

Welcome to CROPS!

This week we're happy to say that we have more local and regional produce to offer. Sweet potatoes and collard greens from North Carolina and yellow squash and basil from Florida!

Check Out What's in Your Share Today!

Large Share

- Eggplant
- Broccoli
- Green Pepper
- Kale
- Cucumber
- Beets w/tops
- Lettuce Romaine
- Delicata Squash
- Zucchini
- Tomatoes
- Avocado
- Apples
- Red Bartlett
- Red grapes

Medium Share

- Eggplant
- Broccoli
- Kale
- Cucumber
- Lettuce Romaine
- Zucchini
- Tomatoes
- Avocado
- Apples
- Red Bartlett

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.

Make Food, Not War

Growing up, I didn't have many memorable moments, but food, especially a certain dish that my mother made for my sister and me, was, at specific times, critical to our home environment. This dish consisted of mixed rice with brown cooked beans, fried pork, fried plantains, and mixed, diced peppers, part of the spiced toppings spread on top. This basic Haitian dish was my favorite meal in our family, and my mother used it as a way to improve the emotional atmosphere.

My mother knew how to use the aroma of food to change our behavior and make our mouths water to such an extent that we quickly stopped fighting with each other. I can recall the many occasions when my sister and I were arguing and fighting, bickering back and forth. This interaction was not

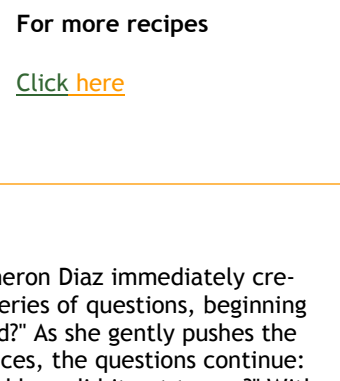
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This week you will receive Delicata Squash. Delicata Squash has vitamin A&C, potassium and dietary fiber.

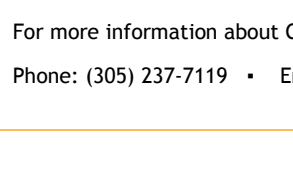
Roasted Eggplant, Zucchini, and Chickpea Wraps



The recipe for this week includes a variety eggplants with zucchini all mixed and ready to eat in a wrap. [Click here for recipe](#)

For more recipes

[Click here](#)



In this week share you will receive Eggplants. Eggplants are low in Saturated Fat, Sodium, and Cholesterol. Also, they make it ideal for maintaining optimum health and weight loss.

Join the Revolution

In the video *Nourish*, Cameron Diaz immediately creates a mood of reflection with a series of questions, beginning with "What is the story of your food?" As she gently pushes the viewers to consider their food choices, the questions continue: "Where did the food come from and how did it get to you?" With factual evidence, vivid images, and personal testimonies, Ms. Diaz persuasively recruits the viewers to join the Food Revolution. When we eat well, we "nourish" our family, our community, our environment, and our identity (Michael Pollan).

The Food Revolution asserts that our diet can save our lives and the world. The video examines the problems with

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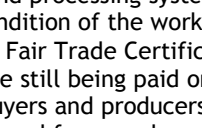
An Interview with Juan, the Produce Man

Every morning a Ford van full of fruits and vegetables stops on the corner of S.W. 14th Ave and S.W. 6th St in Miami. From afar, the parked van with a variety of colorful vegetables in clear plastic bags looks inviting. When I get closer, the smell of fresh fruits and vegetables makes my mouth water. Sitting on a small chair, Mr. Juan, a Cuban gentleman in his mid-forties, approaches me with a big smile and asks how he can help me. "I want to buy some fruits and vegetables," I answer. While I pick the fruits, I ask "Do you stop at this corner every day?" "Oh, yes," says Mr. Juan. "Every morning, for about two hours, and then I go park six blocks north; I have been doing this since I came from Cuba, more than fifteen years ago."

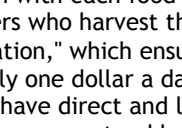
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For more information about CROPS please contact us!

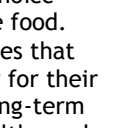
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Wolfson Campus



Earth Ethics Institute



Make Food, Not War (cont.)

