

## 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](http://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](http://www.sweetonionsource.com).

## Small Box Contents:

item	Farm/Brand Name and Location	Food Miles
White Peaches	Sweet-O (CA)	varies
Raspberries	J4 Ranch (Mt Vernon, WA)	95
Limes	New Harvest	varies
Mango	Natura (MX)	varies
Cauliflower	Bonipak (Santa Maria, CA)	1021
Carrots	Ralph's Greenhouse (Mt Vernon, WA)	95
Walla Walla Sweet Onions	Walla Walla River (Walla Walla, WA)	284
Avocados	Del Ray (Fallbrook, CA)	1202
Romaine 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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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. freshly 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](http://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](http://www.justvegetablerecipes.com).

## Salmon with Avocado and Lime

2 Salmon Filets  
2 Limes, juiced  
1 Ripe Avocado, diced  
1 Bunch Chives, finely chopped  
3 TBSP Olive Oil  
Salt and Fresh Ground Pepper

Squeeze lime juice over the salmon and salt very lightly. Let sit for about a half hour. Combine lime juice, diced avocado, chives, olive oil, and salt & pepper in a bowl; let sit while salmon is cooking. Coat salmon with olive oil. Broil, BBQ or pan-grill the salmon. Top each piece of salmon with the avocado-lime-chive mixture.

Adapted from [www.epicurious.com](http://www.epicurious.com).

## Roasted Curried Cauliflower

1 head cauliflower, cut into florets  
1/2 large onion, peeled, quartered  
1/2 teaspoon coriander seeds  
1/2 teaspoon cumin seeds  
1/2 cup olive oil  
1/4 cup red wine vinegar  
2 teaspoons curry powder  
1/2 tablespoon Hungarian hot paprika  
1 teaspoon salt  
1/4 cup chopped fresh cilantro

Preheat oven to 450°F. Place cauliflower florets in large roasting pan. Pull apart onion quarters into separate layers; add to cauliflower. Stir coriander seeds and cumin seeds in small skillet over medium heat until slightly darkened, about 5 minutes. Crush coarsely in mortar with pestle. Place seeds in medium bowl. Whisk in oil, vinegar, curry powder, paprika, and salt. Pour dressing over vegetables; toss to coat. Spread vegetables in single layer. Sprinkle with pepper. Roast vegetables until tender, stirring occasionally, about 35 minutes. (Can be made 2 hours ahead. Let stand at room temperature. Rewarm in 450°F oven 10 minutes, if desired.) Mound vegetables in large bowl. Sprinkle with fresh cilantro. Serve warm or at room temperature.

Adapted from [Bon Appétit](#), Sept. 2004.

## Storage and Preparation Tips

- ◆ *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.
- ◆ *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.
- ◆ *Cauliflower*: Store unwashed in the refrigerator, with stem side down, in an open plastic bag or perforated plastic bag. This will avoid excess moisture, which causes the cauliflower to deteriorate faster. Use within 5-7 days.

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