

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

Check Out What's in Your Share Today!

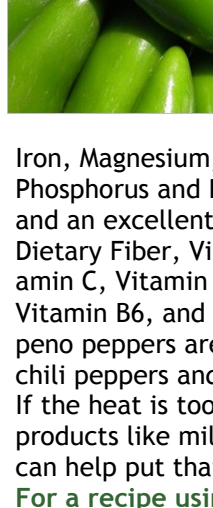
Large Share

- Yard-Long Beans (FL)
- White Mushrooms
- Sweet Potatoes (NC)
- Yellow Squash (LM)
- Spinach (CA)
- Bulls Blood Beets (FL)
- Green Cabbage (US)
- Red Chard (WI)
- Jalapeno Peppers (GA)
- Vidalia Onions (GA)
- Grapefruit (FL)
- Valencia Oranges (FL)
- White Peaches (SC)
- Apricots (CA)
- Blueberries (GA)

Medium Share

- Yard-Long Beans (FL)
- White Mushrooms
- Sweet Potatoes (NC)
- Yellow Squash (LM)
- Spinach (CA)
- Green Cabbage (US)
- Jalapeno Peppers (GA)
- Vidalia Onions (GA)
- Grapefruit (FL)
- Valencia Oranges (FL)
- White Peaches (SC)
- Apricots (CA)

Jalapeno Peppers

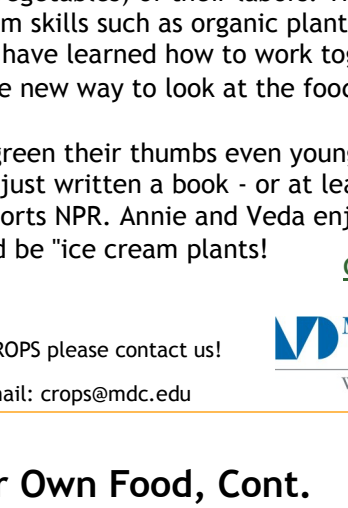


Jalapenos are low in Saturated Fat, and very low in Sodium and Cholesterol. They're also a great source of Iron, Magnesium, Niacin, Phosphorus and Riboflavin and an excellent source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Thiamin, Vitamin B6, and Folate. Jalapeno peppers are a variety of chili peppers and can be hot! If the heat is too much, dairy products like milk and yogurt can help put that fire out. For a recipe using Okra [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.

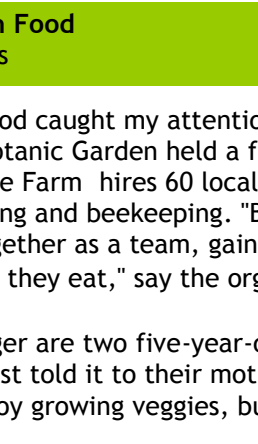
Yard-Long Beans

A pencil-thin legume that resembles a green bean except that it can grow up to about 3 feet long (though it's usually picked at 18 inches or less). Yard-long beans belong to the same plant family as the black-eyed pea. Yard-longs have a flavor similar to but not as sweet as that of a green bean, with hints of its black-eyed-pea lineage. These beans are rich in vitamin A and contain a fair amount of vitamin C.



[Click here for recipe](#)

Bulls Blood Beets



This heirloom beet from 1840 is primarily grown for its tender, sweet, deep red-burgundy foliage, but the beets are tasty when harvested at the 2- to 3-inch size. The glossy leaves reach 18 inches high.

[Click here for recipe](#)

Kids Grow Their Own Food
By: Joanne Camas

Two great stories about youngsters growing food caught my attention this week-end. In Chicago, the Green Youth Farm at the city's Botanic Garden held a farmers' market to share the fruits (and vegetables) of their labors. The Farm hires 60 local teens each summer and teaches them skills such as organic planting and beekeeping. "By the end of the season, participants have learned how to work together as a team, gained valuable job skills, discovered a whole new way to look at the food they eat," say the organizers.

