

Watermelon

Nothing says "summer" quite like watermelon. Not only is watermelon a delectable, thirst-quenching treat, but it's also packed with antioxidants like Vitamin C and beta-carotene. Like tomatoes, watermelon also contains lycopene, which has been extensively studied for its antioxidant and cancer-preventing properties. This week we are featuring watermelon from Kamiak Vineyards near Pasco, WA.



Prosciutto Wrapped Watermelon & Brie Fingers

- 12 pinky finger sized seeded watermelon rectangles
- 12 thin slices Brie about the same dimensions as the watermelon fingers
- 12 slices prosciutto ham

Place a piece of Brie on top of each watermelon finger and wrap each with a sliced of ham. Secure with a toothpick.
Adapted from www.watermelon.org.

Watermelon, Black Bean, & Corn Salsa

- 2 cans corn kernels, rinsed and drained
- 2 cans black beans, rinsed and drained
- 1 purple onion, chopped
- 2 jalapeno peppers, seeded and chopped
- 2 cloves garlic, minced
- ¼ cup chopped cilantro
- 1 tablespoon ground cumin
- 2 teaspoons mild chili powder
- Juice from 2 fresh limes
- ¼ cup olive oil
- Salt to taste
- 3 cups chopped seedless watermelon

Mix together all ingredients except watermelon until well combined. Gently fold in watermelon. Chill. *From www.watermelon.org.*

Muffin Crumble Parfait

- 3 small or 2 large bran muffins
- ½ teaspoon ground cinnamon
- 2 cups vanilla yogurt
- 4 cups chopped watermelon (well drained)
- ½ cup dried cranberries
- ¼ cup honey
- ½ cup toasted sliced almonds

Crumble the muffins and divide among the bottom of four 12-ounce glasses reserving about ¾ cup of the crumble. Mix the cinnamon and yogurt, and divide half of it over the crumbled muffin in the glass. Divide the watermelon and dried cranberries over the yogurt in the glasses. Divide the remaining yogurt over the watermelon and dried cranberries. Divide remaining muffin crumble over the glasses and top with honey. Garnish with the toasted sliced almonds.
Serves 4.
Adapted from www.watermelon.org.

Fruit Box Contents:

item	Farm/Brand Name and Location	Food Miles
Watermelon	Kamiak (Pasco, WA)	240
Apricots	Pro Farm (Yakima, WA)	156
Nectarines	Pro Farm (Yakima, WA)	156
Dapple Dandy Pluots	Goosetail Orchards (Wenatchee, WA)	162
Honeydew Melon	Cal-Organics (Lamont, CA)	1012
Black Grapes	Sunview (Delano, CA)	966

CANCELLATIONS AND OTHER CHANGES TO YOUR ORDER NEED TO BE MADE BEFORE 10:00 A.M., TWO DAYS BEFORE YOUR NEXT SCHEDULED DELIVERY.



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We appreciate you leaving your empty, flattened box out for us to pick up with your next delivery.

We do not reuse any bags, egg cartons, or other containers -- so just leaving out your box would be great!



THIS WEEK'S RECIPES

Black Grape Granita

3 cups black seedless grapes
1/3 cup sugar
juice of 1 lemon

Put the grapes, sugar and lemon juice into the blender. Blitz on high speed for 2 minutes. Pour the pureed grape mixture into a fine-mesh strainer set over a bowl, and work the puree through with a wooden spoon or spatula so the bits of skin stay in the strainer. This may take a few minutes of stirring and pushing, but be patient. Pour the strained grape puree into a shallow metal baking pan, pie plate or bowl. Place in the freezer and set a timer for half an hour. When it goes off, take the bowl out of the freezer, scrape all the frozen bits off the edges of the bowl or pan, and stir. Put the pan back in the freezer for another half hour, and repeat. As you do this, the mixture will turn from liquid, to frozen around the edges, to slushy, to snow. It will probably take two and a half or three hours of stirring every half-hour or so, but the more you do it, the better the texture of your granita in the end. When the granita has achieved a true snow-like texture, move it into a sealed plastic container large enough to hold it without having to pack it down, and freeze. Eat within a few days. If the granita freezes solid (and it shouldn't, if you've done it right), let it thaw until you can mash the ice crystals with a fork, and start the freezing process anew.

From www.examiner.com.

Apricot Cinnamon Chip Muffins

1 and 1/2 cups All-Purpose flour
3 Tbsp. whole wheat flour
1/4 cup regular or quick-cooking (not instant) oats
1/2 cup granulated sugar
2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1/2 cup sour cream
1/2 cup milk
6 Tbsp (3/4 stick) butter, melted, slightly cooled
2 eggs, large
1 tsp. fresh lemon juice
1 tsp. vanilla extract
1 cup of unpeeled apricot pieces, chopped small
2/3 cup mini cinnamon chips

For the topping:

1/4 granulated sugar
1/2 tsp. ground cinnamon
4 Tbsp (1/2 stick) butter, melted

Preheat oven to 375 degrees, and prepare a 12-cup muffin pan with paper liners, or spray liberally with baking spray. In a large mixing bowl, using a whisk, combine the white flour, whole wheat flour, oats, sugar, salt, and baking soda. In a medium size bowl, using a spoon, blend together the sour cream, milk, melted butter, eggs, lemon juice, and vanilla extract. Add the liquid mixture into the dry ingredients and stir together until just combined; use care not to overmix. With a spatula, gently fold in the apricot pieces and the cinnamon chips. Fill the muffin cups about 3/4 full. Bake on the middle rack of your oven for approximately 20 minutes, until light golden brown and the centers spring back when lightly pressed with a finger. Cool the muffins in the pan for about 10 minutes. Remove them from the pan to a cooling rack. Using a pastry brush, coat the tops with melted butter and a small sprinkling of cinnamon sugar.

From en.petitchef.com.

Watermelon-Honeydew Kebabs with Lime-Poppy Seed Dressing

3 tablespoons fresh lime juice
3 tablespoons sugar
1 1/2 teaspoons poppy seeds
1/4 teaspoon salt
1/2 cup vegetable oil

2 3-pound honeydew melons, halved, seeded
1 small seedless watermelon, cut into 3/4-inch-thick slices
24 6-inch bamboo skewers

Whisk first 4 ingredients in medium bowl. Gradually whisk in oil. Using large melon baller, scoop out 72 balls of honeydew. Using 1 1/4-inch round fluted cookie cutter, cut out 48 rounds from watermelon slices. Alternate 3 honeydew balls and 2 watermelon rounds on each skewer. (Can be made 4 hours ahead. Cover dressing and kebabs separately; chill.) Serve kebabs with dressing.

From Bon Appétit, June 2000.



Storage and Preparation Tips

- ◆ **Apricots:** Ripen in a brown paper bag on the countertop. When they yield to gentle pressure, they are ready to eat. Refrigerate once ripe. Wash before eating. To cut fruit, slice around its seam, twist it in half, and lift out the pit.
- ◆ **Black Grapes:** Before storing grapes at home, remove any spoiled fruit. Place unwashed grapes in a plastic bag and store them in the refrigerator. They should keep for about a week.
- ◆ **Nectarines:** Ripen as with apricots, on the countertop. Do not store nectarines in the refrigerator until they are fully ripe as the cold will end the ripening process.

* You may leave a cooler out for our driver to transfer your produce into to keep it fresh and cool.