

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

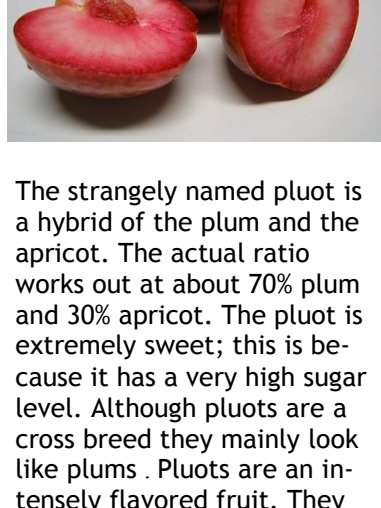
Check Out What's in Your Share Today!

Large Share

- Spinach (COF)
- Sugar Snap Peas (CA)
- Green Peppers (CA)
- Leeks (CA)
- Sweet Potatoes
- Zucchini (SC)
- Avocado (CA)
- Celery (CA)
- Tomato (SC)
- Grapefruit (FL)
- Pluot (CA)
- Yellow Peaches (SC)
- Valencia Oranges (FL)
- Bananas

Medium Share

- Spinach (COF)
- Green Peppers (CA)
- Leeks (CA)
- Sweet Potatoes
- Zucchini (SC)
- Avocado (CA)
- Celery (CA)
- Grapefruit (FL)
- Pluot (CA)
- Yellow Peaches (SC)
- Valencia Oranges (FL)
- Bananas



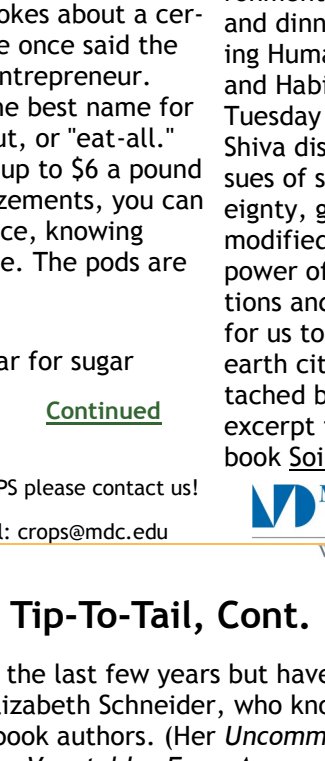
The strangely named pluot is a hybrid of the plum and the apricot. The actual ratio works out at about 70% plum and 30% apricot. The pluot is extremely sweet; this is because it has a very high sugar level. Although pluots are a cross breed they mainly look like plums. Pluots are an intensely flavored fruit. They are full of vitamins A and C, have a very low fat content and are sodium and cholesterol free.

For a recipe using Pluots [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.

Sugar Snap Peas

Sugar snap peas are a natural when it comes to heart health. Not only are they fat-free, and a good source of folate, but a whole cup has four grams of heart-healthy fiber to help lower cholesterol and reduce the risk of heart disease. Sugar snap peas are very low in calories so you can munch on them without a second's guilt. A single cup of these green beauties has only sixty-seven calories and the fiber makes them quite filling and satisfying.



[Click here for recipe](#)

Spinach



Known in the nutrition world as a "power" food, spinach is

packed to the brim with essential nutrients. Eating spinach will help you meet your daily need for a number of nutrients, including calcium, iron, folate and vitamin A. Spinach is great in any number of meals, including as an addition to soups, salads, sandwiches, casseroles and even sautéed with fresh garlic. [Click here for recipe](#)

Sugar Snap Peas: Tip-To-Tail Sweetness
 By: Regina Schrambling

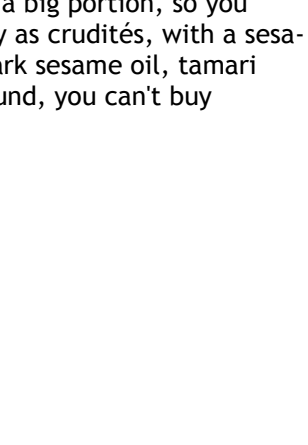
One of the many jokes about a certain ex-president is that he once said the French have no word for entrepreneur. They do, however, have the best name for sugar snap peas: mangetout, or "eat-all." And when you're spending up to \$6 a pound for these sweet little amazements, you can do it with a clear conscience, knowing there will be so little waste. The pods are as good as the peas.

