

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

Check Out What's in Your Share Today!

Large Share

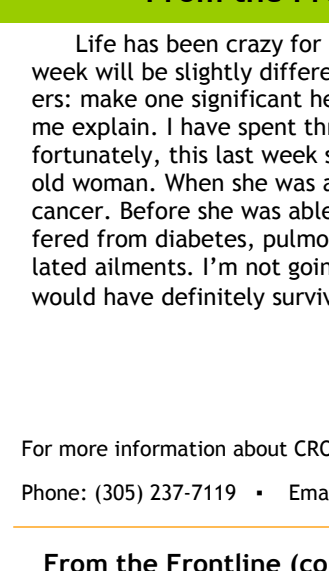
- Bok Choy
- Eggplant
- Cucumbers
- Yellow squash
- Green Beans
- Red Leaf Lettuce
- Red beet w/ Tops
- Cremini Mushrooms
- Baby Fennel
- Leeks
- Oriental Sweet Potatoes
- Alfalfa Sprouts
- Strawberries
- Ruby Red Grapefruit
- Valencia Oranges

Medium Share

- Bok Choy
- Eggplant
- Cucumbers
- Green Beans
- Red Leaf Lettuce
- Cremini Mushrooms
- Baby Fennel
- Leeks
- Oriental Sweet Potatoes
- Alfalfa Sprouts
- Ruby Red Grapefruit
- Valencia Oranges

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

Korean Sweet Potatoes



There are more than a 100 different varieties of sweet potatoes that come out of Asia and the sweet potato is an important source of starch in many diets around the world. The Korean sweet potato, or goguma is a mainstay in Korean cooking. It is roasted on the side of the street during the cold winter as a warming street food. In its raw state, it's sometimes difficult to

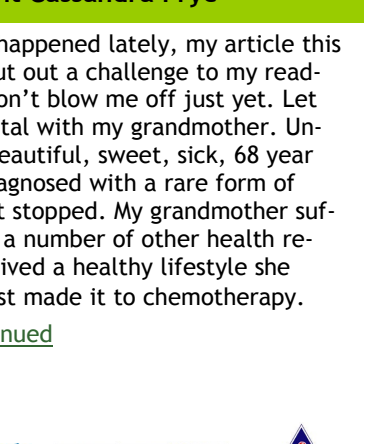
distinguish this variety from yams or sweet potatoes, but when it is cooked this variety has yellow, rather than orange flesh, and is firmer than other kinds of sweet potatoes. It is a little less sweet than yam and has a real chestnut flavor.

Baby Fennel



Bright green baby fennel is immature fennel that produces licorice-flavored feathery leaves. The tiny umbrella-shaped golden seeds and its roots are also edible. Fennel has had many different application around the world, it has been used medicinally for centuries in Asia for treating stomach ailments. Fennel seeds are offered after a meal in India as a digestive aid and a breath freshener. Wild fennel stems are chewed as a candy in Indonesia. For a recipe using fennel [Click Here](#)

Yellow Squash



Yellow Summer Squash is in the [Click here for recipe](#)

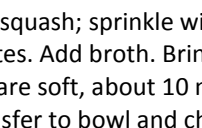
From the Frontline by MDC Nutrition Student Cassandra Frye

Life has been crazy for me the past few weeks. So much has happened lately, my article this week will be slightly different than previous ones. I'm going to put out a challenge to my readers: make one significant healthy change in your eating habits. Don't blow me off just yet. Let me explain. I have spent three of the last four weeks in the hospital with my grandmother. Unfortunately, this last week she passed away. My grandma was a beautiful, sweet, sick, 68 year old woman. When she was admitted into the hospital, she was diagnosed with a rare form of cancer. Before she was able to start her chemotherapy, her heart stopped. My grandmother suffered from diabetes, pulmonary hypertension, kidney issues, and a number of other health related ailments. I'm not going to claim that had my grandmother lived a healthy lifestyle she would have definitely survived cancer, but she would have at least made it to chemotherapy.

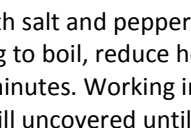
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For more information about CROPS please contact us!

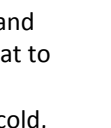
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Wolfson Campus



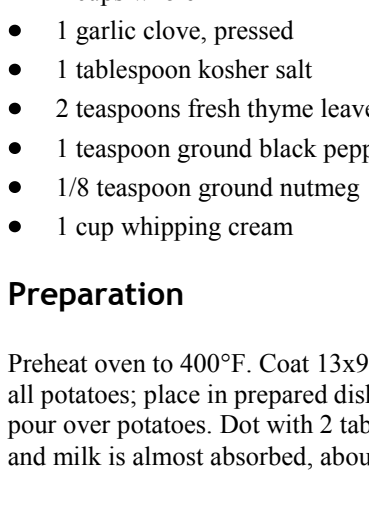
Earth Ethics Institute



From the Frontline (cont.)

