

Hello! We are looking forward to seeing you all tomorrow!

## Check Out What's in Your Share Today!

### Large Share

- Green Acorn Squash
- Minneola Tangerines
- Broccoli
- Watercress Greens
- Red Potatoes
- Watermelon Radishes
- Peaches
- Bananas
- Green Chard
- Edible Flowers
- Red Leaf Lettuce
- Tomatoes
- Cabbage
- Sweet Jumbo Onions
- Green Beans

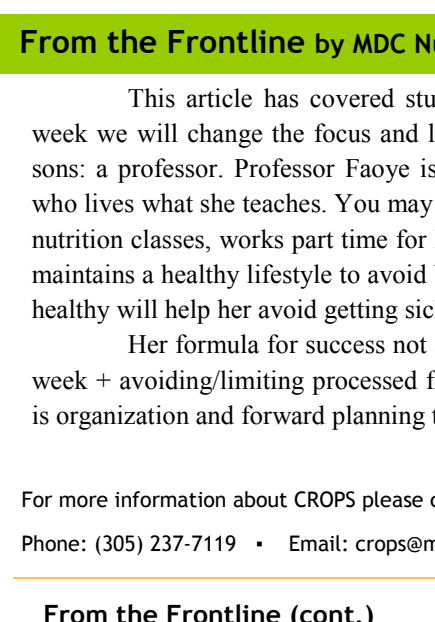
### Medium Share

- Green Acorn Squash
- Minneola Tangerines
- Red Potatoes
- Peaches
- Bananas
- Green Chard
- Red Leaf Lettuce
- Tomatoes
- Cabbage
- Sweet Jumbo Onions

**We also have some fresh organic Florida eggs for sale tomorrow.**

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

## Minneola Tangerines

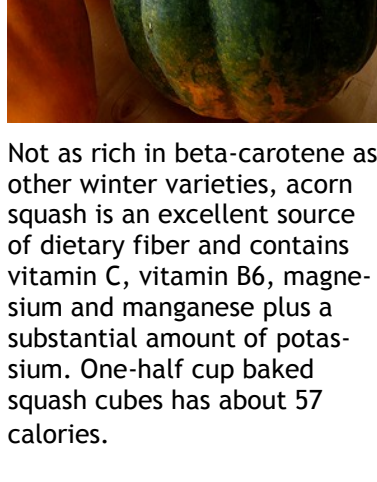


**Easy? Sweet!**  
Compared to oranges, tangerines tend to be smaller in size, and have a looser peel. These characteristics make them ideal as snacking fruit, for children to eat and for all of us with on-the-go schedules.

Minneola tangelos, one of the most plentiful and popular tangerine varieties, are easily identified by their characteristic knob-like formation at the stem end.

[Click here for recipe](#)

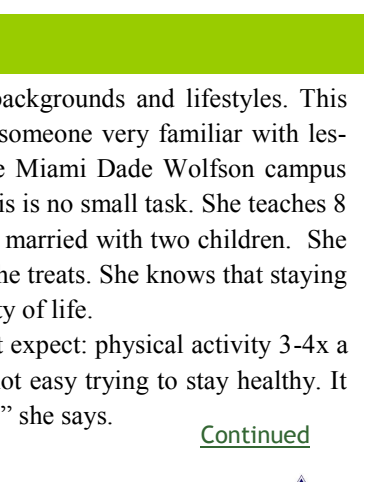
## Green Acorn Squash



Not as rich in beta-carotene as other winter varieties, acorn squash is an excellent source of dietary fiber and contains vitamin C, vitamin B6, magnesium and manganese plus a substantial amount of potassium. One-half cup baked squash cubes has about 57 calories.

For a recipe using green acorn squash [Click Here](#)

## Peaches



Although its botanical name *Prunus persica* suggests the peach is native to Persia, peaches actually originated in China where they have been cultivated since the early days of Chinese culture. [Click here for recipe](#)

## From the Frontline by MDC Nutrition Student Cassan-

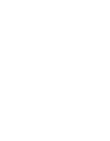
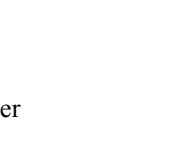
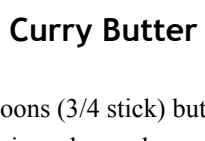
This article has covered students of several different backgrounds and lifestyles. This week we will change the focus and learn a healthy lesson from someone very familiar with lessons: a professor. Professor Faoye is a nutrition professor at the Miami Dade Wolfson campus who lives what she teaches. You may roll your eyes at that, but this is no small task. She teaches 8 nutrition classes, works part time for Memorial Hospital, AND is married with two children. She maintains a healthy lifestyle to avoid becoming like the patients she treats. She knows that staying healthy will help her avoid getting sick and will keep up her quality of life.

Her formula for success not as complicated as one might expect: physical activity 3-4x a week + avoiding/limiting processed foods. She admits that it is not easy trying to stay healthy. It is organization and forward planning that keep her on track. thing." she says.

[Continued](#)

For more information about CROPS please contact us!

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## From the Frontline (cont.)

