

Hello! We are looking forward to seeing you all tomorrow! We know you will enjoy the slightly spicy poblano peppers, the nutty goodness of artichokes, and sweet red plums that you will find this week in your share. You are in for a wonderful treat packed full of all the vitamins and minerals your body has been craving! Feel free to pass on your good recipes and give us any feedback!

Check Out What's in Your Share Today!

Large Share

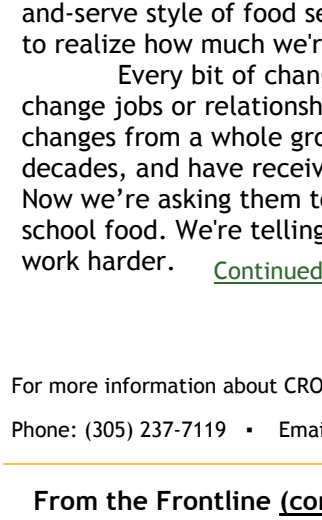
- Pablano Peppers
- Tomatoes
- Zucchini
- Red Jumbo Onions
- Shiitake Mushrooms
- White Colossal Garlic
- Artichokes
- Green Cabbage
- Cauliflower
- Red Russian Kale
- Pineapple
- Cameo Apples
- Red Plums
- Romaine Lettuce

Medium Share

- Pablano Peppers
- Tomatoes
- Zucchini
- Red Jumbo Onions
- Artichokes
- Green Cabbage
- Cauliflower
- Red Russian Kale
- Red Plums
- Pineapple

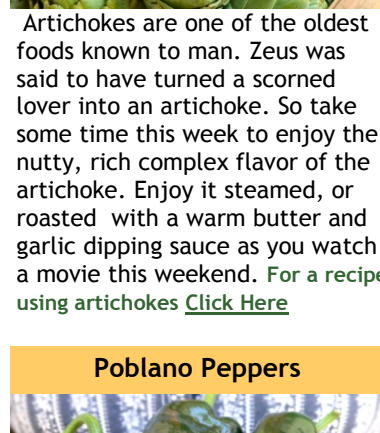
Please keep in mind that from time to time our numbers won't be exact. For instance you might receive an extra item this week and next time be short an item. Feel free to trade with other CROPS members.

Cauliflower & Turmeric-- a winning team



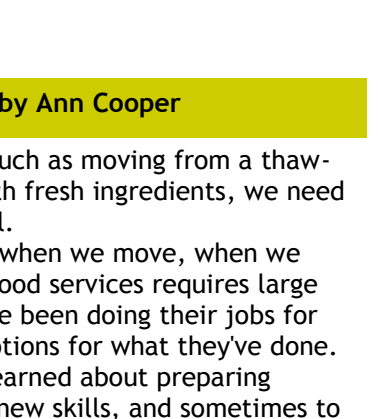
Scientists believe that by combining vegetables in the *Brassica* family with turmeric might help fight and reduce the risk for prostate cancer. Prostate cancer—the second leading cause of cancer death in American men with 500,000 new cases appearing each year—is a rare occurrence among men in India, whose low risk is attributed to a diet rich in *Brassica* family vegetables and the curry spice, turmeric. In laboratory tests, giving rats a combination of turmeric with the *Brassicaceae* greatly reduced the size of prostate tumors and the ability of the prostate cancer cells to spread (metastasize) in the test animals. So today we have an Indian recipe that uses both turmeric and cauliflower. [Click here for recipe](#)

Artichokes



Artichokes are one of the oldest foods known to man. Zeus was said to have turned a scorned lover into an artichoke. So take some time this week to enjoy the nutty, rich complex flavor of the artichoke. Enjoy it steamed, or roasted with a warm butter and garlic dipping sauce as you watch a movie this weekend. For a recipe using artichokes [Click Here](#)

Poblano Peppers



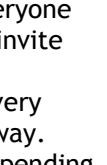
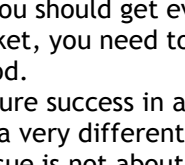
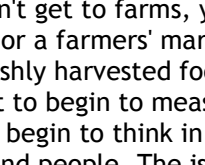
The poblano is a relatively mild chile pepper originating in the State of Puebla, Mexico. It is an important ingredient in many traditional Mexican dishes. Stuffed Poblanos are a common dish and they can also be added to your favorite guacamole recipe for an added punch! [Click here for recipe](#)

Penny-wise and Pounds Foolish — an essay by Ann Cooper

When making major changes to improve school food, such as moving from a thaw-and-serve style of food service to cooking from scratch with fresh ingredients, we need to realize how much we're asking of food service personnel.

