

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

Check Out What's in Your Share Today!

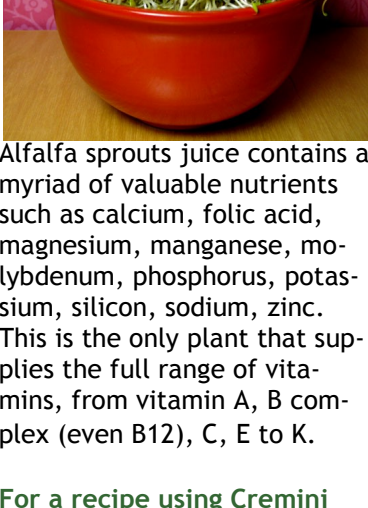
Large Share

- Carrots with tops (CA)
- Cucumber (FL)
- Green Kale (NC)
- Green Leaf Lettuce (NC)
- Vidalia Onion (GA)
- Yellow Squash (FL)
- Alfalfa Sprouts
- Watermelon (FL)
- Ruby Grapefruit (FL)
- Cauliflower (FL)
- Alderman Tomato
- Lemon Bags
- White Mushroom
- Blueberries (FL)

Medium Share

- Carrots with tops (CA)
- Cucumber (FL)
- Green Kale (NC)
- Green Leaf Lettuce (NC)
- Vidalia Onion (GA)
- Yellow Squash (FL)
- Watermelon (FL)
- Ruby Grapefruit (FL)
- Tomato
- Alderman Tomatoes (FL)
- White Mushroom
- Blueberries (FL)

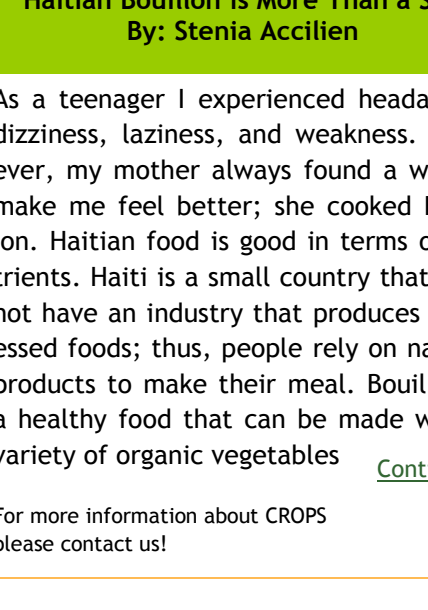
Alfalfa Sprouts



Alfalfa sprouts juice contains a myriad of valuable nutrients such as calcium, folic acid, magnesium, manganese, molybdenum, phosphorus, potassium, silicon, sodium, zinc. This is the only plant that supplies the full range of vitamins, from vitamin A, B complex (even B12), C, E to K.

For a recipe using Cremini Mushrooms [Click Here](#)

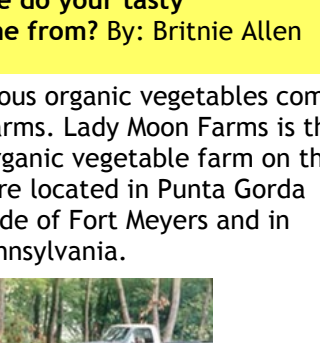
Orange Watermelon



Not only is watermelon good for cooling the body in our tropical climate, it is excellent for flushing out the kidney and bladder. The water content in watermelon is extremely high at 92%. It is rich in beta-carotene, folic acid, vitamin C, vitamin B5 and smaller amounts of B1, B2, B3 and B6. Watermelon is basically very cleansing, alkalizing, diuretic and mineralizing.

[Click here for recipe](#)

Savoy Cabbage

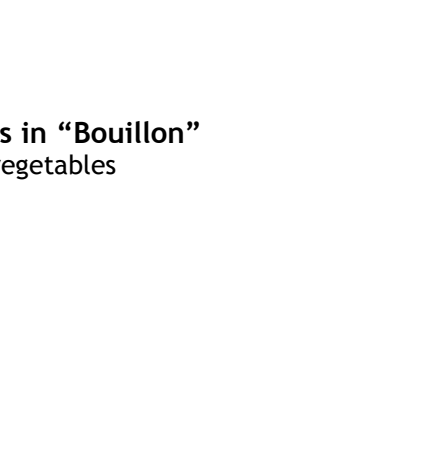


This food is very low in Saturated Fat and Cholesterol. It is also a good source of Vitamin C, Vitamin B6, Folate, Pantothenic Acid, Iron, Potassium and Copper, and a very good source of Dietary Fiber, Vitamin A, Vitamin K and Manganese. [Click here for recipe](#)

