February, 2013

FRESH PRODUCE NEWSLETTER

This Month
We packed 193 JustFood Fresh Produce boxes.

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Food Highlight: Food Colours to brighten our stark February
While outside lies a frozen covering of white, let’s sit down inside to meals with lots of colour. Each colour adds something of its own to our health.

Here’s a handy guide to colours from the American Dietetic Association:

**Green** produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks. Fruits include avocados, apples, grapes, honeydew, kiwis and limes. Vegetables include artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach.

**Orange and deep yellow** fruits and vegetables have nutrients that promote healthy vision and immunity and reduce cancer risks. Fruits include apricots, cantaloupe, grapefruit, mangoes, papaya, peaches and pineapples. Vegetables include carrots, yellow pepper, yellow corn and sweet potatoes.

**Purple and blue** options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks. Fruits include blackberries, blueberries, plums and raisins. Vegetables include eggplant, purple cabbage and purple-fleshed potatoes.

**Red** produce may help maintain a healthy heart, vision and immunity and may reduce cancer risks. Fruits include cherries, cranberries, pomegranate, red/pink grapefruit, red grapes and watermelon. Vegetables include beets, red onions, red peppers, red potatoes, rhubarb and tomatoes.

**White, tan and brown** foods sometimes contain nutrients that may promote heart health and reduce cancer risks. Fruits include bananas, brown pears, dates and white peaches. Vegetables include cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potatoes and white corn.

"Surely as cometh the Winter, I know There are Spring violets under the snow."
- R. H. Newell
## FRESH PRODUCE BOX

### Small Box
- 2 local Ontario small Garlic
- 1 lb local Ontario Potatoes
- 1 Lemon
- 1 lb Golden Delicious Apples
- 2-lb bag of Ontario Beets
- 2-lb bag of Ontario Carrots
- 1 Green Leaf Lettuce
- 3 Oranges
- 1 bunch Rapini
- 1 pint Grape Tomatoes
- 1.5 lbs Bananas

### Large Box
- 2 local Ontario small Garlic
- 2 lbs local Ontario Potatoes
- 1 Cantaloupe
- 1 Lemon
- 1.5 lbs Golden Delicious Apples
- 2-lb bag of Ontario Beets
- 2-lb bag of Ontario Carrots
- 1 Ontario Boston Lettuce
- 4 Oranges
- 1 bunch Rapini
- 1 pint Grape Tomatoes
- 1 bag Ontario Spinach
- 2 lbs Bananas
- 4 Kiwi Fruit

Some food items may change due to last-minute availability.

### About the Farms

The local Garlic is from Cedar Grove Farm in Omemee.

The local Specialty Potatoes are from Martin’s Fruit and Vegetable Farm in Campbellford. These potatoes are a mix of Blue Russian and Red-skinned. The flesh of the Blue Russian turns a lavender colour when cooked, and the flesh of the red-skinned turns a rusty red. Enjoy the adventure of these potatoes!

### FYI: Fresh Produce Box Info:

**Fresh produce individuals** have March orders to their contact by Tuesday, March 19.

**Fresh Produce Box Contacts** have February orders to the YWCA by Wednesday, March 20.

Next Fresh Produce packing day is Wednesday, March 27.

**Reminder:** Food boxes cannot be kept past 12 noon Thursday, the day after food box packing. By then we will need to find a new home for them.

Thanks!

### Tips and Tricks

#### Storing Potatoes

Potatoes cannot be stored in the fridge as the temperature is too cold. However, they can be stored for some time under the right conditions.

Take your potatoes from the plastic bag as soon as you can and place them on newspaper in an open container that is well ventilated.

#### Ripening Cantaloupes

Keep the melon in a loosely closed brown paper bag at room temperature. This will trap the ethylene gas that the cantaloupe releases and that helps it ripen. Putting a ripe banana or apple in the bag will generate more copious amount of the gas and speed the process.