Every bit of change any of us makes in our lives — when we move, when we change jobs or relationships — is hard. Revamping school food services requires large changes from a whole group of people, many of whom have been doing their jobs for decades, and have received awards, accolades, and promotions for what they've done. Now we're asking them to unlearn much of what they've learned about preparing school food. We're telling them that they need to acquire new skills, and sometimes to work harder. [Continued](#)

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From the Frontline ([cont.](#))

(Changing the food service will make more sense to workers if they can see themselves as part of a bigger cultural change around food in general, and school food in particular. Historically, the USDA National School Lunch Program has always been treated as a hunger-relief (and farm support) strategy aimed at undernourished kids. Its success has been measured in pounds of food and numbers of bodies served — never quality, just quantity. The measurements have been calibrated for “How cheap? How many? How much?” In the current crisis of escalating diet-related illness, we're living with the consequences of maximizing the number of pounds of low-quality food going to increasingly large bodies. Many food service employees, especially if they've been doing it for 20 or 30 years, got into school food service because it was a daytime job they could hold while their kids were in school. Over time, many stayed when they discovered that they had a real affinity for feeding kids. Still, most of them are aware of, and uncomfortable with, the fact that the food isn't very good, and the kids don't really appreciate it. A powerful factor in building enthusiasm for change is remembering that everybody wants to be appreciated for what they do. In many lunchrooms, the lunch ladies are placed in a no-win position. They know that the food isn't good, but they don't have the tools to do anything about it. Being recognized as important players who are improving the school lunch program is tangible, and makes them feel valued and appreciated. When that is the end result, we usually have total buy-in. I've seen tremendous positive changes in food service staff when we've improved the food served to students. In one district where I worked, the primary obstacle to change was resistance from the lunch lady in charge. At first, she wanted nothing to do with me and my bunch of young cooks, coming in with our own ideas about how to improve school meals. After we had worked together for about two months, the superintendent called me into his office. “Guess what she served for dinner last night?” he asked. “Roasted vegetables. The brought the leftovers in for me to taste. She said the kids love the food so much, she thought she'd start cooking it at home.” Years later, that same lunch lady says that her life changed when the kids she cooked for really began to enjoy the food. It's also important for people to see the whole picture of what we're trying to change. I don't think that every food service person has to visit a farm, but every one I've worked with so far has had that opportunity. If you can't get to farms, you should get everyone to a farmers' market. If you can't get to farms or a farmers' market, you need to invite farmers to come to school with an array of freshly harvested food. If we hope to improve school meals, we've got to begin to measure success in a very different way. In order to do that, we need to begin to think in a very different way. We've got to stop counting pennies, pounds, and people. The issue is not about spending less — or even about spending more. We need a different worldview based on measuring the health of children and the health of the planet. That will lead us to the health of families, communities, farms, and the environment. The Centers for Disease Control and Prevention recently predicted that 30 to 40 percent of all the kids born in the U.S. are going to have diabetes in their lifetimes. We need to ask, “What does that cost?” We currently spend \$115 billion on diet-related illness every year, and that number can be expected to grow exponentially. Can we take some of that money and put it into preventative medicine? And can we begin to see healthy school meals and sustainable farming practices as preventative medicine? We need to measure success not by how little of this or how much of that, but by what is good in the long run for children and the planet. Whatever that costs in the near term, we all need to start figuring out how to fund it.

Ann Cooper is director of nutrition services for the Berkeley Unified School District. She is the former executive chef and director of wellness and nutrition of The Ross School in East Hampton, New York, where she cultivated an innovative food service program serving over 1300 regional, organic, seasonal, and sustainable meals each day. Ann has authored many books including Bitter Harvest: A Chef's Perspective on the Hidden Dangers in the Foods We Eat and What You Can do About It, and the forthcoming, Lunch Lessons: Changing the Way America Feeds its Children. For the past year, she has served as an advisor to the School Lunch Initiative in Berkeley.

