

Hello! This will be our last CROPS newsletter and delivery for the semester. Thank you all for your participation in this pilot project and for your feedback! We have learned a great deal over the semester, and hopefully improved a bit too. This week the green beans, bok choy, tomatoes, avocados, and satsumas come from Florida. The Red Russian Kale comes from North Carolina. We are looking forward to strawberries and ruby red grapefruits from Florida in January. Happy holidays!

Check Out What's in Your Share Today!

Large Share

- Green Beans
- Bok Choy
- Rainbow Carrots w tops
- Romanesco Cauliflower
- Celery
- Red Russian Kale
- Red Leaf Lettuce
- Red Potatoes
- Jumbo Sweet Onions
- Clover Sprouts
- Mini Heirloom Tomatoes
- Florida Avocado
- Satsuma Mandarin
- Kiwi
- Bosc Pear

Medium Share

- Green Beans
- Bok Choy
- Rainbow Carrots w tops
- Romanesco Cauliflower
- Red Leaf Lettuce
- Sweet Jumbo Onions
- Clover Sprouts
- Mini Heirloom Tomatoes
- Florida Avocado
- Satsuma Mandarin
- Bosc Pear



In this week's share you will receive Romanesco Cauliflower. Its flavor is somewhere between broccoli and cauliflower, with a sweet, vegetal nuttiness. Its shape is a perfect illustration of the mathematical principle of fractals; a fractal being an object presenting self-similarity and follows the Fibonacci series.

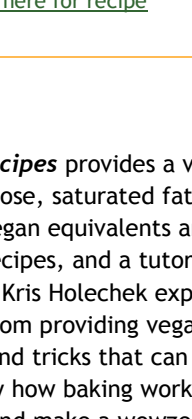
For A Recipe On Romanesco Cauliflower: [Click Here](#)

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.

Watch *FOOD, INC.*, the Movie, and Lose Your Appetite

Throughout the semester, the consistent focus of our course has been to ask where our food comes from and understand how it is processed. The movie *Food, Inc.*, in one hour and thirty-three minutes, provides graphic answers to those inquiries by revealing the unspeakable truths about what happens to our food on the way to our table. It is evident, too, that the most important concerns of the US food industry today are not the consumer's health, the conditions of the farmer and farmworkers, or the environment; instead, its only interest is the financial profit of producing food on a large scale.

In the last fifty years, there has been a tremendous change in the food chain. The most important goal of the food industry is to produce a massive quantity of food products in a

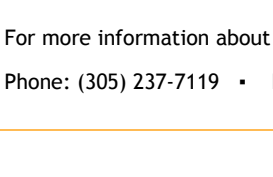


You can serve this avocado chocolate pudding as an elegant dessert at dinner parties. This is also the kind of thing you can whip up in two minutes any time you need a special treat!

[Click here for recipe](#)

[Continued](#)

Sweet Vegan Delights



In this week share you will receive Bok Choy. It has been cultivated in China since the ancient times. It has a light, sweet flavor, crisp texture and nutritional value. Is high in Vitamin A, Vitamin C and calcium, but low in calories.

The 100 Best Vegan Baking Recipes provides a variety of vegan recipes that are free of lactose, saturated fats and cholesterol; it also offers baking tips, vegan equivalents and substitutions for "veganizing" favorite recipes, and a tutorial on how to use the book. In her preface, Kris Holechek explains: "My primary goal with this book (aside from providing vegan treats that taste great!) is to offer tips and tricks that can shed light on some new methods, to demystify how baking works and to help inspire you to pick up a spatula and make a wowzer of a cake. My other objective is to make this book as approachable

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Where to Go on the Web

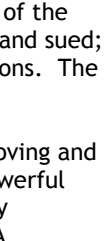
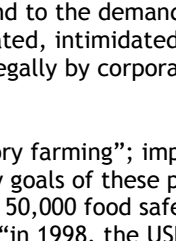
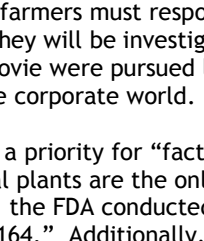
There are many websites that provide consumers with important information about their food. These websites show how local farms preserve our natural resources, stimulate the economy, and promote healthy lifestyles. Listed below are websites of organizations as well as brief statements of their missions in this global movement for a greener and healthier America.

