

# 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.*

## Regular 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
Spinach	Tahoma/Ralph's (Orting/Mt. Vernon, WA)	20/91
Cucumbers	Tahoma/Inaba (Orting/Wapato, WA)	20/169
Green Beans	Inaba (Wapato, WA)	169
Lacinato Kale	Tahoma Farms (Orting, WA)	20
Celery	Tahoma Farms (Orting, WA)	20
Sungold Cherry Tomatoes	Tahoma Farms (Orting, WA)	20
Basil	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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Please contact us at:

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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

## Ricotta Pasta with Spinach

12 ounces pasta, any kind you like  
2 tablespoons butter  
1 cup part-skim ricotta cheese  
1/3 cup grated fresh Parmesan  
Salt and pepper to taste  
One bunch spinach, well washed and stemmed

Cook the pasta according to package directions and drain, reserving 1/2 cup of the hot pasta cooking water. Transfer the pasta to a serving container, toss with 1 1/2 tablespoons of the butter or margarine, and cover. In a mixing bowl, combine the ricotta with the reserved pasta cooking water and stir until well blended. Stir into the pasta along with the Parmesan, and season with salt and pepper. Cover and steam the spinach using just the water clinging to the leaves in the same pot used to cook the pasta. This should take only a minute or two. Drain the spinach well and chop coarsely. Transfer to a small serving bowl and toss with the remaining 1/2 tablespoon butter or margarine. Serve at once, topping each serving with some of the steamed spinach. Serves 4. From [www.care2.com](http://www.care2.com).



## Simple Soba with Lacinato Kale

1 bunch lacinato kale - washed and chopped  
12 ounces soba noodles  
1/2 teaspoon minced garlic (or to taste)  
2 tablespoons toasted sesame oil (or to taste)  
2 tablespoons tamari soy sauce (or to taste)  
2 tablespoons toasted sesame seeds

Place a large pot of salted water to boil over high heat. Wash and trim kale as needed. Hold in bunch form and thinly slice remaining stems and leaves. Place in large bowl of cold water and swish to remove any remaining grit. Once water has come to a rolling boil, add soba pasta and cook for 3 minutes less than the package instructs. Add kale to the boiling pasta, pressing down with the back of a large spoon as kale likes to float. Continue cooking, uncovered until kale and pasta are tender, about 5 minutes or so. Drain pasta and kale. In a large mixing bowl, add minced garlic, toasted sesame oil, tamari and sesame seeds. Add kale and soba, toss to combine and give it a taste test. Add more goodies if necessary. Serve hot or at room temperature. From [www.organicvalley.coop](http://www.organicvalley.coop).

## Beans with Blue Cheese & Walnuts

3/4—1 pound green beans, trimmed  
1/4 cup water  
2 teaspoons extra-virgin olive oil  
1/4 teaspoon salt  
1/4 teaspoon freshly ground pepper  
1/3 cup crumbled blue cheese  
1/3 cup toasted chopped walnuts

Bring beans and water to a boil in a large skillet. Reduce heat to a simmer, cover, and cook until the beans are just tender, 3 min. Uncover and continue cooking, stirring occasionally, until the water has evaporated, 3-4 min. more. Add oil, salt, and pepper to the pan and cook, stirring, 1 min. Transfer the beans to a large bowl and toss with blue cheese until well coated. Sprinkle each serving with walnuts. From [www.eatingwell.com](http://www.eatingwell.com).

## Ginger Chicken with Cucumber-Spinach Salad

4 chicken breast halves, pounded to 1/4 inch thick  
2 scallions, trimmed and thinly sliced  
1 3-inch piece fresh ginger, peeled and thinly sliced  
1 lime, halved  
1/4 cup olive oil  
1 1/2 teaspoons kosher salt  
1/4 teaspoon freshly ground black pepper  
2 teaspoons lemon juice  
3 cups baby spinach  
1 small cucumber, seeded and thinly sliced (about 2/3 cup)  
1/2 small red onion, thinly sliced  
1 red chili pepper, seeded and thinly sliced

In a large bowl, combine the chicken, scallions, half the ginger, the juice from the lime, half the oil, 1 teaspoon of the salt, and half the ground pepper. Toss to combine well and set aside for 15 minutes. Meanwhile, in a large saucepan, combine the rest of the ginger and the juiced lime halves. Add an inch of water, place a large steamer basket in the pan, and bring to a boil. Remove the chicken from the marinade and place in the steamer in a single layer. Steam until cooked through, about 5 minutes, flipping once halfway through. Remove to a plate and cover to keep warm. In a large bowl, whisk together the lemon juice and the remaining oil, salt, and pepper. Add the spinach, cucumber, red onion, and chili pepper. Toss well. Serve topped with the Cucumber-Spinach Salad. From [www.realsimple.com](http://www.realsimple.com).

## Storage and Preparation Tips

- ◆ **Green Beans:** Store in a plastic bag in the fridge. Wash before use. When cooking beans, cook them a minimal amount of time (steaming or stir-frying works best). Beans should retain a bright color when cooked.
- ◆ **Lacinato Kale:** Place unwashed kale in a plastic bag and keep it in the vegetable crisper of your refrigerator for up to a week. Wash well before use. Kale can be steamed, blanched, boiled, braised, stir-fried, or sautéed. For an extra boost of nutrition, try mincing kale add adding to green salads, soups, sauces, or even fruit smoothies.
- ◆ **Celery:** Refrigerate celery in a plastic bag for a week or more. Celery is susceptible to freezing so don't store in the back of the refrigerator where it is coolest. Wash before use.

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