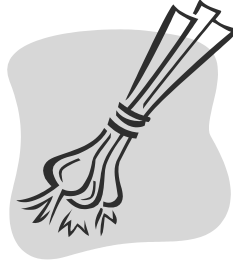


Spring Onions

Similar to green onions or scallions, spring onions typically have a larger bulb and sometimes a stronger flavor than green onions. Use spring onions as you would green onions or other types of onions. Try them chopped or diced into salads or stir fries, grilled or roasted. This week we are featuring spring onions from Tahoma Farms.



Grilled Spring Onions

vegetable oil (for the grill)
2 tablespoons olive oil
2 teaspoons soy sauce
2 cloves garlic, minced
1 teaspoon fresh lemon juice
1 pound spring onions, cut in half lengthwise

If using a gas grill, preheat one side to high and one side to low. If using a charcoal grill, start a two-zone fire. Clean the grill with a grill brush. Oil the grill by holding a folded wad of paper towel with tongs, dipping it in vegetable oil, and brushing the oil (sparingly -- it's flammable) onto the grill grate. Slice the onions in half lengthwise. In a small bowl, whisk together the oil, soy sauce, garlic and lemon juice. Using a basting brush, lightly coat both sides with the oil mixture. Put the onions cut side-down on the high-heat side of the grill. Continuing to baste the onions with the oil mixture, cook 3-4 minutes. Then turn the onions and cook until they start to become tender and the sides darken, another 3-4 minutes. Move the onions to the low-heat side of the grill and cook until the onions are tender and browned.

From www.cookthink.com.

Orzo Pilaf with Spring Onions and Parmesan

3 1/4 cups (or more) canned low-salt chicken broth
1 pound orzo (rice-shaped pasta)
3/4 cup spring onions, thinly sliced
3/4 cup grated Parmesan cheese

Bring 3 1/4 cups broth to boil in heavy large saucepan over medium-high heat. Mix in orzo and simmer uncovered until just tender but still firm to bite and some broth still remains, stirring occasionally, about 8 minutes. Remove from heat. Add onions and cheese and stir to blend. Season pilaf to taste with salt and pepper. Rewarm over low heat, if necessary, and mix in more broth by 1/4 cupfuls if pilaf is dry. Transfer pilaf to large bowl and serve. Serves 6.

From [Bon Appétit](#), April 1999.

Pacific Northwest Box Contents:

item	Farm/Brand Name and Location	Food Miles
Black Cap Raspberries	Small Farmers Project (Eugene, OR)	252
Purple Cherokee Tomatoes	Dennison (Corvallis, OR)	226
Sunburst Squash	Pride of the Umpqua (Roseburg, OR)	321
Green Beans	Alvarez (Mabton, WA)	167
Spring Onions	Tahoma Farms (Orting, WA)	20
Red Leaf Lettuce	Tahoma Farms (Orting, WA)	20
Arugula	Tahoma Farms (Orting, WA)	20
Blueberries	Farmers Own (WA)	varies

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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info@terra-organics.com
P.O. Box 5966, Tacoma, WA 98415



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

Lemon Couscous Salad with Arugula, Spring Onions, and Dill

2 1/4 cups water
10-ounce box couscous
(about 1 1/2 cups)
1/2 teaspoon salt
3 tablespoons lemon juice
1/4 cup olive oil
1 bunch arugula, leaves washed thoroughly, spun dry, and shredded fine (about 2 cups)
2-3 spring onions, sliced thin
3 tablespoons finely chopped fresh dill, or to taste

In a saucepan bring water to a boil and stir in couscous and salt. Remove pan from heat and let couscous stand, cover 5 minutes. Fluff couscous with a fork and transfer to a bowl. Stir in lemon juice, oil, and salt and pepper to taste and cool couscous completely. Stir in arugula, scallions, and dill and chill for 2 hours or overnight.

Adapted from *Gourmet*.

Blueberry Lemonade

1/3 cup sugar
1-1/4 cups blueberries, divided
1/3 cup lemon juice

In 1-qt glass measuring cup, combine sugar, 2 Tb of the blueberries and 1/2 cup water. Microwave on high until hot, about 1 min.; stir until sugar dissolves. Add lemon juice and enough water to make 1 quart; chill. Fill tall glasses with ice cubes, add chilled blueberry mixture and remaining berries. Garnish with lemon slices. about 1/4 cup. Yield: 1 quart (4 one-cup servings).