Now with my challenge I'm not talking about extreme change like becoming a vegetarian or counting every single calorie. Try to make one change, however small, for yourself. Our health is one of the things in our life that we all have complete control over. However, it is also one of the aspects of our lives where most of the consequences are not instant, which makes it hard to prioritize our health. This is the goal of my challenge to myself and to all of you. There is no limit to the things you can do. Exchange one meat centric meal for pasta or vegetable meal. Drink two less soft drinks a week, or, for the super addicted, one less a day. Bring lunch to school one day a week instead of getting McDonalds. Walk to the second floor instead of taking the elevator. Small changes are easier to make and to continue. One change might lead to another, until you find yourself living a healthier life. My change: drinking green tea instead of my sugar overdosed café con leche. Good luck with all your changes.

Chilled Yellow Squash and Leek Soup with Coriander and Lemon Crème Fraîche



4 Servings

- 1 tablespoon olive oil
- 3/4 cup chopped leek (white and pale green parts only; about 1 medium)
- 1 teaspoon (scant) coriander seeds
- 1 1/4 pounds yellow crookneck squash, coarsely chopped
- 1 (14-ounce) can vegetable broth
- 1/4 cup crème fraîche* or sour cream

Preparation

Heat oil in heavy large saucepan over medium heat. Add leek and coriander and cook until almost tender, stirring often, about 6 minutes. Add squash; sprinkle with salt and pepper and sauté until squash begins to soften, about 3 minutes. Add broth. Bring to boil, reduce heat to medium, and simmer uncovered until vegetables are soft, about 10 minutes. Working in batches, puree soup in blender until smooth. Transfer to bowl and chill uncovered until cold, about 3 hours. Season with salt.

Whisk crème fraîche and grated lemon peel in small bowl. Divide soup among bowls, drizzle with lemon crème fraîche, and serve.

Yukon Gold and Sweet Potato Gratin



yield: Makes 12 servings

Ingredients

- 6 tablespoons (3/4 stick) butter, room temperature, divided
- 2 1/4 pounds Yukon Gold potatoes, rinsed
- 1 1/2 pounds red-skinned sweet potatoes (yams), peeled
- 2 cups whole milk
- 1 garlic clove, pressed
- 1 tablespoon kosher salt
- 2 teaspoons fresh thyme leaves
- 1 teaspoon ground black pepper
- 1/8 teaspoon ground nutmeg
- 1 cup whipping cream

Preparation

Preheat oven to 400°F. Coat 13x9x2-inch glass baking dish with 2 tablespoons butter. Thinly slice all potatoes; place in prepared dish. Bring milk and next 5 ingredients to boil in medium saucepan; pour over potatoes. Dot with 2 tablespoons butter. Cover with foil. Bake until potatoes are tender and milk is almost absorbed, about 50 minutes.

Bring cream to boil in saucepan. Uncover potatoes, pour cream over, and dot with 2 tablespoons butter. Bake uncovered until top is golden brown in spots, about 25 minutes. Cool slightly.

Fennel, Beet and Orange Salad with Olives



Ingredients

- 3 medium beets, trimmed
- 1 tsp grated orange peel
- 1/4 tablespoon Dijon mustard
- 1 tsp fennel seeds, crushed
- 1/9 cup balsamic vinegar
- 1/4 cup olive oil
- 1 fennel bulb, trimmed (fronds reserved), halved lengthwise, thinly sliced crosswise
- 3 large navel oranges
- 1/3 cups halved pitted Kalamata olives

Preparation

Preheat oven to 400°F. Wrap beets in foil. Place on baking sheet. Roast beets until tender, about 1 1/2 hours. Cool. Peel beets; cut into rounds.

Mix orange peel, mustard and fennel seeds in bowl. Whisk in vinegar. Gradually whisk in oil. Season with salt and pepper. (Beets and dressing can be made 1 day ahead. Cover separately; chill. Bring dressing to room temperature before using.)

Place fennel slices in bowl. Toss with enough dressing to coat. Cut peel and white pith from oranges. Cut oranges into rounds. Alternate beets and oranges along edge of platters, overlapping. Spoon fennel slices into center; sprinkle with olives. Drizzle remaining dressing over beets and oranges. Chop fronds; sprinkle over salad.