(from page 1) something my mom liked, especially when it was her day off, so she knew how to shift our focus from shouting at each other to listening to our stomachs sing out in unison as we quietly awaited our special dinner. Like the saying goes, "Momma knows best," and my mom knew the best way to calm us.

At first, Mom got our attention by screaming at us for arguing. Even though we stopped yelling, she knew that the tension between us would remain. As she mumbled certain words about the two of us under her breath, Mom, with a determined look on her face, headed to the kitchen and began the preparation for peace. When we heard her chopping the peppers, we forgot what we were arguing about and ran to the kitchen to watch her divinely inspired approach to creating harmony in our home. After an hour or so, with a cooperative spirit, my sister and I got the dinner table ready. It was if we had never argued.

A home cooked meal was something in which my mom took tremendous pride, especially when she saw the joy it brought to our faces. The carefully prepared meal inspired us to share sentimental stories and humorous moments that centered around eating. Both my sister and I were very appreciative of the peaceful atmosphere she created with food. We loved our mom dearly for what she did. Those moments are still memorable to me because they showed what a favorite dish can do to create happiness in our home.

Join the Revolution (Cont.)

(from page 1) the Western diet, which has been created by the food corporations, not the farmers and consumers. As the viewers are quickly taken down the aisles of a grocery store to illustrate the enormous use of high fructose syrup in so many products on the shelves, they quietly reconsider the choices they make. So many of the items they put in their cupboards and freezers have high fructose syrup, including sodas, baked goods, jellies, pickles, mustard, ketchup, and most frozen foods. They are reminded that food companies will sell more food when it is a little sweeter. From the grocery store to the fast food restaurant, the film emphasizes America's dependency on corn. A "combo" meal is based on corn: the burger comes from cows that are fed corn, the fries are frequently fried with corn oil, and the coke is made of water, food coloring, and high fructose syrup (a whopping 2,000 caloric meal, which is the number of calories allotted for an entire day). And we wonder why we have such an obesity epidemic, with 28,000 adult deaths each year in the United States.

Food choices have an impact on the health of more people than the consumers. Starting from a seed tossed on fertile soil, all the way to the end product being placed on the dinner table, the video shows how people in the U.S. choose to sustain themselves. They learn how they actually maintain the food harvesting and processing system with each food choice they make. Rarely do consumers consider the condition of the workers who harvest the food. The video stresses the importance of the "Farmer Fair Trade Certification," which ensures that the workers get paid fair wages (many workers are still being paid only one dollar a day for their labor). The certification also makes sure that buyers and producers have direct and long-term relationships. Through this certification, farmers and farm workers are guaranteed healthy and safe working conditions. The consumer can choose products with this certification.

The film also encourages the viewers to consider the environment when they make food choices. There is a segment on the carbon footprint left on the food that is purchased (including the distance it traveled to get to the distributor, and then the distance from there to the consumer's plate). A single fruit salad could consist of pineapples from Costa Rica, apples from Ecuador or Mexico, bananas from Colombia, and strawberries from Guatemala. Imagine the miles...the carbon. The viewers were forced to see the dramatic impact of pesticides and fertilizers on the rivers and seas, which resulted in the dead zone in the Gulf of Mexico. In other areas, the impact of over fishing on our seas is a major concern. Because of consumer demand and the way it is met, certain fish will soon become extinct.

With the many problems exposed in the film, *Nourish* does not leave the viewers with feelings of guilt and defeat; instead, the video empowers the viewers because they can now recognize the impact of each food choice they make.

The message is clear: eat closer to home, eat less processed food, support sustainable agriculture, and express what matters to you by the choices you make about food. You have three opportunities (every meal) each day to change the world. "You can produce a more sustainable agriculture and a cleaner environment, diminish climate change, and improve the lot of animals. That's an amazing power that we have, and we all have it."

Will you join the Food Revolution?

Watch the trailer and join the initiative:

<http://www.nourishlife.org/>

An Interview with Juan, the Produce Man (Cont.)

