

July 15th, 2011



# Tri-Community Co-op

## Basket Contents

- Grapes
- White peaches
- Cantaloupe
- Navel oranges
- Pinkerton avocado
- Baby butter lettuce
- Red bell peppers
- Green bell peppers
- Sugar Pearl white corn
- Persian cucumbers
- New Zealand spinach
- Yellow zucchini
- Tomatoes
- Carrots
- Garlic
- Onion
- Shallots

### **Extras:**

- Basil, Cilantro,*
- Flat leaf kale, grapefruit*
- Romaine lettuce*

- Check out our face-book page! You can find a link to it on our website's homepage. [www.TriCommunityCoop.com](http://www.TriCommunityCoop.com)
- Congratulations to Stephanie O'Rourke for winning the volunteer basket.
- **Mountain Natural Living Festival**, August 28th, 1-6 p.m.

## *Oui, Oui, Shallots!*

When I think of shallots, I think of French food. Perhaps that is because shallots go so well with wine, a favorite French ingredient. Shallots were actually brought to Europe from Southern Palestine.

They are from the same family as onions and garlic but they are milder. You may use them in place of onions or leeks in recipes. I like to use them in salad dressings or brown them slightly in some butter or oil and then sprinkle the crunchy morsels on top of my favorite soups, potatoes, roast vegetables, or eggs. The following vinaigrette recipe is very simple. You may want to experiment by adding a little Dijon mustard or some fresh herbs, like thyme or basil. This is also a great marinade for meat, mushrooms, or tomatoes....BBQ Kabobs!

### **Balsamic Shallot Vinaigrette**

- 1/4 c. balsamic vinegar
- 1/2 tsp. salt
- 1/4 tsp. freshly ground black pepper
- 3/4 c. extra-virgin olive oil
- 2 T minced shallots

## *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

## ***Healing Foods***

Onions, Garlic, and Shallots, Oh MY!

One of the greatest benefits of these lily family veggies are their sulfur compounds.

Sulfur in our vegetables is very valuable for detoxifying the liver. Liver detoxification brings us innumerable health benefits. One benefit of liver detoxification is cancer prevention, especially for the digestive system. Liver detoxification and the sulfur compounds also provide us with wonderful anti-inflammatory properties which help with arthritis in particular. Sulfur is also high in meat products but because of their high protein content, meat products create an opposite reaction in the body. High meat protein in our diet increases our acidity, raising inflammation and stripping our bodies of needed minerals to counter the acidity. This contributes to problems such as arthritis.

Among the many benefits, alliums support the cardiovascular system by thinning the blood. They also act as an anti-bacterial and anti-viral and they have been shown to help with allergies through large amounts of antioxidants such as quercetin.

Ron Frank, D.H.M., D.I.Hom.

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