[Center for Food Safety](#) is an organization that works to protect consumers, through the education and promotion of organic agriculture, from harmful food production that can nega-

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For more information about CROPS please contact us!

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Watch *FOOD, INC.*, the Movie, and Lose Your Appetite (cont.)

(from page 1) short period of time. Today the farmers are working for big companies, growing "fatter animals faster" and providing cheaper food. The farmers, though, invest more of their own money and earn less than ever before; in fact, "the average chicken farmer invests over \$500,000 and makes only \$18,000 a year." The farmers must respond to the demands of the corporations because they know if they do not they will be investigated, intimidated, and sued; the few farmers who were interviewed in the movie were pursued legally by corporations. The individual farmers are no financial match for the corporate world.

Food, Inc shows how food safety is not a priority for "factory farming"; improving and protecting "mass production" in huge industrial plants are the only goals of these powerful corporations. It is hard to believe that "in 1972, the FDA conducted 50,000 food safety inspections. In 2006, the FDA conducted only 9,164." Additionally, "in 1998, the USDA implemented microbial testing for salmonella and E. Coli. So that if a plant repeatedly failed these tests, the USDA could shut down the plant. After being taken to court by meat and poultry associations, the USDA no longer has that power." With only a handful of corporations in charge of food processing, there is a greater risk of contamination. For example, "in the 1970s, there were thousands of slaughterhouses producing the majority of beef sold. Today, we have only 13." Just think of the beef recalls we have had this year--the most recent was on December 6: "Fresno-based Beef Packers Inc. is pulling about 22,723 pounds of ground beef that may be linked to salmonellosis." More definitively, the cost to the consumer is health: "The Centers for Disease Control and Prevention estimates that 76 million Americans are sickened, 325,000 are hospitalized and 5,000 die each year from foodborne illnesses."

It may cost less money today to purchase food products at the local supermarket or a meal at a fast food restaurant, but the actual cost to the consumer's health, the farmers/farmworkers, and the environment is far greater than any previous generation has ever had to pay.

With all this talk about food, you may want to eat before you sit down to watch *FOOD, INC.* In fact, it's okay to satisfy that need for a "fast food fix" --go ahead and make a quick trip to the "drive-thru" of one of the nearby fast food restaurants for a combo--order the "Biggie size," including that supersized soda. Enjoy your meal: it may be the last time you make that trip. After seeing the documentary, you will never think of food the same way.

Another possibility is that you can't leave your office to get any food or watch an entire movie on your computer at work, but now your curiosity is piqued, so check out the trailer and the website for the movie: [FOOD, INC](#)

Michael Pollan says he hopes you will gain:

"A deeper knowledge of where [your] food comes from and a sense of outrage over how [your] food is being produced and a sense of hope and possibility of the alternatives springing up around the country. *Food, Inc.* is the most important and powerful film about our food system in a generation."

Sweet Vegan Delights (cont.)

(from page 1) as possible." Holechek certainly fulfills these goals and inspires "oohs and ahhs" from every recipe.

The book has an outstanding selection of recipes for muffins, cookies, bars, cakes, pastries and yeasted breads. All of the recipes are easy to follow, including prep time and a difficulty rating (identified by the number of whisks). Holechek devotes an entire chapter to "Kids in the Kitchen," in which she fondly recalls baking as "the most magical thing on Earth." She cherished her Christmas gift of an "Easy Bake Oven" so much that she actually purchased one as an adult and created many of the recipes in this chapter for the toy oven or a toaster oven. These are bite-sized recipes with tiny yields that children will enjoy: "Lil' Yellow Cake," "Lil' Chocolate Cake," "Lil' Peanut Butter Drops," and "Lil' Thumbprints."

