

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

- Basil
- Purple Potatoes
- Yukon Gold Potatoes
- Collard Greens
- Romaine Lettuce
- Jumbo Red Onions
- Acorn Squash
- Sweet Potatoes
- Yellow Squash
- Roma Tomatoes
- Granny Smith Apples
- Black Grapes
- Pomegranates
- Asian Pears
- Kiwi

Medium Share

- Basil
- Purple Potatoes
- Yukon Gold Potatoes
- Romaine Lettuce
- Jumbo Red Onions
- Sweet Potatoes
- Yellow Squash
- Roma Tomatoes
- Granny Smith Apples
- Black Grapes
- Asian Pears
- Kiwi

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.

The Taste of Culture, Made with Love

My family is of Mexican descent, and using tortillas as eating utensils played an important part in my experience with food. My childhood experience with food was full of intense flavor.

My family loved tortillas and hot sauce, so I readily enjoyed using a warm tortilla to scoop up a heaping spoonful of spicy beans and vegetables, and wrapping the tortilla tightly. For us, "finger food" consisted of a tortilla stuffed with a variety of food. This met our daily nutritional requirements, as we got grains from the tortilla, protein from the legumes and vitamins from the naturally made tomato sauce.

Raising ten children on limited resources, my amazing grandmother gave us the impression that she had an

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This week you will receive Pomegranates in your share. Pomegranates are difficult to peel, however here is a video showing you the best way to peel this delicious fruit.

[Click here](#)

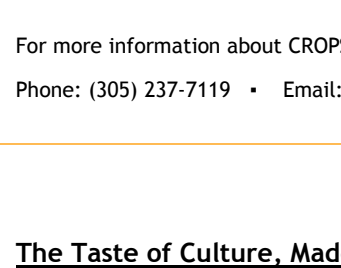
Vegetable Soup



The recipe for this week was inspired by CROPS member Professor Irene Vargas. It includes a variety of vegetables from this week share. [Click here for recipe](#)

For more recipes

[Click here](#)



In this week share you will receive Basils. These basils were grown at C & B Farms located in Clewiston, Fl.

Turning Fast Food Failure into Slow Food Success

Educating people about healthy eating is crucial, for humans are destroying the earth through their use and support of industrialized food systems. As part of the college community, we must work together to find alternatives to such systems, for example, the Slow Food Organization wants "to create dramatic and lasting change in the food system. [It] reconnects Americans with the people, traditions, plants, animals, fertile soils and waters that produce our food. [It] works to inspire a transformation in food policy, production practices and market forces so that they ensure equity, sustainability and pleasure in the food we eat" (Slow Food USA). We can save the

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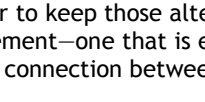
Save the Seeds, Please . . .

Ruth Ozeki's *All Over Creation* (Penguin Books, 2003) captures, at the center of its complex plot, the struggle between the individual farmer, heroically eking out a living, and the giant, evil agribusiness, pretending to want to feed us all while revolving solely around profits. Lloyd Fuller has spent his life mainly being a potato farmer in Liberty Falls, Idaho. The highlight of his agricultural year was the \$9 potato, which everyone in town fondly talks about and nostalgically remembers (that is, the year when Lloyd sold his potato crop for \$9 per hundredweight). Lloyd's wife, Momoko, is a symbolic representative of Mother Nature. She protects a variety of seeds for rare fruit and vegetable "varietals", most of which come from the Orient (she is

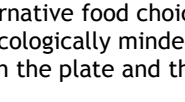
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For more information about CROPS please contact us!

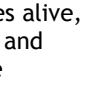
Phone: (305) 237-7119 • Email: crops@mdc.edu



Wolfson Campus



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