This is the best time of year for sugar snaps, which have pretty much taken [Continued](#)

For more information about CROPS please contact us!
 Phone: (305) 237-7119 • Email: crops@mdc.edu

Vandana Shiva

Dr. Vandana Shiva, renowned author and environmental activist, spoke at a CEJ conference and dinner, "Ecological Integrity: Reconnecting Humans, Health and Habitat" on Tuesday night. Dr. Shiva discussed issues of seed sovereignty, genetically modified foods, the power of corporations and the need for us to become earth citizens. Attached below is an excerpt from her renowned book [Soil not Oil](#).



[Continued](#)

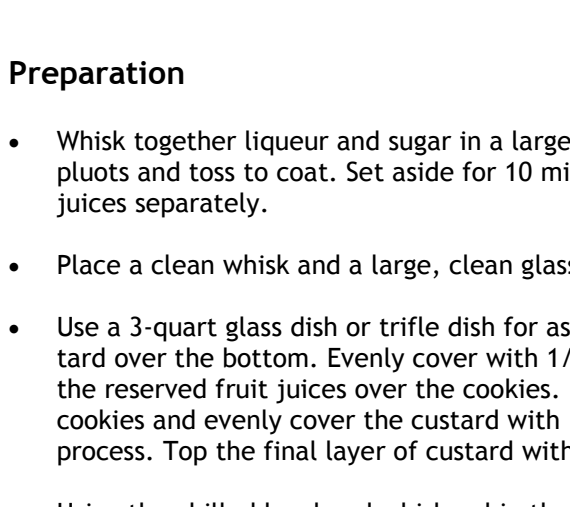
Sugar Snap Peas: Tip-To-Tail, Cont.

over NYC Greenmarkets in the last few years but have actually been cultivated since the late 1600s, according to Elizabeth Schneider, who knows more about produce than any 15 traditional or trendy cookbook authors. (Her *Uncommon Fruits & Vegetables* was decades ahead of the curve, and her *Vegetables From Amaranth to Zucchini* is my current go-to resource for information on history, buying, prepping, cooking, fantasizing.)

When you buy them just picked (above), like from Ray Bradley's farm, sugar snaps are so tender and great-tasting you don't even need to cook them, just zip off the strings down the sides. A little older and they benefit from quick braising, tossed in hot butter and simmered with a little water till they soften just a little. A handful is a big portion, so you don't need to buy a lot. Unless you want to serve them to company as crudites, with a sesame mayonnaise for dipping (good old Hellmann's jazzed up with dark sesame oil, tamari and either toasted sesame seeds or chopped chives). Then, I've found, you can't buy enough.

Suggested Sites
www.mypyramid.gov - www.nutrition.org -- www.aha.org

Sugar Snap Peas



Ingredients

- 1/2 pound sugar snap peas
- 1 tablespoon olive oil
- 1 tablespoon chopped shallots
- 1 teaspoon chopped fresh thyme
- kosher salt to taste

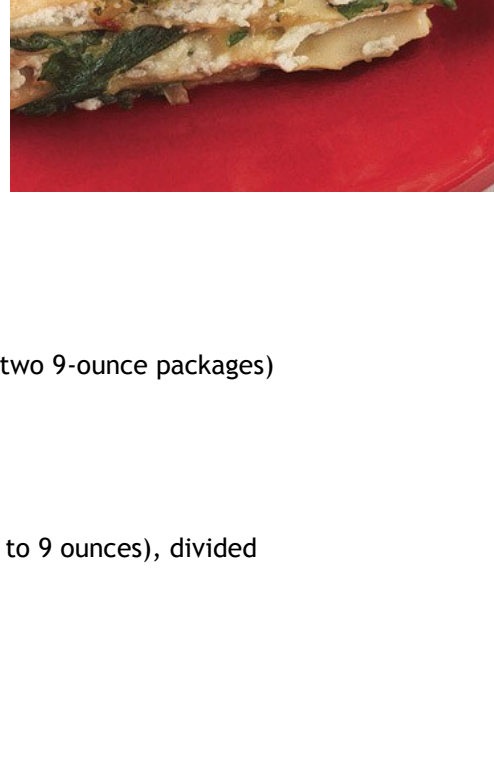
Preparation

1. Preheat oven to 450 degrees F (230 degrees C).
2. Spread sugar snap peas in a single layer on a medium baking sheet, and brush with olive oil. Sprinkle with shallots, thyme, and kosher salt.
3. Bake 6 to 8 minutes in the preheated oven, until tender but firm.

