

Walla Walla Sweet Onions were

developed from an Italian sweet onion variety over several generations by Italian immigrants living in the Walla Walla Valley. Today, these onions are well known for their juicy sweetness and low sulphur content (which means less bite and less tears). Walla Walla Sweets are best eaten raw or only slightly cooked, making them perfect additions to barbecued hamburgers, sandwiches and salads. However, they sweeten any dish, and are great cooked in pizza, quiche and pasta.



Grilled Chicken with Sweet Onion Mint Sauce

4 boneless skinless chicken breasts, cut into strips
4 tablespoons olive oil
Zest and juice of 1 lemon
1 tablespoon fresh marjoram
Salt and freshly ground peppercorns

Mint Sauce

1 sweet onion, chopped
1 clove garlic, peeled and crushed
3 tablespoons balsamic vinegar
Salt and freshly ground peppercorns
4 tablespoons olive oil
½ cup packed mint leaves, finely chopped
Salt and freshly ground pepper to taste

Preheat a charcoal or gas grill for indirect grilling over medium heat and oil the grill rack. Toss chicken with oil, lemon zest, juice, marjoram, & pepper. Marinate in refrigerator 1 to 6 hours. Stir together onion, garlic, vinegar, salt & pepper, in small bowl. Whisk in olive oil. Set aside. Remove chicken from marinade, pat dry. Grill chicken strips over medium heat. Turn strips often, cook until no longer pink, or until chicken is firm to touch. Transfer strips onto platter. Stir fresh mint into the onion sauce, and season to taste. Pour over the grilled chicken strips.

From www.sweetonions.org.

Spicy Guacamole with Sweet Onion

2 firm, but ripe, avocados
1/4 cup fresh lime juice
1 teaspoon salt
1/2 finely diced sweet onion
1 jalapeño, seeded and diced
1/2 cup seeded and diced ripe tomatoes
1/4 cup chopped fresh cilantro leaves (about 1/2 bunch)

Peel, pit, and quarter the avocados. In a bowl, mash together the avocados, lime juice, and salt using a heavy whisk or potato masher. Stir in the onion, jalapeño pepper, tomatoes, and cilantro. Use immediately, or, cover tightly, pressing plastic wrap directly on the surface of the guacamole and reserve in the refrigerator for up to 2 days.

From www.sweetonionsource.com.

Pacific Northwest Box Contents:

item	Farm/Brand Name and Location	Food Miles
Lapin Cherries	Tiny's Organic (Wenatchee, WA)	162
Flavor Supreme Pluots	Tiny's Organic (Wenatchee, WA)	162
Raspberries	J4 Ranch (Mt Vernon, WA)	95
Carrots	Ralph's Greenhouse (Mt Vernon, WA)	95
Walla Walla Sweet Onions	Walla Walla River (Walla Walla, WA)	284
Sungold Cherry Tomatoes	Dennison (Corvallis, OR)	226
Romaine Lettuce	Tahoma Farms (Orting, WA)	20
Red Chard	Tahoma Farms (Orting, WA)	20

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

Romaine Lettuce with Grilled Shrimp and Soy-Lime Vinaigrette

Dressing:

2 tablesp. fresh squeezed lime juice
1 tablespoon finely chopped onion
2 tablespoons olive oil
1 tablespoon soy sauce
salt to taste
freshly ground black pepper

Grilled shrimp:

1 pound medium to large shrimp, peeled and deveined
1 tablespoon olive oil skewers

Green salad:

8 cups romaine lettuce, washed and torn into bite-sized pieces
1/2 cup thinly sliced, sweet onion

For the soy-lime vinaigrette:

Place the lime juice and shallot in a small mixing bowl and whisk to combine. Continue whisking and slowly add the olive oil and soy sauce. Season to taste with salt and pepper.

For the grilled shrimp:

Preheat the grill to medium-high. Brush the shrimp with olive oil and season with salt and pepper. Slide the shrimp onto skewers and grill the shrimp on both sides until the shrimp are opaque and cooked through, 5 minutes total for both sides.