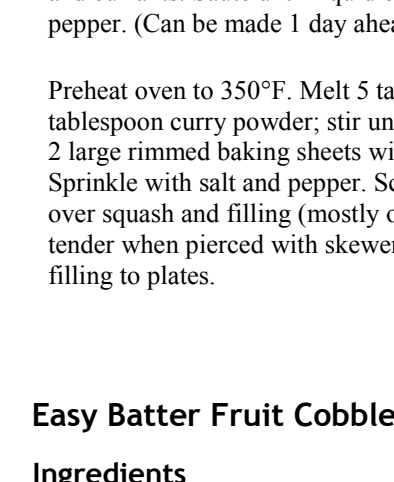
"Slipping occasionally is not a bad thing." she says. Chocolate is her weakness; she eats it daily. HOWEVER, she doesn't eat much of it. Keeping portion sizes small (in this case one or two pieces) allows her to enjoy them, without compromising her health. Her biggest hurdle with her health is motivation. Some days she doesn't feel like working out, but she knows she needs to.

For those of us with small budgets she suggests buying frozen vegetables. She says, "They are cheaper that fresh and are usually on sale." She adds that rice, pasta and beans are all very cheap, and suggests buying a whole chicken instead of pieces. When trying to eat healthy, she advises changing one thing at a time until you are able to maintain it consistently, then changing another. Below I have listed the websites and a magazine she suggests to help those who want to get started and keep those who have started on track. What is the ideal meal for a woman who has so much else on her plate? Professor Faoye's favorite meal is seabass with broccoli and toasted quinoa with olive oil.

Suggested Sites  
[www.mypyramid.gov](http://www.mypyramid.gov)  
[www.nutrition.org](http://www.nutrition.org)  
[www.aha.org](http://www.aha.org)

Suggested Magazine  
Nutrition Action Newsletter

## Apple-Filled Acorn Squash Rings with Curry Butter



- 6 tablespoons (3/4 stick) butter
- 1 large onion, chopped
- 1 1/2 tablespoons curry powder
- 2 Granny Smith apples, peeled, cored, diced (about 2 1/3 cups)
- 2/3 cup apple juice
- 1/2 cup dried raisins or currants
- 8 1-inch-thick unpeeled acorn squash rings (from 2 medium), seeded

## Preparation

Melt 1 tablespoon butter in heavy large skillet over medium heat. Add onion and sauté until tender, about 12 minutes. Add 1 tablespoon curry powder; stir 1 minute. Add apples, apple juice, and currants. Sauté until liquid evaporates, about 6 minutes. Season filling to taste with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate.)

Preheat oven to 350°F. Melt 5 tablespoons butter in small skillet over medium heat. Add 1/2 tablespoon curry powder; stir until fragrant, about 1 minute. Transfer curry butter to bowl. Brush 2 large rimmed baking sheets with some curry butter. Arrange squash in single layer on sheets. Sprinkle with salt and pepper. Scoop filling into center of rings. Drizzle remaining curry butter over squash and filling (mostly on squash). Cover with foil. Bake squash rings until squash is tender when pierced with skewer, about 40 minutes. Using spatula, transfer squash rings with filling to plates.

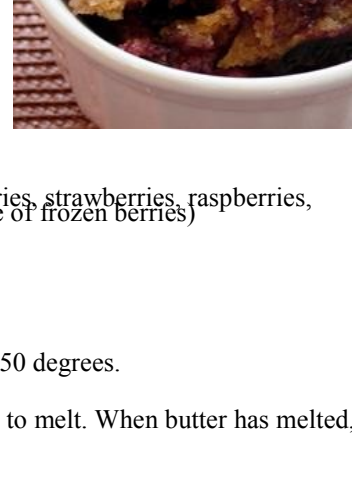
## Easy Batter Fruit Cobbler

### Ingredients

- 4 tablespoons butter
- 3/4 cup all-purpose flour
- 3/4 cup sugar
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 3/4 cup milk
- 2 cups of sliced fresh peaches or nectarines, or whole blueberries, strawberries, raspberries, blackberries or a combination of fruits (or a 12-ounce package of frozen berries)
- 1 tablespoon sugar

### DIRECTIONS

1. Adjust oven rack to upper-middle position, and heat oven to 350 degrees.
2. Put butter in an 8-inch square or 9-inch round pan; set in oven to melt. When butter has melted, remove pan from oven.
3. Whisk flour, 3/4 cup of sugar, baking powder and salt in small bowl. Add milk; whisk to form a smooth batter. Pour batter into pan, then scatter fruit over batter. Sprinkle with remaining 1 T. of sugar.
4. Bake until batter browns and fruit bubbles, 50 to 60 minutes. Serve warm or at room temperature with a dollop of whipped cream or a small scoop of vanilla ice cream, if desired.



## Moroccan Tangerine and Olive Salad

### Ingredients

- 4 large tangerines
- 1/2 cup halved pitted Kalamata olives or other brine-cured black olives
- 1/4 cup extra-virgin olive oil
- 1 tablespoon white wine vinegar
- 1/2 teaspoon ground cumin
- 1/4 teaspoon paprika
- 1/8 teaspoon cayenne pepper
- 1 head of butter lettuce, torn into 1 1/2-inch pieces
- 1 1/2 teaspoons chopped fresh parsley

### Preparation

1. Using small sharp knife, cut peel and white pith from tangerines.
2. Working over medium bowl, cut between membranes to release segments.
3. Add olives to bowl.
4. Whisk oil and next 4 ingredients in another medium bowl to blend.
5. Add to tangerine mixture; toss to coat.
6. Season tangerine mixture with salt and pepper.
7. Divide lettuce among 4 plates.
8. Top lettuce with tangerine mixture.
9. Sprinkle salads with parsley.