Pluot-Amaretti Trifle

Ingredients

- 3 tablespoons orange-flavored liqueur, such as Cointreau
- 1 tablespoon granulated sugar
- 2 1/2 pounds pluots, pitted and thinly sliced (about 5 cups)
- 4 cups Vanilla Bean Custard
- 2 (7-ounce) packages amaretti or other crisp almond cookies, broken into large pieces
- 1 cup chilled heavy cream
- 1 cup sliced, toasted almonds



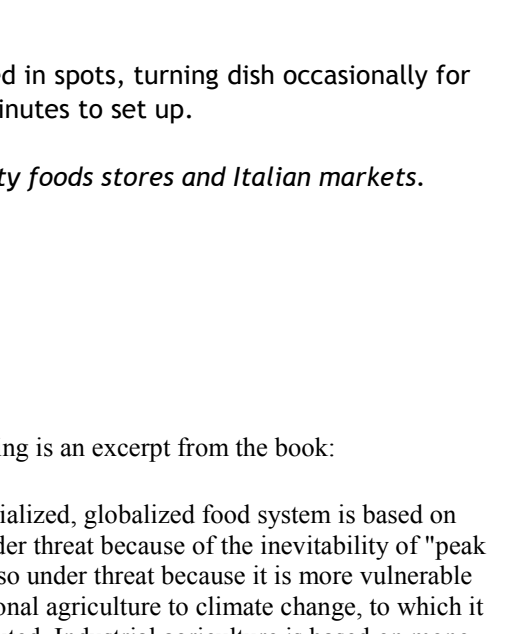
Preparation

- Whisk together liqueur and sugar in a large, nonreactive bowl until well combined. Add pluots and toss to coat. Set aside for 10 minutes to macerate. Drain pluots and reserve juices separately.
- Place a clean whisk and a large, clean glass or metal bowl in the freezer.
- Use a 3-quart glass dish or trifle dish for assembly. Start by spreading 1/4 of the custard over the bottom. Evenly cover with 1/3 of the broken cookies, then drizzle 1/2 of the reserved fruit juices over the cookies. Layer another 1/4 of the custard over the cookies and evenly cover the custard with 1/2 of the fruit. Repeat the whole layering process. Top the final layer of custard with the remaining cookies.
- Using the chilled bowl and whisk, whip the chilled cream to medium peaks. Top the trifle with the whipped cream. Cover and refrigerate at least 3 hours or overnight. Sprinkle with almonds just before serving.

Spinach, Pesto, and Fontina Lasagna

Ingredients

- Sauce:**
- 2 tablespoons (1/4 stick) unsalted butter
 - 1/4 cup all purpose flour
 - 2 1/2 cups reduced-fat (2%) milk
 - 1/2 cup dry white wine
 - 1 cup freshly grated Parmesan cheese
 - 1/2 teaspoon salt
- Spinach:**
- 2 tablespoons olive oil
 - 1/2 cup finely chopped shallots
 - 4 large garlic cloves, finely chopped
 - 3 6-ounce packages baby spinach
- Lasagna:**
- 15 no-boil 7 x 3 1/2-inch lasagna noodles (from two 9-ounce packages)
 - 3 1/2 cups fresh ricotta cheese* (28 ounces)
 - 1 cup freshly grated Parmesan cheese
 - 1/2 teaspoon finely grated lemon peel
 - 1 large egg
 - 2 cups coarsely grated Italian Fontina cheese (8 to 9 ounces), divided



Herb Pesto

Preparation

For sauce:
 Melt butter in heavy large saucepan over medium heat. Add flour and whisk 1 minute (do not brown). Add milk and wine and whisk until smooth. Cook until sauce thickens and comes to boil, whisking constantly, 4 to 5 minutes. Remove from heat. Whisk in Parmesan cheese and salt. Season sauce to taste with pepper. *DO AHEAD: Sauce can be made up to 1 day ahead. Cover and chill.*

For spinach:
 Heat oil in large pot over medium-high heat. Add shallots and garlic. Sauté until shallots soften, about 2 minutes. Add all spinach (pot will be full). Cook spinach until wilted but still bright green, tossing often, about 3 minutes. Using tongs, transfer spinach to large sieve set over bowl; season pot. Press out excess liquid from spinach. Drain 10 to 15 minutes longer.

Return drained liquid from spinach to reserved pot. Boil until liquid is reduced to glaze. Return spinach to pot and toss 1 minute. Remove spinach from heat. Mix in 1/2 cups sauce. Season spinach to taste with pepper.

For lasagna:
 Place noodles in large bowl. Fill bowl with hot tap water. Soak noodles until pliable, stirring occasionally to separate, about 15 minutes. Place large sheet of parchment paper on work surface. Transfer noodles to parchment in single layer, shaking off excess water.

Preheat oven to 350° F. Butter 13 x 9 x 2- inch glass baking dish. Mix ricotta, Parmesan, and lemon peel in medium bowl. Season to taste with salt. Mix in egg.

