

## Red Beets

Modern beets are derived from wild sea beets that originated around the coasts of Europe, the Middle East, and Africa. Today, we see several different varieties of beets grown commercially, ranging in color from red to gold to red-and-white-striped. Long hailed as nutritional powerhouses, beets are unique for their high levels of anti-carcinogens and antioxidants. Enjoy both the greens and the roots in a wide variety of salads, side dishes, soups, and other recipes.



### Beet Hummus

*1/2 pound beets (about 4 medium sized beets), scrubbed clean, cooked, peeled, and cubed\**

*2 Tbsp tahini sesame seed paste*

*5 Tbsp lemon juice*

*1 small clove garlic, chopped*

*1 Tbsp ground cumin*

*1 Tbsp lemon zest (zest from approx. 2 lemons)*

*Generous pinch of sea salt or Kosher salt*

*Fresh ground pepper to taste*

*\*To cook the beets, cut off any tops, scrub the roots clean, put them in a covered dish with about 1/4-inch of water in a 375°F oven, and cook until easily penetrated with a knife or fork. Alternatively, cover with water in a saucepan and simmer until tender, about 1/2 hour. Peel once they have cooled.*

Place all ingredients in a food processor and pulse until smooth. Taste and adjust seasonings and ingredients as desired. Chill and store in the refrigerator for up to 3 days or freeze for longer storage. Eat with pita chips, or sliced cucumber or celery, or on a crostini with goat cheese and shaved mint.

Makes 2 cups. *From www.simplyrecipes.com.*

### Marinated Beets

*1 bunch beets, greens cut away and reserved for another dish, scrubbed*

*1/3 cup red wine vinegar or sherry vinegar*

*Salt to taste*

*2 garlic cloves, cut in half*

*2 teaspoons sugar*

Place beets in a saucepan, cover with water, add 1/4 cup of the vinegar and salt to taste. Bring to a boil, reduce the heat and simmer until tender, 30-45 minutes, depending on the size of the beets. Remove from the heat, add the garlic to the pot and set aside to cool. Remove the beets from the pot (do not drain), slip off the skins and cut in wedges. Combine the remaining vinegar and the sugar. When the sugar has dissolved in the vinegar, stir in 1/4 cup of the cooking liquid from the beets. Toss with the beets and the garlic. Refrigerate for 30 min., then remove the garlic from the marinade. Remove the beets from the marinade with a slotted spoon to serve.

Serves four.

*From www.nytimes.com.*

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item	Farm/Brand Name and Location	Food Miles
Peaches	ProFarm Produce (Yakima, WA)	156
Charentais or Galia Melon	Inaba (Wapato, WA)	169
Nectarines	Green Acre Farms (Wenatchee, WA)	162
Mollygold Apples	ProFarm Produce (Yakima, WA)	156
Rainbow Carrots	Ralph's Greenhouse (Mt Vernon, WA)	95
Romaine Lettuce	Farmers Own (WA)	varies
Cucumber	Tahoma Farms (Orting, WA)	20
Red Beets	Tahoma Farms (Orting, WA)	20
Beefsteak Tomatoes	Inaba (Wapato, WA)	169

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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

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

## Tuna-Vegetable Pita Sandwiches

1/4 cup reduced-calorie mayonnaise  
1/8 teaspoon pepper  
3 tablesp sweet pickle relish -- drained  
2 teaspoons Dijon mustard  
1/2 cup coarsely shredded carrot  
1/3 cup sliced green onions  
1/2 cup diced cucumber  
1 can (6 1/8 oz size) chunk white tuna packed in water -- drained  
2 pita bread rounds -- cut in half  
2 cups loosely packed romaine lettuce -- thinly sliced

Combine first 4 ingredients in a bowl; stir well. Add carrot and next 3 ingredients; toss gently. Line each pita half with 1/2 cup lettuce; fill each with 1/2 cup tuna salad. From [www.cdktichen.com](http://www.cdktichen.com).

## Carrot and Peanut Salad

4 medium carrots, peeled  
1/3 cup salted peanuts  
2 tablespoons red wine vinegar  
2 tablespoons peanut oil  
few drops sesame oil

Grate the carrots very coarsely, push them through the french-fry cutter blade in the food processor, or just cut them into skinny batons or sticks. In a bowl, combine them with the peanuts and then add the remaining ingredients.  
From [www.epicurious.com](http://www.epicurious.com).

## Garden Salad with Creamy Lemon Dressing

7 cups torn romaine lettuce  
2/3 cup thinly sliced seeded peeled cucumber  
1/2 cup thinly sliced carrot  
1/3 cup sliced green onions  
1/2 cup chopped tomatoes  
1/2 cup nonfat sour cream  
2 tablespoons grated Parmesan cheese  
1 1/2 tablespoon lemon juice  
1 1/2 teaspoon water  
1 1/2 teaspoon vegetable oil  
1/4 teaspoon salt  
1/8 teaspoon pepper

Combine first 5 ingredients in a large bowl. Combine sour cream and next 6 ingredients (sour cream through pepper) in a small bowl; stir well with a wire whisk. Spoon dressing over salad; toss gently to coat.  
From [www.cdktichen.com](http://www.cdktichen.com).

## Beet and Goat Cheese Couscous

zest and juice of 1 large orange  
1 cup couscous  
1/2 cup walnut pieces  
1/3 cup firm goat's cheese, crumbled  
6 dried apricots, roughly chopped  
4 small cooked beets, quartered  
2 handfuls torn lettuce leaves

### FOR THE DRESSING:

2 tbsp olive oil  
Juice of 1/2 lemon

Put the orange zest, juice and 1 1/2 cups water in a small pan and bring to the boil. Place the couscous in a medium bowl and pour the hot liquid over. Mix well, then cover and leave to absorb for 5 mins. Fluff up the grains with a fork, then add the walnuts, cheese, apricots, beet-root and seasoning. Mix the oil and lemon juice (or use your favorite bought vinaigrette), then toss well. Serve over lettuce leaves.

Adapted from [Good Food Magazine](#), Feb. 2009.



## Storage and Preparation Tips

- ◆ **Romaine Lettuce:** Place in a sealable plastic bag and store in refrigerator crisper for 5-7 days.
- ◆ **Cucumber:** Refrigerate in a plastic bag; wash before use. Cucumbers are best eaten raw (peeled or unpeeled). Try them in salads, veggie platters, or sandwiches.
- ◆ **Beefsteak Tomatoes:** Ripen on the countertop at room temperature. Beefsteak tomatoes are superb on sandwiches and hamburgers, in salads, diced in salsa, broiled or grilled, or stuffed.

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