<http://ecoliteracy.org/essays/penny-wise-and-pounds-foolish>

Poblano Pepper Chilequiles

Preparation Time: 15 minutes

Makes 4 Servings

Cooking Time: 10 minutes

Ingredients

- * 2 tablespoons olive oil
- * 2 slices bacon, chopped
- * 6 corn tortillas, cut into triangles
- * 1 small yellow onion, coarsely chopped
- * 1 poblano pepper, finely chopped
- * 1 clove garlic, chopped
- * 1 (12-ounce) can stewed tomatoes, drained and cut up; or 2 very ripe fresh tomatoes, chopped
- * 1/2 teaspoon salt
- * 4 eggs
- * 1 cup grated Monterey jack or mild longhorn cheese
- * sour cream, for garnish

Directions

1. Preheat a heavy skillet, preferably cast-iron, on medium-high for 1 minute. Add the olive oil and bacon. Cook just until the bacon is limp. Remove it from the oil with a slotted spoon. Add the tortilla triangles and cook for 1 to 2 minutes per side. Remove the tortillas and drain all but 1 tablespoon of the grease from the pan. Add the onion and poblano pepper to the pan and cook for 3 minutes. Add the garlic and cook for 1 to 2 minutes more. Over the vegetables in the pan, layer the corn tortillas, then the bacon bits, the tomatoes, then the 4 eggs broken individually, like fried eggs. Season with the salt. Reduce heat and cook, covered, for 2 to 3 more minutes. Cover with the cheese and let stand until the cheese has melted. Serve with a dollop of sour cream, taking care to give each person an egg.

All the Trimmings

Arrange the avocado, grapefruit, and pomegranate seeds on a platter in a pinwheel design. This not only looks good, but it allows people to take what they want. We love the drama of bringing the chilequiles to the table in the black skillet. Serve the refried beans in a nice bowl. We usually open a can of refried beans and microwave them in the serving bowl. To spruce them up, add 1/4 cup of salsa. We love Pace mild Pan Dulce, or Mexican bread pastries, which are usually beautifully colored, not worldly pink, blues, and yellows, can be purchased at any Mexican grocery store. Warm and serve them on a big platter. We like to cut them in half so that people can taste the pink ones and the blue ones!

Quick-Braised Cabbage and Apple

Ingredients

- 1 garlic clove, smashed
- 3 tablespoons unsalted butter
- 2 lb cabbage, cored and cut into 1 1/2-inch pieces
- 1 Cameo apple, cored and cut into 1/2-inch cubes
- 1/2 cup unfiltered apple cider
- 1/2 teaspoon caraway seeds
- 2 whole allspice (optional), crushed
- 1 1/2 tablespoons apple-cider vinegar

Preparation

Cook garlic in butter in a 12-inch skillet over medium heat, stirring, 1 minute. Add cabbage, apple, cider, caraway, allspice (if using), 1 teaspoon salt, and 1/2 teaspoon pepper and cook, covered, stirring occasionally, until cabbage is tender, 15 to 18 minutes.

Add vinegar and cook, uncovered, stirring occasionally, until liquid has evaporated, 2 to 3 minutes. Season with salt and pepper.

SPICY INDIAN CAULIFLOWER

Ingredients

- oil for frying
- pinch of cumin seed
- pinch of mustard seed
- 2 tsp minced ginger
- 3 cloves of garlic, chopped
- one onion, thinly sliced
- 1/2 tsp ground turmeric
- one medium cauliflower, cut into flowerlets
- 2 tsp red chili powder (or 3 chopped green chilis)
- salt and pepper
- chopped fresh cilantro (optional)

Directions

1. Heat the oil in a fry pan (about 2 to 3 tbsp) and add the mustard seed.
2. When the seeds start to pop, add the cumin, ginger, garlic and onion. Stir fry for a few minutes until the onion turns golden.

3. Sprinkle ground turmeric and add the cauliflower. Stir fry for another 2 minutes to coat the vegetable.
4. Add the chili powder or chilis, salt and pepper to taste.

5. Cover the pan and cook until cauliflower is soft. Stir occasionally. Toss cilantro on top when ready to serve.

This dish is best served with rice and a curry dish. You will not be disappointed!