Spread 1/2 cup sauce thinly over bottom of prepared dish. Top with 3 noodles, arranged side by side and covering most of bottom of dish. Spread half of spinach mixture over (about 1 1/2 cups). Sprinkle with 1/3 cup Fontina. Top with 3 noodles and half of ricotta mixture (generous 1 3/4 cups). Drop half of pesto over by teaspoonfuls, spacing drops evenly apart. Continue layering with 3 noodles, remaining spinach mixture, 1/3 cup Fontina, 3 more noodles, remaining ricotta mixture, then remaining pesto. Top with last 3 noodles. Spread remaining sauce over; sprinkle with remaining Fontina. Cover dish with buttered foil.

Bake lasagna until heated through and bubbling at edges, 50 to 55 minutes. Remove from oven. Remove foil from dish.

Preheat broiler. Broil lasagna until top is browned in spots, turning dish occasionally for even browning, about 4 minutes. Let stand 15 minutes to set up.

* Available at some supermarkets and at specialty foods stores and Italian markets.

Vandana Shiva: Soil not Oil



The following is an excerpt from the book:

The industrialized, globalized food system is based on oil. It is under threat because of the inevitability of "peak oil." It is also under threat because it is more vulnerable than traditional agriculture to climate change, to which it has contributed. Industrial agriculture is based on monocultures. Monocultures are highly vulnerable to changes in climate, and to diseases and pests.

In 1970 and 1971, America's vast corn belt was attacked by a mysterious disease, later identified as "race T" of the fungus *Helminthosporium maydis*, causing the southern corn leaf blight, as the epidemic was called. It left ravaged cornfields with withered plants, broken stalks, and malformed or completely rotten cobs. The strength and speed of the blight was a result of the uniformity of the hybrid corn, most of which had been derived from a single Texas male sterile line. The genetic makeup of the new hybrid corn, which was responsible for its rapid and large-scale breeding by seed companies, was also responsible for its vulnerability to disease. At least 80 percent of the hybrid corn in America in 1970 contained the Texas male sterile cytoplasm. As a University of Iowa pathologist wrote, "Such an extensive, homogenous acreage is like a tinder-dry prairie waiting for a spark to ignite it."

Industrial agriculture is dependent on chemical fertilizers. Chemically fertilized soils are low in organic matter. Organic matter helps conserve the soil and soil moisture, providing insurance against drought. Soils lacking organic matter are more vulnerable to drought and to climate change. Industrial agriculture is also more dependent on intensive irrigation. Since climate change is leading to the melting of glaciers that feed rivers, and in many regions of the world to the decline in precipitation and increased intensity of drought, the vulnerability of industrial agriculture will only increase. Finally, since the globalized food system is based on long-distance supply chains, it is vulnerable to breakdown in the context of extreme events of flooding, cyclones, and hurricanes. While aggravating climate change, fossil fuel-dependent industrialized, globalized agriculture is least able to adapt to the change.

We need an alternative. Biodiverse, organic farms and localized food systems offer us security in times of climate insecurity, while producing more food, producing better food, and creating more livelihoods. The industrialized, globalized food system is based on oil; biodiverse, organic, and local food systems are based on living soil. The industrialized system is based on creating waste and pollution; a living agriculture is based on no waste. The industrialized system is based on monocultures; sustainable systems are based on diversity.

Living Soil

Every step in building a living agriculture sustained by a living soil is a step toward both mitigating and adapting to climate change. Over the past 20 years, I have built Navdanya, India's biodiversity and organic-farming movement. We are increasingly realizing there is a convergence between the objectives of conserving biodiversity, reducing climate-change impact, and alleviating poverty.

Biodiverse, local, organic systems reduce water use and risks of crop failure due to climate change. Increasing the biodiversity of farming systems can reduce vulnerability to drought. Millet, which is far more nutritious than rice and wheat, uses only 200 to 300 millimeters of water, compared with the 2,500 millimeters needed for Green Revolution rice farming. India could grow four times the amount food it does now if it were to cultivate millet more widely. However, global trade is pushing agriculture toward GM monocultures of corn, soy, canola, and cotton, worsening the climate crisis.

This is an expert from Vandana Shiva's latest book *Soil Not Oil*.

Vandana Shiva was interviewed in [The New Economy](#), the Summer 2009 issue of [YES! Magazine](#). Vandana and physicist Vandana Shiva is founder and director of the Research Foundation for Science, Technology, and Natural Resource Policy in New Delhi. Her other recent books include [Earth Democracy](#), [Water Wars](#), and [Manifestos on the Future of Food & Seed](#).

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