(from page 1) Mr. Juan goes on to explain where he gets the produce. Some fruits are from California, like the oranges and grapes, but some are from a farm in Homestead. He purchases the California fruit from wholesalers located near Jackson Memorial, and that morning the fruits were fresh. When they are slightly older, he tells me, he lowers the prices to sell the fruit more quickly. He proudly proclaims that this is his only job, and that he has raised his three children on the income from selling produce on corners. He recognizes that he has provided not only for his family, but he has also provided a meaningful service for the community by selling groceries to people who don't have cars and who have difficulty getting to Publix or Sedanos to shop. He knows the regular customers by name and the produce they like. He greets the elderly customers as if they are his family members and inquires about their health. With smiles on their faces, they slowly walk away with bags of fruits and vegetables. They promise to stop by again tomorrow.

Listening to the total price he charged each person, I acknowledged that his prices were better than those at the supermarkets. After making my own purchase from Mr. Juan, I went to the Publix supermarket on the corner of S.W. 7th St and S.W. 5th Ave. to verify that his prices were lower than theirs. The avocados that I bought from Mr. Juan at two for one dollar were \$1.77 each at Publix, the tomatoes I bought at four for one dollar are \$2.59 per pound in Publix, and the bananas that Mr. Juan sold to me at eight for one dollar are \$0.69 per pound in Publix! More importantly, though, his produce was larger and free of bruises and brown spots. My brief produce comparison and my pleasant exchange with Mr. Juan confirmed that I am making the right choice in the future when I stop by his van for fruits, vegetables, and conversation.

Roasted Eggplant, Zucchini, and Chickpea Wraps (cont.)

(from page 1)

Ingredients and Preparation:

Makes 4

- 1 tablespoon balsamic vinegar
- 1 1/2 teaspoons fresh lemon juice
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon coarsely chopped fresh thyme leaves
- 1 tablespoon coarsely chopped fresh oregano leaves
- Vegetable oil cooking spray
- 1 large eggplant, cut into 1-inch cubes
- 1 medium zucchini, cut into 1-inch cubes
- 1 small onion, peeled, root end left intact, halved lengthwise, cut into 8 wedges
- 1 cup drained canned chickpeas, rinsed
- 6 ounces cherry tomatoes (about 11 tomatoes), halved (quartered if large)
- 1/2 teaspoon coarse salt
- Freshly ground pepper
- 4 ounces fresh part-skim mozzarella, thinly sliced
- 4 whole-wheat lavash pieces or whole-wheat wraps (2 ounces and 8 inches each)

Direction:

1. Preheat oven to 400 degrees. Whisk vinegar, lemon juice, 1 tablespoon oil, and 1 teaspoon each thyme and oregano in a small bowl; set vinaigrette aside.
2. Lightly coat a large rimmed baking sheet with cooking spray. Toss eggplant, zucchini, onion, and remaining 2 tablespoons each thyme and oregano in a large bowl. Spread in a single layer on prepared baking sheet. Drizzle with remaining 2 tablespoons oil. Roast, tossing occasionally, until golden, 30 to 35 minutes. Let cool slightly.
3. Transfer vegetable mixture to a large bowl. Add chickpeas, tomatoes, and salt; season with pepper. Drizzle with vinaigrette; toss to coat. Arrange mozzarella in center of lavash pieces or wraps. Top each with 1 1/4 cups vegetable salad. Roll up, and cut in half.

Baked Delicata Squash (additional recipe)

Ingredients :

- 1 delicata squash
- 1-2 tbsp. butter
- salt and freshly ground black pepper

Directions:

Cut off the ends of squash, cut in half lengthwise. Remove the seeds. Leaving the skins on, cut the squash into 1/2-inch wide lengths. Place these on a baking sheet, dot with butter, and sprinkle generously with salt and pepper. Roast at 375 degree F. oven until soft. This is the basic recipe. You can add herbs, spices or honey to it if you wish.

Cool Cucumber Salad (additional recipe)

Ingredients:

- 4 cucumbers, thinly sliced
- 1 avocado, thinly sliced
- 2 beets, diced
- Head of lettuce
- 1 cup white vinegar
- 1/2 cup water
- 3/4 cup white sugar
- 1 tablespoon dried dill, or to taste

Directions:

Toss together the cucumbers and beets in a large bowl. Combine the vinegar, water and sugar in a saucepan over medium-high heat. Bring to a boil, and pour over the cucumber and beets. Stir in dill, cover, and refrigerate until cold. This can also be eaten at room temperature, but be sure to allow the cucumbers to marinate for at least 1 hour.