Haitian Bouillon is More Than a Soup By: Stenia Accilien

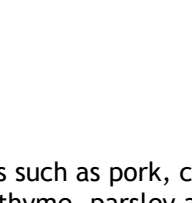
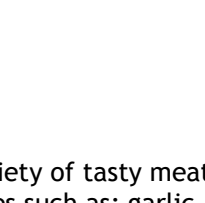
Where do your tasty vegetables come from? By: Britnie Allen

As a teenager I experienced headaches, dizziness, laziness, and weakness. However, my mother always found a way to make me feel better; she cooked Bouillon. Haitian food is good in terms of nutrients. Haiti is a small country that does not have an industry that produces processed foods; thus, people rely on natural products to make their meal. Bouillon is a healthy food that can be made with a variety of organic vegetables [Continued](#)



[Continued](#)

For more information about CROPS please contact us!



Haitian Bouillon by Stenia Accilien [\(cont.\)](#)

as well as delicious meat. It can be considered a healthy meal because it has all six nutrients that our body needs to function properly. It has carbohydrates, fats, proteins, minerals, vitamins and water. In addition, it also has the phytochemicals and zoochemicals that helps us fight diseases.

Some fact about bouillon in Haiti

- Traditionally cooked on Saturday
- Mostly middle class type
- Homemade soup
- Better know in the country side

Ingredients in "Bouillon"

This food is a mixture of water with many vegetables

- Plantains
- Potatoes
- Manioc (Yuca)
- Carrot
- Turnip
- Celery
- Spinach
- Leek
- Peppers
- Tomatoes
- Sweet Potatoes
- Water
- Salts
- Flour

The basic ingredients in this food can be a variety of tasty meats such as pork, cow, goat that is well season with a combination of spices such as: garlic, thyme, parsley and leek with hot pepper.

How you can make a Bouillon

1. Choose what type of meat you want to include in the Bouillon and prepare it well with specific spices such as: garlic, leek, hot pepper, etc. For example: you can mix cow, beef, goat, pork, chicken, turkey or chose two of them.
2. Cook the meat for about 30 minutes. Then if you want, you can add tomato if you want your bouillon to be red.
3. While the meat is cooking prepare all the vegetables. Cut them all depending on how big you want them to be. For example, cut the carrots in little circle. Make sure to cut the spinach very small so the bouillon can look good.
4. Put all the vegetables in the meat that was cooking and let them cook for 25 minutes.
5. While the meat and vegetables are cooking prepare the "boy" which is a mixture of flour and water. This final product of the boy looks similar to dough that we make pizza from. Then cut the boy little by little depending on how much you want in your bouillon, and roll it between your hands so that it looks like an hot dog.
6. Add water, salt, hot pepper, cloves, turnip, and celery to the vegetables and meat that were cooking.
7. Add the boy when the bouillon starts to boil so it does not melt.
8. Let everything cook for about 15 minutes. Your bouillon is ready.

Suggested Sites

www.mypyramid.gov
www.nutrition.org
www.aha.org

Suggested Magazine

Nutrition Action Newsletter

Spinach And Sprouts Salad



Ingredients

- 1 red onion
- 1 pint of tomatoes
- 4 cups of alfalfa sprouts
- 3/4 pound of baby spinach

Preparation

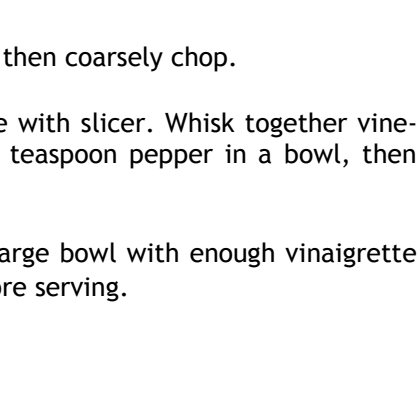
Halve onion lengthwise and very thinly slice crosswise. In a bowl cover onion with cold water. Chill onion in water 30 minutes. Toss together remaining ingredients and serve with lemon juice.

Servings: Makes 8servings

Carrot Cabbage Slaw with Cumin Vinaigrette

Ingredients

- 2 1/4 pounds carrots with tops
- 2 tablespoons Sherry vinegar
- 1 tablespoon packed dark brown sugar
- 1 teaspoon cumin seeds, toasted
- 6 tablespoons extra-virgin olive oil
- 1/2 pound Savoy cabbage, thinly sliced (about 6 cups)



Equipment: an adjustable blade slicer fitted with 1/8-inch julienne attachment

Preparation

Pick enough fronds from carrot tops to measure 1 cup, then coarsely chop.

