

Welcome to CROPS!

Welcome to our first produce delivery of the year! We are very excited to start providing fresh, high quality, organic produce to the Wolfson Campus at affordable prices.

Check Out What's in Your Share Today!

Large Share

- Green Beans - 1.2 lbs.
- Broccoli - 1 head
- Carrots - 2 lb. bag
- Spinach - 1 bunch
- Red Leaf Lettuce - 1 head
- Sweet Onions - 2 lbs.
- Jewel Sweet Potatoes - 2 lbs
- Yellow Squash - 3
- Zucchini - 2
- Somerfield Apples - 6
- Green Seedless Grapes - 1.25 lbs
- Pluots - 5
- Bartlett Pears - 5
- Bananas - 2 lbs

Medium Share

- Broccoli or Red Leaf Lettuce - 1 head
- Carrots - 2 lb. bag
- Spinach - 1 bunch
- Sweet Onions - 1.25 lbs
- Jewel Sweet Potatoes - 1.25 lbs
- Yellow Squash - 2
- Zucchini - 2
- Somerfield Apples - 3
- Pluots - 4
- Bananas - 1.25 lbs.

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.

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This week you will receive pluots in your share. This fruit is a hybrid of the plum and the apricot.

Bowtie Pasta with Broccoli



Fresh broccoli, pasta and a creamy onion & mustard sauce makes a great combination and a simple lunch. You can make this dish with any pasta you like. [Click here for recipe](#)

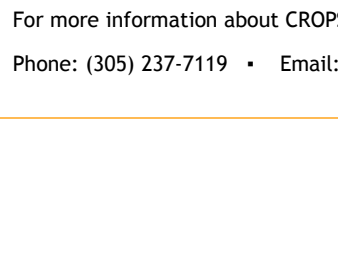
Close Your Eyes, Smell and Taste the Food, and You're Home Again

Experiencing a great meal is influenced as much by the setting as by the food itself. My personal experiences consist of meals produced by loving and gracious people. The pleasure of sharing that food at family reunions was the most effective way of keeping us together. Feasts were celebrated for celebrations, or maybe it was the other way around; celebrations took place when there was a surplus of food. Food, whether scarce or plentiful, was an unforgettable part of my upbringing.

I was born in Cuba, a third world country, where food was often expensive, and therefore not readily available to the general public. Once every two months, my father worked at a

[Continued](#)

A Fresh Approach to Our Food



Carrots are a good source of beta-carotene. Broccoli provides vitamin A, C & K.

Fresh, The Movie, inspired by Michael Pollan's book, **The Omnivore's Dilemma**, shows how we have created our own food crisis by separating animal and crop farming into two different industries. With our dependency on crop and cattle, the farmers' uses of monocultures and animal feed lots have promoted unhealthy environments for people, animals and the earth (the land). In addition to providing graphic illustrations of the negative effects of these practices, the film provides astonishing statistics to support its assertions, such as, "70% of US farmed land used for row crops (corn, wheat, barley, etc.) goes to feeding cattle. Only 30% goes to pigs, poultry, and

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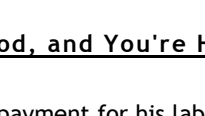
A New Approach to Food: The White House Garden

The White House has recently released a seven minute video about the "White House Kitchen Garden, featuring First Lady Michelle Obama and White House assistant chef and Food Initiatory Coordinator Sam Kass." By engaging twenty three fifth graders from Bancroft Elementary School to help plant the garden, harvest the fruits and vegetables, and then share in the preparation of a meal, Michelle Obama dreams of a lasting impact: "We wanted the focus to be on kids because you can effect children's behavior so much more easily than you can with adults." Certainly, she was correct, for Kass acknowledges that the children show their

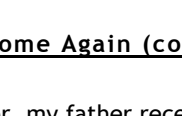
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For more information about CROPS please contact us!

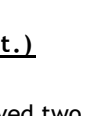
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Wolfson Campus



Earth Ethics Institute



Close Your Eyes, Smell and Taste the Food, and You're Home Again (cont.)

(from page 1) farm owned by a family friend. As payment for his labor, my father received two sacks of any produce grown and picked that season and a quarter of pork slaughtered that same morning. This abundance of produce and meat was rare, and made the upcoming meals more appealing and substantial. The first thing to be prepared on my father's return was *caldosa*, a rustic, savory, thick soup containing various root vegetables, plantains, pig trotters and, when available, a big chunk of fatty pork that would melt and blend with the whole concoction. Seeing the excitement of my family members and the gratitude they expressed for my father's hard work on the farm as they devoured the roast pork shoulder (an unmatched combination of taste and texture as the juicy meat is covered by crispy skin) always made me smile with an extraordinary feeling that I now define as "pure bliss." To this day, I connect certain dishes and smells with special memories of shared pleasure, enthusiastic faces of the people I love rejoicing at the table as they consumed the magnificent result of many hours of dedicated preparation.

