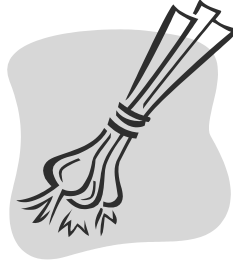


Spring Onions

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.

Small Box Contents:

item	Farm/Brand Name and Location	Food Miles
Cantaloupe	Tomorrow's Organics (CA)	varies
Yellow Peaches	D. E. Boldt (Parlier, CA)	909
Showtime Plums	D. E. Boldt (Parlier, CA)	909
Eggplant	T & D Willey (Madera, CA)	868
Tomatoes	T & D Willey (Madera, CA)	868
Sunburst Squash	Pride of the Umpqua (Roseburg, OR)	321
Spring Onions	Tahoma Farms (Orting, WA)	20
Red Leaf Lettuce	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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 www.terra-organics.com
 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

Roasted Eggplant and Feta Sandwiches

1 medium eggplant, (about 1 pound)
1 tablespoon olive oil, divided
1 7-ounce jar roasted red peppers, rinsed and chopped
Salt & freshly ground pepper, to taste
4 ounces feta cheese
2 teaspoons lemon juice
1 teaspoon dried oregano
Pinch of crushed red pepper
1 round loaf whole-wheat country bread, (about 9 inches across)

Preheat a grill or the broiler. Cut eggplant crosswise into 1/2-inch-thick slices. If using a grill, oil the grill rack. Brush 1/2 tablespoon oil over both sides of the slices. Grill or broil the eggplant until lightly browned and tender, 3 to 4 minutes per side. Let cool slightly. Chop the eggplant coarsely and mix with red peppers. Season with salt and pepper. Mash feta with a fork in a small bowl. Add lemon juice, oregano, crushed red pepper and the remaining 1/2 tablespoon oil; blend until smooth and spreadable. Season with pepper. Slice loaf in half horizontally and scoop out about 1 inch of the soft interior from each half. (Reserve for another use, such as breadcrumbs.) Spread the seasoned feta in the bottom half of the loaf. Spoon the chopped eggplant and peppers over the cheese and replace the bread top firmly. Cut into wedges.

From *EatingWell*, May/June 1995.

Herb-Roasted Eggplant with Tomatoes and Feta

1 eggplant, cut into 1-inch cubes
2 tomatoes, quartered lengthwise
3 tablespoons olive oil
2 tablespoons Sherry wine vinegar
2 tablespoons plus 2 teaspoons chopped fresh oregano
1/2 cup crumbled feta cheese

Preheat oven to 450°F. Place eggplant and tomatoes on rimmed baking sheet; toss with oil and vinegar. Sprinkle with 2 tablespoons oregano, salt, and pepper. Roast until eggplant is tender and golden brown, stirring occasionally, about 40 minutes. Transfer eggplant and tomatoes to platter. Sprinkle with feta and 2 teaspoons oregano and serve.

From *Bon Appétit*, Nov. 2007.

Red Leaf, Peach, & Walnut Salad

Dressing

1/3 cup walnuts, toasted
1/2 cup chopped peaches
1/4 cup orange juice
1 tablespoon lemon or lime juice

Salad

1 head red leaf lettuce, leaves washed and torn into bite-size pieces
2 peaches, halved, pitted and thinly sliced
1/2 cup walnuts, toasted

Put all dressing ingredients in a food processor or high-powered blender and puree until smooth. Add a little water if needed to thin to a pourable consistency. Toss salad ingredients in a large bowl. Drizzle with dressing, toss to coat well and serve immediately.

Adapted from www.wholefoodsmarket.com.

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 freshly ground 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 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.
- ◆ *Eggplant* is quite perishable and should be used within 3-4 days for best flavor and freshness. Handle with care, as they can bruise easily. To store, wrap in a paper towel and place in a perforated plastic bag; store in the refrigerator vegetable bin.
- ◆ *Yellow Peaches*: Peaches can be ripened by placing in a paper bag punched with holes; store at room temperature in a spot away from sunlight. Check often for ripeness as they can go from under-ripe to overripe in a matter of twenty-four hours.

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