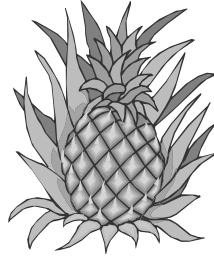


# Pineapple



Pineapples have exceptional juiciness and a vibrant tropical flavor that balances the tastes of sweet and tart. Pineapple is a great addition to salads and desserts, grilled or baked, or simply eaten raw as a snack.

## Pineapple-Tofu Stir Fry

- 8 oz. pineapple chunks
- 5 teaspoons rice vinegar
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon ketchup
- 2 teaspoons brown sugar
- 7 oz. extra-firm, water-packed tofu, drained, rinsed and cut into 1/2-inch cubes
- 1 teaspoon cornstarch
- 3 teaspoons canola oil, divided
- 1 tablespoon minced garlic
- 2 teaspoons minced ginger
- 1 large bell pepper, cut into 1/2-by-2-inch strips

Whisk the vinegar, soy sauce, ketchup and sugar in a small bowl until smooth. Place tofu in a medium bowl; toss with 2 Tb of the sauce. Let marinate for 5 min. Add cornstarch to remaining sauce; whisk until smooth. Heat 2 teaspoons oil in a large nonstick skillet over med-high heat. Transfer tofu to the skillet using a slotted spoon. Whisk any remaining marinade into the bowl of sauce. Cook tofu, stirring every 1-2 min., until golden brown, 7-9 min. total. Transfer tofu to a plate. Add the remaining 1 tsp. oil to the skillet and heat over medium heat. Add garlic and ginger and cook, stirring constantly, until fragrant, about 30 sec. Add bell pepper and cook, stirring often, until just tender, 2-3 min. Pour in sauce and cook, stirring, until thickened, about 30 seconds. Add the tofu and pineapple chunks and cook, stirring gently, until heated through, about 2 min. more. *Adapted from www.eatingwell.com.*

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A couple of friendly reminders regarding our new online system:

- ★ First, be sure to login to your account and **select a payment method**. *This is imperative to ensure continued delivery service to you.* If you have not logged into your account since we made the switch to the new system, you will need to use **“farmfresh”** for your password—you will then be prompted to change your password to something you’d like to use permanently.
- ★ Second, when customizing orders, be sure to observe our **\$25 minimum order policy**. When removing and adding items to your order, the total must be **at least \$25**.

## Fruit Box Contents:

item	Farm/Brand Name and Location	Food Miles
Pink Lady Apples	First Fruits (WA)	varies
Blueberries	Awesum (Chile)	varies
Minneolas	Corona College Heights (Riverside, CA)	1160
D'anjou Pears	Rainier (Wenatchee, WA)	162
Navel Oranges	Tule (Porterville, CA)	959
Pineapple	Dole (MX)	varies
Honeydew Melon	Del Cabo (MX)	varies
Meyer Lemons	Cunningham (Fallbrook, CA)	1202

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



Printed on recycled paper, 100% post-consumer content



Please contact us at:

877-619-5612 or 253-627-1581  
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

## Cabbage Soup with Apples & Thyme

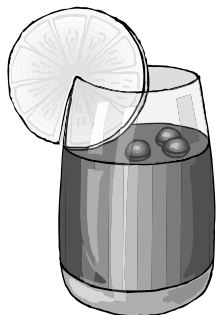
3 tablespoons butter  
1 tablespoon olive oil  
8 cups sliced cored cabbage (about 1/2 large head)  
1 large onion, chopped  
8 large fresh thyme sprigs  
6 cups low-salt chicken broth  
2 apples, peeled, cored, cut into 1/2-inch cubes  
Chopped fresh thyme

Melt 1 tablespoon butter with oil in heavy large pot over medium-high heat. Add cabbage and onion; sauté until vegetables wilt and brown, stirring occasionally, about 15 minutes. Add 8 thyme sprigs and sauté 1 minute longer. Add broth and bring to boil. Reduce heat to medium and simmer 5 minutes. Season to taste with salt and pepper. Melt remaining 2 tablespoons butter in heavy large skillet over medium-high heat. Add apples and sauté until brown and tender, stirring occasionally, about 12 minutes. Season with salt and pepper. Remove thyme sprigs from soup. Ladle soup into bowls; garnish with apples and chopped fresh thyme and serve. Adapted from *Bon Appetit*, Nov. 2002.

## Pear Breakfast Smoothie

1 ripe Pear, cored and chopped  
1 large orange, peeled  
1/2 cup vanilla soy milk  
1 cup ice  
2 tablespoons granulated sugar

Place all ingredients in blender and blend until thick. Enjoy! From [www.usapears.com](http://www.usapears.com).



## Meyer Lemon Coffee Cake

### FOR THE STREUSEL

1 3/4 cups all-purpose flour  
3/4 cup packed light-brown sugar  
1 teaspoon coarse salt  
6 ounces (3/4 cup) cold unsalted butter

### FOR THE CAKE

5 Meyer lemons, cut into paper-thin slices, ends discarded  
2 cups all-purpose flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
1 1/2 teaspoons coarse salt  
4 ounces (1/2 cup) unsalted butter, room temperature, plus more for pan  
1 cup granulated sugar  
3 tablespoons finely grated Meyer lemon zest (from 4 to 5 lemons)  
2 large eggs  
1 teaspoon pure vanilla extract  
1 cup sour cream

### FOR THE GLAZE

1 cup confectioners' sugar  
3 to 4 tablespoons Meyer lemon juice

**Make the streusel:** Mix together flour, brown sugar, and salt. Using a pastry cutter or your fingers, cut butter into the flour mixture until small to medium clumps form. Cover, and refrigerate until ready to use (up to 3 days).

**Make the cake:** Cook lemon slices in a medium saucepan of simmering water for 1 minute. Drain, and repeat. Arrange lemon slices in a single layer on a parchment-lined baking sheet. Preheat oven to 350 degrees. Butter a 9-inch angel food cake pan. Sift together flour, baking powder, baking soda, and salt. Beat butter, granulated sugar, and lemon zest with a mixer on medium speed in a large bowl until light and fluffy, about 2 minutes. With the mixer running, add eggs, 1 at a time, then the vanilla. Reduce speed to low. Add the flour mixture in 3 additions, alternating with sour cream. Spoon 1/2 of the batter evenly into cake pan. Arrange 1/2 of the lemon slices in a single layer over the batter. Spread remaining batter evenly over the top. Cover with the remaining lemon slices in a single layer. Sprinkle the chilled streusel evenly over the batter. Bake until cake is golden brown and a tester inserted in the center comes out clean, about 55 minutes. Transfer pan to a wire rack set over a baking sheet, and let cool in pan for 15 minutes. Run a knife around the edges of the pan, and remove outer ring. Let cool on rack for 15 minutes. Run a knife around the center tube. Slide 2 wide spatulas between the bottom of the cake and the pan, and lift cake to remove from the center tube. Let cool completely on rack.

**Make the glaze:** Just before serving, stir together confectioners' sugar and lemon juice in a medium bowl. Drizzle over cooled cake, letting excess drip down the sides. Let glaze set before slicing, about 5 minutes. (Cake can be stored for up to 3 days. The lemon flavor will intensify with time.) From *Martha Stewart Living*, May 2008.

## Storage and Preparation Tips

- ◆ **Blueberries:** Store in their container, unwashed, in the fridge for several days. Use within 2-3 days for best flavor and freshness. Wash before use.
- ◆ **Pineapple** can be left at room temperature for one or two days before serving. While this process will not make the fruit any sweeter, it will help it to become softer and more juicy.

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