

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.



Watermelon Waldorf Salad

*2 cups cubed watermelon
1/2 cup sliced celery
1/2 cup seedless red grape halves
Dash of salt
1/4 cup nonfat coleslaw dressing
2 tablespoons sliced almonds, toasted*

Stir together watermelon, celery, and grapes in bowl. Just before serving, stir salt into coleslaw dressing. Pour mixture over fruit and stir until coated. Sprinkle with almonds.
From www.watermelon.org.

Watermelon Dippers

*8 ounces sour cream
4 tablespoons sugar
1 teaspoon vanilla extract
Watermelon, cut into sticks or small wedges*

Blend together the sour cream, sugar and vanilla in a small serving bowl. Use as a dip for the watermelon.
From www.watermelon.org.

Watermelon Pie A La Mode

*6 (1/2-inch thick) pie wedge-shaped slices of pound cake
6 (3-inch thick) wedges of seedless watermelon the same size of the cake slices, drained to remove excess moisture
6 vanilla-flavored frozen yogurt scoops
About 1 cup strawberry syrup*

Place the cake slices on 6 dessert plates. Top each cake slice with a watermelon slice. Place a scoop of the frozen yogurt on top of each "pie" slice and drizzle the syrup over the top. Serves 6.
From www.watermelon.org.

Fruit Box Contents:

item	Farm/Brand Name and Location	Food Miles
Peaches	ProFarm Produce (Yakima, WA)	156
Flame Grapes	Benzler Farms (Fresno, CA)	893
Charentais or Galia Melon	Inaba (Wapato, WA)	169
Nectarines	Green Acre Farms (Wenatchee, WA)	162
Yellow Watermelon	ProFarm Produce (Yakima, WA)	156
Blueberries	Hayton Farms (Burlington, WA)	99

CANCELLATIONS AND OTHER CHANGES TO YOUR ORDER NEED TO BE MADE BEFORE 10:00 A.M., TWO DAYS BEFORE YOUR NEXT SCHEDULED DELIVERY.





THIS WEEK'S RECIPES

Cucumber and Melon with Mint Vinaigrette

1/2 cup of olive oil
1/2 cup of best white wine vinegar
splash of champagne vinegar
1/2 teaspoon of Dijon mustard
3 tablespoons of minced fresh mint
1 tablespoon of finely minced parsley
big pinch of sugar
big pinch of salt
1 melon, peeled, seeded and chunked
1 cucumber, peeled and chunked

In a jar with a tight fitting lid, combine the dressing ingredients. Shake like crazy. Let stand a room temp for 40 minutes to meld the flavors. Shake vigorously just before pouring just enough to moisten the chunks of melon and cukes. Chill and serve. Great with a grilled meat.

From www.grouprecipes.com.

Carrot, Pistachio, and Watermelon Salad

Blueberry vinaigrette:

1/2 cup blueberry vinegar, or 1/4 cup blueberry juice and 1/4 cup red wine vinegar
1 teaspoon dried Italian herb blend
1 teaspoon cracked pepper or to taste
1 tablespoon honey
1/2 cup extra virgin olive oil

4 cups shredded carrot
4 cups small-cubed watermelon
1 cup roasted, salted and shelled, chopped pistachio nuts

Whisk together the vinegar, Italian herb blend, pepper and honey. Whisk the olive oil into the mixture in a slow stream until thickened. Layer the shredded carrot, watermelon and pistachio nuts in a shallow bowl or deep serving platter. Pour the dressing all over the top and serve. From www.watermelon.org.

Nectarine and Peach Cobbler

1 1/4 lb. nectarines and peaches - about 2 each
1 Tbsp fresh lemon juice
1 1/4 cup sugar
1 stick (1/2 cup) unsalted butter, melted
1 cup flour
1 Tbsp baking powder
1/4 tsp salt
1 cup whole milk

Preheat to 375 with rack in middle position. Score fruit by cutting an X on the bottom of each. Blanch in boiling water 10 seconds, then transfer with slotted spoon to bowl filled with cold water. Once cool enough to handle, peel off skin, starting from X and discard. If the fruit is ripe, the skin will just slide off. If not, remove the rest of the skin with a peeler. Halve and pit the fruit; cut into real thin slices. Transfer fruit to heavy saucepan and add lemon juice and 1/2 cup sugar. Bring to a boil over high heat, stirring constantly, then boil, stirring occasionally, 4 minutes. Remove from heat. Pour melted butter into 13x9 or 12x7 glass baking dish (if you use the smaller dish, put a cookie sheet in the rack underneath it to catch what might boil over). Whisk flour, baking powder, salt and remaining 3/4 cup sugar in a bowl, then whisk in milk until combined until the consistency of pancake batter. Pour batter over butter. Do not stir. Then pour fruit over batter. Again, do not stir. Bake till cobbler is bubbling and top is golden brown, about 40-45 minutes. Cool in pan until warm. Serve topped with whipped cream. Serves 8-10.

From www.epicurious.com.

Chicken, Walnut, and Red Grape Salad with Curry Dressing

2 teaspoons curry powder
1/4 cup light mayonnaise
1/4 cup plain nonfat yogurt
2 teaspoons mango chutney
1 teaspoon minced peeled fresh ginger
1/2 teaspoon grated orange peel
3 cups 1/2-inch pieces cooked skinless boneless chicken breast
1 cup halved seedless red grapes
1/2 cup thinly sliced green onions
1/3 cup walnuts, toasted, coarsely chopped
4 large lettuce leaves
4 small clusters seedless red grapes

Stir curry powder in small skillet over medium heat until fragrant, about 30 seconds. Transfer to medium bowl. Add light mayonnaise, yogurt, mango chutney, minced ginger, and grated orange peel. Whisk to blend. Stir in chicken, grapes, green onions, and chopped walnuts. Season salad to taste with salt and pepper. (Can be made 6 hours ahead. Cover and refrigerate.) Place lettuce leaf on each of 4 plates. Divide salad among leaves. Garnish each plate with grape cluster.

From www.epicurious.com.



Storage and Preparation Tips

- ◆ **Flame Grapes:** Store grapes in a plastic bag in the refrigerator for up to 1 week. Wash before use.
- ◆ **Blueberries:** Store in their container, unwashed, in the fridge. Use within 2-3 days for best flavor and freshness.
- ◆ **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.