And starting to green their thumbs even younger are two five-year-old girls in Washington, DC, who've just written a book - or at least told it to their mother - called *We Grew It, Let's Eat It!* reports NPR. Annie and Veda enjoy growing veggies, but confess that their favorite crop would be "ice cream plants!"

[Continued](#)

For more information about CROPS please contact us!
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Kids Grow Their Own Food, Cont.

We've reported on the "Chefs Move to Schools" initiative and Alice Waters' Edible Schoolyard, and surely creating young and educated consumers is the best way to speed up movement toward healthier school lunches. Seeing these youngsters enjoying getting their hands dirty is a sign that we're moving in the right direction.

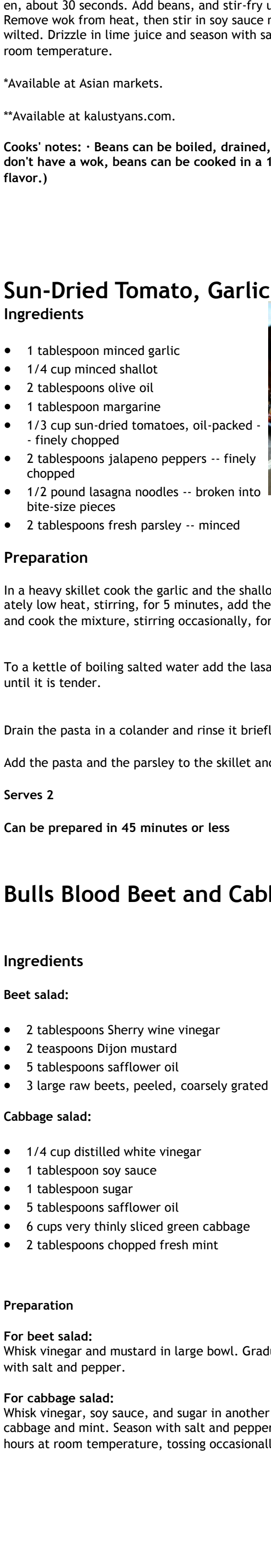
Are there youth farms or gardens where you live? Do your children like to garden and grow food?

P.S. Check out the Design a School Garden contest at Good.com. They are looking for creative designs for a 20-foot-square space focusing on one or more of these themes: edible/kitchen, sustainable/habitat, science/learning, literacy/reading, and rooftop/vertical.

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

Suggested Magazine
Nutrition Action Newsletter

Spicy Stir-Fried Chinese Long Beans with Peanuts



Ingredients

- 1 1/2 lb Chinese long beans*
- 1/2 cup unsalted dry-roasted peanuts (2 1/2 oz; not cocktail peanuts)
- 2 teaspoons soy sauce
- 2 to 3 small fresh Thai chiles** (to taste, try Jalapenos instead!), finely chopped
- 1/2 teaspoon salt
- 1 1/2 tablespoons peanut oil
- 1 tablespoon chopped garlic
- 1 large shallot, halved lengthwise, then very thinly sliced crosswise (1/2 cup)
- 2 tablespoons fresh lime juice

Special equipment: a well-seasoned 14-inch flat-bottomed wok

Preparation

Cook untrimmed beans in a 6- to 8-quart pot of boiling salted water, uncovered, stirring occasionally, until just tender, 3 to 5 minutes. Transfer with tongs to a large bowl of ice and cold water to stop cooking, then drain in a colander and pat dry with paper towels. Trim beans and cut crosswise into 3/4-inch pieces.

Meanwhile, pulse peanuts in a food processor until about half of peanuts are finely ground and remainder are in very large pieces (do not grind to a paste).

Stir together soy sauce, chiles, and salt in a small bowl.

