
*Bacon avocados*  
*Carrots*  
*Cauliflower*  
*Cabbage*  
*Asparagus*  
*Celery*  
*Radishes*  
*Spinach*  
*Swiss chard*  
*Red leaf lettuce*  
*Onions*  
*Yams*  
*Shallots*  
*Garlic*  
*Extras only....Pears,*  
*Lettuce, Tangelos,*  
*Strawberries,*  
*Green onions,*  
*Cilantro*

## TCC COOKING CLASS

*\*We have 2 spots available for the TCC cooking class this Saturday! Call Mary Duman at 760-684-2332 for more info.*

## SUPER SWISS CHARD!

How ironic, as I was looking at Swiss chard recipes on my lunch break, I realized that I was eating a delicious Swiss chard salad. Eating lots of fresh, raw, greens is one of the best things that you can do for your health. Here is what I was eating....

### Raw Asian Marinated Swiss Chard

1 bunch Swiss chard (chopped into thin strips)  
 1 red bell pepper (thinly sliced)  
 1/4 head red cabbage (grated)  
 2 carrots (shaved into strips with peeler)  
 2 T sesame seeds  
**Dressing:**  
 3 T sesame oil  
 4 T soy sauce (tamari, or nama shoyu)  
 4 T rice Vinegar  
 1/4 tsp grated fresh ginger (store it in the freezer and it lasts forever)  
 2 cloves garlic  
 1 T agave syrup (or dissolve honey in a little warm water)  
 Optional: A little grated lemon peel, orange peel, or fresh o.j.  
 Toss together all the veggies. Mix dressing ingredients together in a jar. Pour over salad and top with sesame

seeds. Let salad marinate for at least one hour.

The following recipe is also a delicious and has garbanzo beans and shallots!

### Garlic Roasted Garbanzo Beans with Chard

2 15.5 oz cans garbanzo beans, drained (a little less than 4 cups cooked)  
 10 garlic cloves  
 2 shallots  
 3 bay leaves  
 1/2 c olive oil  
 1 tsp fennel seeds  
 2 T olive oil  
 6 cloves garlic  
 3 bay leaves  
 2 shallots  
 1 bunch Swiss chard  
 1/2 c chicken or vegetable broth  
 Toss together first 6 ingredients. Cover with foil and bake at 350 for about 45 min. Heat oil over medium heat, add garlic, bay leaves, and shallots. Cook until shallots are tender and then add chard and wilt. Pour chicken broth over greens and cook until most of the liquid is gone. Combine greens and beans and serve over pasta with a little parmesan cheese. Yum!

### Healing Foods

#### **Swiss Chard of the Highest Regard!**

In some circles, chard is considered one of the top anti-cancer veggies around, with high levels of vitamin K, C, E, as well as high chlorophyll, fiber, and carotenoids. Chard gives so-called super foods a run for their money and it is much less expensive!

Leafy greens, such as chard, are incredibly alkalizing for our bodies. Processed foods, sugar, alcohol, caffeine, and animal products have a tendency to create acidity. Acid environments are conducive to irregular cell growth and cancer. I've discovered that vegetables like chard can be a lifeline, especially when juiced, nourishing our bodies and seemingly starving acidic disease conditions.

Professionally, I've experienced great results with the help of leafy greens, like chard, giving new hope and life to people who otherwise were given a death sentence medically. Watching my clients beat the medical odds has been a joy!

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