For your holiday party, consider making peanut butter shell cookies, snickerdoodles, peach bundt coffee cake, raspberry lime muffins, Boston cream pie or Choco-Chai coffee cake. All of the recipes eliminate the dairy and eggs without reducing the flavor. Holechek proves that vegan-baked goods can be just as tasty as their animal-product counterparts.

With this new approach to baking and a night or two left of Hanukkah, why not try "the sweet cream apple streudel" or the "best cut-out sugar cookies" for the last of those dreidel-shaped cookies? On Christmas, why don't you consider the "french toast muffins, " "the blueberry streusel muffins," or the more traditional gingerbread ("Going, Going, Gone! Gingerbread")? Kris Holechek encourages her readers to visit the website devoted to her recipes with pictures of the goodies, tutorials, tips, and her blog: [Kris Holechek's blog](#). If you go there, perhaps you'll purchase an autographed copy of the book for a holiday gift.

Where to Go on the Web (cont.)

(from page 1) -tively impact their health and the environment.

[Community Food Security Coalition](#) is comprised of individuals and organizations that work to secure the safety of the foods within a community. This initiative works to implement sustainable local and regional systems that are healthy and affordable.

[Cool Foods Campaign](#) is an organization that educates the public about the impact of their food choices on the environment and equips them with the resources necessary to reduce the Carbon Footprints of the foods they eat.

[Ecological Farming Association](#) supports healthy and just farms, food systems, communities and environments, and works to bring people together for education, alliance building and advocacy to reduce the negative impacts of industrial agriculture on environmental and community health.

[The Food Trust](#) is a nonprofit organization that works with urban communities to develop and implement stable sources of affordable, nutritious foods. They also work with schools to incorporate nutrition into the curriculum.

[The National Sustainable Agriculture Coalition](#) is an alliance of farm, rural development, and conservation groups that has organized to affect federal agriculture policy.

Romanesco Cauliflower Pasta Recipe (Cont.)

(from page 1)

Ingredients:

- 1 head of romanesco cauliflower
- 2 shallots, minced
- 1/3 cup of dry white wine
- 1 pound of fresh linguini
- 3 tablespoons of fresh basil, finely chopped
- 1/3 pound of fresh mozzarella cheese, grated
- 2 tablespoons of olive oil
- Salt and pepper

Direction:

1. Cut the cauliflower in half, cut out the inner core and break off the pointy florets into 1 inch pieces.
2. Put a large pan on medium-high heat and pour in the olive oil and heat up. Add the shallot and stir for a minute or two, then add the cauliflower. Continue to cook and stir for about 8 to 10 minutes uncovered until the florets start to brown.
3. Start making the pasta.
4. Add some salt and pepper to the cauliflower. Pour in the wine and deglaze the bottom of the pan by rubbing with a wooden spoon and stirring everything in the pan. Put the heat on low, cover and steam for about a minute until the cauliflower is tender. Add the basil.
5. Remove the sauce from the heat and pour over the pasta. Sprinkle with the mozzarella cheese.

Yield: 6 servings

Chocolate Avocado Pudding Recipe (cont.)

Recipe Type: Dessert

Serving Size: Four Servings

Ingredients:

- 1 avocados
- 1/4 cup carob powder (or cocoa or chocolate powder)
- 1/2 cup dates

Appliances needed: knife, High Speed Blender or hand blender

Approximate Time to Make: Less than 10 minutes

Directions:

1. Simply blend all ingredients until the mixture is smooth and creamy and no lumps.
2. Taste test before using. Add more avocado if you'd like it richer and/or creamier; add more dates for extra sweetness or add more carob for a stronger chocolate flavor.
3. Serve on its own or with ice-cream for the ultimate treat.

Our Final Helpful Hints:

1. You are going to need some water (or soy, almond or cow's milk) to blend the ingredients. I tried to blend it without water and the pudding didn't get very far, and it just made my blender cranky. So when making this recipe just add a bit of water to get the blender working, and add more as needed.
2. The best part about this pudding? It's so quick that you could make it in the morning and take it with you to work or school!
3. Lasts in the fridge for a few days!