For the green salad:

Remove the shrimp from the skewers and place them in a mixing bowl. Add the onion slices and half of the vinaigrette. Place the lettuce in a separate salad bowl and toss it with the remaining vinaigrette. Arrange the shrimp and onion mixture on top.
From www.foodfit.com.

Carrot "Fettuccine"

1 lb Carrots
3 tb Unsalted butter
1/2 c Minced onion
1/4 lb Sliced cooked ham; cut into thin strips
2 Garlic cloves; minced
1/2 c Dry white wine
1 c Heavy cream
1 c Frozen peas; thawed
1 tb Dijon mustard
Salt and pepper to taste

With a swivel bladed vegetable peeler shred the carrots into fettuccine like strands. In a large skillet heat the butter over moderately high heat, until the foam begins to subside, and cook the onion and the ham, stirring, for 3 minutes. Add the carrot strands, garlic, and the wine and cook the mixture, covered, over moderately low heat, stirring occasionally, for 10 minutes, or until almost all the liquid is evaporated and the carrots are almost tender. Add the cream and the peas, bring the mixture to a boil, and simmer it, covered, for 5 minutes, or until the liquid is reduced by half. Stir in the mustard and salt and pepper to taste.

From www.justvegetablerecipes.com.

Greens Tacos

1 bunch chard, cleaned and sliced into 1-in pieces
2 teaspoons cooking oil
Green garlic, green onion, or onion, chopped
Pinch red pepper flakes or cayenne
2 Tablespoons cream cheese
4-6 small corn tortillas or 2-3 larger flour ones

Heat the oil and add the garlic/onions, having the greens ready to go, and cook garlic/onions for about 30 seconds. Then add greens and cook until bright green and wilted, add red pepper (and salt and black pepper if you like). Take off heat and stir in cream cheese. Heat tortillas, divide filling among them. Eat and enjoy.

Adapted from www.mariquita.com.

Salmon with Roasted Cherry Tomatoes

1 container cherry tomatoes
1 1/2 teaspoons chopped fresh thyme
1 teaspoon olive oil
1/4 teaspoon salt
1/4 teaspoon black pepper
2 garlic cloves, minced
Cooking spray
2 (6-oz) salmon fillets (about 1 in thick)
2 tablespoons fresh lemon juice

Preheat oven to 400°. Combine first 6 ingredients in a jelly roll pan coated with cooking spray; toss to coat tomatoes. Bake at 400° for 15 min. Add fish to pan. Bake an additional 10 min or until fish flakes easily when tested with a fork. Serve the tomato mixture over fish. Drizzle with lemon juice.

Adapted from Cooking Light, April 2004.

Orzo and Carrot Medley

3 qts. water
1 cup dry orzo
3-4 carrots, cut into matchsticks
1 cup fresh or frozen peas, thawed
1 medium onion, finely chopped
2 medium cloves garlic, minced
1 tsp. dried dill or Italian seasoning
1 tbsp. margarine
1/2 tbsp. olive oil
1/2 tsp. salt
White pepper to taste

In large saucepan, bring water to boil; add orzo pasta. Gently boil for 7 min. Add carrots and peas. Bring back to boil and cook until pasta and vegetables are just tender, about 2-3 min; drain. Meanwhile, in large skillet, sauté onion and garlic and herbs in margarine and olive oil until vegetables are just tender. Add pasta mixture to skillet. Add salt and pepper. Heat, stirring well. Serve.
From bolthouse.com.

Storage and Preparation Tips

- ◆ *Walla Walla Sweet Onions:* If kept separate in a cool, ventilated location, sweet onions can be stored for several weeks. Handle onions with care to prevent bruising or decay.
- ◆ *Lapin Cherries:* Refrigerate, loosely covered, for up to three days. Wash before use.
- ◆ *Sungold Cherry Tomatoes:* Store in their container, unwashed and out of direct sunlight. Wash before use.

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