I cherish the vivid memories of plates being passed around the table, enticing smells, brand new flavors, and distinctive textures on my palate. These good memories are connected to the senses, stimulated by appreciation of food. The smell of garlic and meat fat on my fingers, the crunchy sound of fresh, crusty bread, and the tastes of so many wonderful ingredients prepared by devoted cooks are great memories I keep close to my heart.

Caldosa:

Ingredients:

- 2 pounds of fatty pork meat or ½ of a chicken.
- 2 medium yams.
- 3 medium potatoes.
- 2 plantains
- 1 *malanga*
- 6 garlic cloves
- 1 large onion
- 2 medium peppers
- 3 tbsp. of tomato sauce
- 2 tbsp. of soy sauce
- 4 cups of water
- 1tbsp. of vinegar.
- 2 tbsp. of *sofrito*
- 4 tbsp. of lard
- 3 tbsp of mustard
- Salt to taste
- Lemons

Preparation:

In a large pot, add a tbsp of lard, 6 cloves of garlic, a chopped onion, 2 chopped peppers, add cumin to taste. Place the pork or chicken in the container and cook until golden brown. Add the tomato sauce, the mustard, *sofrito*, vinegar, soy sauce, water, root vegetables, plantains, and the rest of the lard. Mix well and let cook until the pork or chicken are semi soft; by now, the root vegetables should be soft, too. Remove the pork or chicken and chop it into small pieces or grind it. Add the meat into the stew again and cook until the root vegetables are almost pureed, stirring regularly with a large ladle. Add salt to taste, and

A Fresh Approach to Our Food (cont.)

(from page 1) and people." More importantly, though, research shows that "organic farming is four times more productive than industrial farming." This factual information forces us to reflect on our food systems and encourages us to adopt a "fresh" perspective on how we grow, buy and eat our food.

Ana Sofia Joanes, the producer and director of the film, does not leave this "fresh" viewpoint to our imagination; instead, she inspires us with effective profiles of creative "heroes" who devote their lives to developing a sustainable food industry. Through local interviews with family farmers around the country, Joanes challenges us to see how the actions of each individual can change how food is perceived by the masses. We experience first hand "the ripple effect" of how a local grocer working closely with local farmers contributes to the health of the local economy. By the end of the movie, we are convinced that we, too, with the choices we make, can make a contribution to ensuring fresh food for everyone. The ripple effect continues, for "fresh" thoughts lead to "fresh" actions which can clearly lead to "fresh" lives.

Take a "Fresh" break and watch the trailer for the movie: [Fresh, The Movie](#)

A New Approach to Food: The White House Garden (cont.)

(from page 1) enthusiasm for working in the garden and readily profess the changes they have made in their eating habits.

Mrs. Obama expresses her hope that the garden will serve as a symbol for the nation: "The important introduction to what I hope will be a new way to how the country thinks about food...and I also want to encourage people to think about doing more family meals...." She readily admits how easy it is to lose sight of the significance of food choices and recommends small changes in family diets: "You can begin in your own cupboard by eliminating processed foods, trying to cook a meal a little more often, trying to incorporate more fruits and vegetables."

Michelle Obama should be praised for being the only First Lady in America's history to create a food policy team, which will be led by Kass. The famous writer and activist Michael Pollan claims that the Kitchen Garden is "the most important event in sustainable agriculture this year." Congratulations to Michelle Obama for making food changes that can have a national, if not global, impact.

Watch the video: [Rethinking Food Starts at the Top](#)

White House Kitchen Garden Salad

Ingredients:

- One head of lettuce
- 2 carrots
- half a cucumber
- 1/3 cup vegetable oil (olive or canola)
- 1/4 vinegar (red wine, balsamic, or lemon juice)
- 1 tsp honey
- 1 tsp mustard (optional)
- Salt and pepper to taste

Preparation:

Wash and chop lettuce and place in a small bowl. Peel and cut carrots and cucumber into bite size pieces. In a small bowl, place vinegar, honey, mustard, salt, and pepper. Using a whisk, mix vinegar mixture while slowly pouring oil into a bowl. Alternatively, combine all ingredients in a leak proof container and shake vigorously. Add dressing just before serving.

Bowtie Pasta with Broccoli Recipe (cont.)

Ingredients:

- 1 tbsp olive oil
- 1 medium size onion, washed and sliced
- 1 clove garlic, crushed
- 1 colander full of sprouting broccoli, chopped into bite size pieces
- 200g Pasta bows
- 1 ladle full of chicken stock
- 1/2 tsp cracked black pepper
- 1 tsp Dijon mustard
- 1 tsp mountain or course mustard
- 2 tbsp creme Fraiche
- 2 tbsp parmesan cheese, grated

Preparation:

Put a large pan of water on to boil. Meanwhile in another pan put the oil, garlic and onion and cook over a low heat to sweat down. When the water has come to the boil add salt, a drizzle of olive oil and the pasta. Cover and cook until 4 minutes before the end of the cooking time recommended on the pasta packet. Meanwhile add the remaining ingredients to the onion and cook over a low heat. Add the broccoli to the pasta and cook for the last 4 minutes together then drain and stir in the onion sauce. Serve immediately.