Keep the cantaloupe stored inside the bag until it softens and is ready to eat. This may take a few days. To test if it is ready to eat, place it in your hand and gently squeeze. If it has some “give” and has a sweet scent, cut it up and enjoy.
RECIPES

My Colour is Dark Green: Rapini

Rapini is a vegetable that may be new to many of us, but it is packed full of the nutrition and is well worth exploring. Rapini has a strong flavour that is mellowed by cooking it with oil and garlic. Rapini can be kept in the fridge for about one week wrapped in paper towels and placed in a plastic bag.

Rapini with Garlic and Red Pepper Flakes
+ 1 bunch of rapini
+ 3 Tbsp of olive oil or other vegetable oil
+ 3-4 cloves of garlic, sliced thinly
+ 1/4 tsp hot pepper flakes, or to taste
+ Salt, if wanted, and pepper to taste

Rinse rapini and cut off base of stems. Bring a large saucepan of water to the boil, and add the rapini stalks. Cook until the stalks are just tender, about 2-4 minutes. Drain, chill in ice water to keep the lovely green colour. Pat dry and set aside.

Heat the oil in a pan over medium heat. Add the garlic slices and red pepper flakes. Sauté until fragrant, about a minute. Add the rapini and toss to coat in the oil, garlic, and red pepper flakes.

Serve as is, or try with hot cooked pasta or rice.

My Colour is Emerald Green: Kiwi Fruit

If you have never enjoyed a kiwi fruit, you are in for a treat! But a bit of know-how might come in handy.

After leaving the kiwis on the counter to ripen for a few days, place the fruit in the palm of your hand and very gently press. If it has some “give”, it is ready to eat.

Don’t bother trying to peel a kiwi fruit. Just slice it in half and use a small spoon to go around the edges to scoop out all the delicious fruit.

My Colours are Bright Orange and Dark Green: Orange Spinach Salad

+ 2 medium oranges
+ 4 cups packed fresh spinach leaves
+ 1/4 cup dressing, or to taste

Salad: Cut peel from oranges, removing all white inner peel and membrane, as well as seeds. Slice cross-wise, about 1/4 inch thick. Cut each slice into 4 pieces. Rinse and spin-dry spinach (or drain through colander and pat dry) and tear into bite-sized pieces. Place spinach and oranges in salad bowl. Just before serving pour dressing over salad. Toss gently.

Dressing:
+ 1/4 cup lemon juice
+ 1/3 cup veggie oil
+ 1/2 tsp grated onion
+ 1/4 tsp dry mustard
+ Salt, if wanted, and pepper to taste
My Colour is lavender blue: Blue Russians

Blue Russian Potatoes with Sour Cream
+ 1 lb Blue Russian potatoes
+ 1-2 Tbsp butter, or to taste
+ 1/4—1/2 cup sour cream, or to taste
+ 2 Tbsp milk, or to taste
+ Salt, if wanted, and pepper to taste

Wash the potatoes and cut out any eyes or soft spots. Cut the potatoes into 1/2 inch chucks. Place the potatoes in a large pot and only add enough cold water to cover the potatoes. Bring the pot to the boil and cook until the potatoes are just soft. Don’t over cook, as we don’t want them mushy. Drain the potatoes.

Put the pot back over high heat for about a minute. Flip the potatoes around in the pot to dry them off just a bit. Remove from the heat. Add butter, sour cream and milk, all to taste, while mashing with a potato masher. Mash them up well to make sure that the sour cream and butter and milk get mixed in thoroughly. These potatoes turn a lovely lavender colour when cooked.

Add salt and pepper to taste. If you want, add some chopped chives as well.

My Colour is Rust-Red: Red-Skinned Potatoes

Mashed red-skinned potatoes
(adjust these ingredients for the quantity you have)
+ 2 lbs red potatoes
+ 1 cup whole milk
+ 1/2 stick butter, softened
+ Salt, if using, and pepper to taste

Cut the potatoes into 1-inch pieces and generously cover with cold water. If using salt, add a tsp. Bring the pot to the boil and then simmer, partially covered, until potatoes are tender, but not mushy, about 10 minutes.

Meanwhile, heat milk, butter and about 1/2 tsp pepper in a small saucepan over medium heat until butter is melted.

Drain the potatoes in a colander and return to the pan. Mash with a potato masher and, while hot, stir in milk mixture. Season with salt, if using.