

## 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*  
*¼ cup fresh lime juice*  
*1 teaspoon salt*  
*½ finely diced sweet onion*  
*1 jalapeño, seeded and diced*  
*½ cup seeded and diced ripe tomatoes*  
*¼ 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.*

## Vegetable Box Contents:

item	Farm/Brand Name and Location	Food Miles
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
Sungold Cherry Tomatoes	Dennison (Corvallis, OR)	226
Romaine Lettuce	Tahoma Farms (Orting, WA)	20
Red Chard	Tahoma Farms (Orting, WA)	20
Summer Squash	Tahoma Farms (Orting, WA)	20

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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).

## 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](http://www.mariquita.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](http://BonAppetit), Sept. 2004.

## 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.
- ◆ *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.
- ◆ *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.