From www.blueberrycouncil.org.

Green Bean and Tomato Salad

3/4 pound green beans, trimmed
1/2 pound tomatoes, chopped
1/4 cup chopped fresh basil
3 tbs white wine vinegar
2 tsp extra virgin olive oil

Bring a large pot of water to a boil. Add green beans and cook for 3-4 minutes. Drain and plunge green beans into cold water to stop cooking and retain color. They should be still be tender crisp. In a large bowl, combine cooked and cooled green beans and chopped tomatoes. Add basil. Whisk together vinegar and oil and drizzle over beans and tomatoes. Toss until lightly coated. Serve at room temperature or refrigerated. From lowfatcooking.about.com.

Penne with Spinach, Shrimp, Tomatoes and Basil

12 ounces penne pasta
2 tablespoons olive oil
1 lb uncooked medium shrimp, peeled, deveined
3 garlic cloves, minced
2 tomatoes, cut into thin wedges
6 tablespoons chopped fresh basil
3 tablespoons fresh lemon juice
2 teaspoons grated lemon peel
1 bunch spinach, rinsed well, stems removed

Cook pasta in large pot of boiling salted water until al dente. Ladle 1 cup pasta cooking liquid into small bowl and reserve. Drain pasta, return to pot; cover to keep hot. Meanwhile, heat oil in large nonstick skillet over med-high heat. Sprinkle shrimp with salt and pepper. Add shrimp and garlic to skillet and sauté 2 min. Add tomatoes, 4 Tb basil, lemon juice and lemon peel and sauté until shrimp are cooked through, about 3 min. Add spinach leaves to hot pasta; toss until it wilts. Add shrimp mixture; toss to blend. Add enough of reserved pasta cooking liquid to moisten. Season with salt and pepper. Transfer pasta to bowl. Sprinkle with remaining 2 tablespoons basil and serve. Adapted from *Bon Appétit*, April 2000.

Greek Baked Squash Omelet

2 tablespoons extra virgin olive oil
1 cup spring onions, chopped
2 garlic cloves, minced
3/4 pound sunburst squash, cut in 1/4- to 1/3-inch dice
Salt and pepper to taste
1/4 cup chopped fresh dill
2 tablespoons chopped fresh mint
8 eggs
1/2 cup drained yogurt or thick Greek-style yogurt
1/4 cup freshly grated Parmesan cheese

Preheat the oven to 350°. Heat 1 tablespoon of the oil over medium heat in a large, heavy skillet. Add the onion and cook, stirring, until tender. Add the garlic, stir together until fragrant, about 30 seconds, and add the squash. Cook, stirring, until tender, 10-12 minutes for winter squash, about 8 minutes for zucchini. Season to taste with salt and pepper. Stir in the dill and the mint. Remove from the heat. Place the remaining tablespoon of oil in a 2-qt casserole or in a 9-inch cast iron skillet, brush the sides of the pan with the oil and place in the oven. Meanwhile, whisk the eggs in a large bowl. Season with salt and freshly ground pepper to taste. Whisk in the yogurt and the Parmesan. Stir in the squash or zucchini mixture. Remove the baking dish from the oven and scrape in the egg mixture. Place in the oven, and bake 30 minutes or until puffed and lightly colored. Allow to cool for at least 10 minutes before serving. Serve hot, warm or at room temperature. Serves six to eight. Adapted from www.nytimes.com.

Storage and Preparation Tips

- ◆ *Sunburst Summer Squash*: Handle summer squash with care because they are damaged very easily. Store for up to four to five days in a perforated plastic bag in the refrigerator. Do not wash until ready to use.
- ◆ *Arugula*: Loosely wrap in damp paper towels and place in a plastic bag for up to 3 days in the refrigerator. Wash before use. Arugula can be used raw or lightly cooked.
- ◆ *Black Cap Raspberries*: Raspberries are highly perishable and should be used within 2-3 days of receipt. Store in their container, unwashed, in the fridge until ready to use. Wash before use.

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