Heat wok over high heat until a bead of water dropped onto cooking surface evaporates immediately. Add oil, swirling to coat wok, then add garlic and stir-fry until garlic begins to turn pale golden, about 5 seconds. Add peanuts, and stir-fry until all of mixture is golden, about 30 seconds. Add beans, and stir-fry until hot and well coated, about 2 minutes. Remove wok from heat, then stir in soy sauce mixture and shallot, stirring until shallot has wilted. Drizzle in lime juice and season with salt, then transfer to a bowl. Serve warm or at room temperature.

*Available at Asian markets.

**Available at kalustyans.com.

Cooks' notes: • Beans can be boiled, drained, and patted dry 3 hours ahead. • If you don't have a wok, beans can be cooked in a 12-inch heavy skillet. (They will lack smoky flavor.)

Sun-Dried Tomato, Garlic, and Jalapeno Pasta

Ingredients

- 1 tablespoon minced garlic
- 1/4 cup minced shallot
- 2 tablespoons olive oil
- 1 tablespoon margarine
- 1 1/3 cup sun-dried tomatoes, oil-packed - finely chopped
- 2 tablespoons jalapeno peppers -- finely chopped
- 1/2 pound lasagna noodles -- broken into bite-size pieces
- 2 tablespoons fresh parsley -- minced



Preparation

In a heavy skillet cook the garlic and the shallot in the oil and the margarine over moderately low heat, stirring, for 5 minutes, add the tomatoes, the jalapenos, and salt to taste, and cook the mixture, stirring occasionally, for 20 minutes.

To a kettle of boiling salted water add the lasagna gradually, stirring, and boil it, stirring, until it is tender.

Drain the pasta in a colander and rinse it briefly under hot water.

Add the pasta and the parsley to the skillet and toss the mixture well.

Serves 2

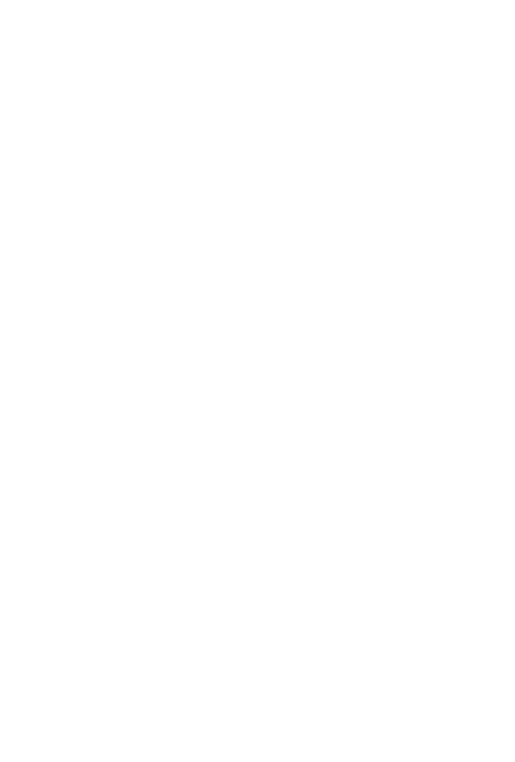
Can be prepared in 45 minutes or less

Bulls Blood Beet and Cabbage Salads

Ingredients

Beet salad:

- 2 tablespoons Sherry wine vinegar
- 2 teaspoons Dijon mustard
- 5 tablespoons safflower oil
- 3 large raw beets, peeled, coarsely grated



Cabbage salad:

- 1/4 cup distilled white vinegar
- 1 tablespoon soy sauce
- 1 tablespoon sugar
- 5 tablespoons safflower oil
- 6 cups very thinly sliced green cabbage
- 2 tablespoons chopped fresh mint

Preparation

For beet salad:

Whisk vinegar and mustard in large bowl. Gradually whisk in oil, then mix in beets. Season with salt and pepper.

For cabbage salad:

Whisk vinegar, soy sauce, and sugar in another large bowl. Gradually whisk in oil. Mix in cabbage and mint. Season with salt and pepper. Let salads stand 30 minutes and up to 2 hours at room temperature, tossing occasionally.