Cut carrots crosswise into 2-inch pieces, then julienne with slicer. Whisk together vinegar, brown sugar, cumin, 1/2 teaspoon oil, and 1/4 teaspoon pepper in a bowl, then add oil in a slow stream, whisking until emulsified.

Toss cabbage, carrots, and chopped carrot tops in a large bowl with enough vinaigrette to coat. Season with salt and let stand 30 minutes before serving.

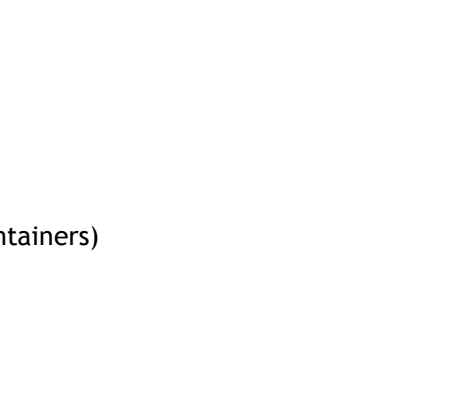
Servings: Makes 6 servings

Watermelon, Lemonade, and Blueberry Ice Pops

Ingredients

Watermelon ice

- 2 1/2 cups 1/2-inch cubes seeded watermelon (from 2-pound piece)
- 1/4 cup sugar
- 8 5-ounce disposable paper cups
- 8 ice pop sticks or wooden coffee stirrers



Lemon ice

- 1/2 cup water
- 1/4 cup sugar
- 1/2 cup fresh lemon juice
- 1/4 cup orange juice
- 1/4 teaspoon vanilla extract

Blueberry ice

- 2 cups fresh blueberries (from three 1/2-pint containers)
- 1 cup water
- 5 tablespoons sugar
- 1 teaspoon fresh lemon juice

Preparation

For watermelon ice:

Blend watermelon and sugar in processor until smooth. Strain puree into bowl, pressing on solids to extract as much fruit as possible.

Place cups in shallow baking pan. Spoon watermelon puree into cups, dividing equally (scant 3 tablespoons each). Freeze until mixture is almost frozen, about 2 hours. Cover cups with rounds of foil, sealing tightly at edges. Using tip of small knife, make 1/4-inch slit in center of each foil cover. Push ice pop stick through slit and securely into watermelon ice without hitting bottom of cup. Freeze until watermelon ice is solid, about 1 hour longer.

For lemon ice:

Bring 1/2 cup water and sugar to boil in heavy small saucepan over medium-high heat, stirring until sugar dissolves. Remove from heat. Mix in lemon juice, orange juice, and vanilla. Cool to room temperature.

Place pan with frozen pops on work surface; carefully fold back foil over each cup without dislodging stick. Spoon lemonade into cups, dividing equally (scant 3 tablespoons each). Reseal foil. Freeze until lemonade layer is solid, about 2 hours.

For blueberry ice:

Stir blueberries, 1 cup water, and sugar in heavy medium saucepan over medium-high heat until sugar dissolves. Boil until berries are very soft, stirring occasionally, about 5 minutes. Strain mixture into small bowl, pressing on solids to extract as much fruit as possible. Mix in lemon juice. Cool to room temperature.

Place pan with frozen pops on work surface; carefully fold back foil over each cup without dislodging stick. Spoon blueberry mixture into cups, dividing equally (generous 3 tablespoons each). Reseal foil. Freeze until pops are frozen solid, about 8 hours. (Can be made 2 days ahead. Keep frozen.)

Remove foil, then tear or use scissors to cut cup off each pop; return ice pops to pan and freeze until ready to serve

Servings: Makes 8 servings

Where do your tasty vegetables come from? (cont.)

With their two farms combined they have over 900 acres of farm land to produce organic vegetables. They produce Arugula, Kale, Lettuce, Mustard, Beets, Radish, Cabbage, Cukes, Peppers, Eggplant, Tomatoes, and Melon. With their motto "the finest produce, in the sharpest package, every time" they take pride in the produce they produce.

Lady Moon Farms along with Alderman are the first to sign a contract with the coalition of Immokalee workers (CIW) campaign for fair foods. They have agreed to pass the penny-per-pound program and meet strict labor standards. You can read more about them on the National Farm Workers Website: www.nfwm.org/category/map/campaigns/ciw

