



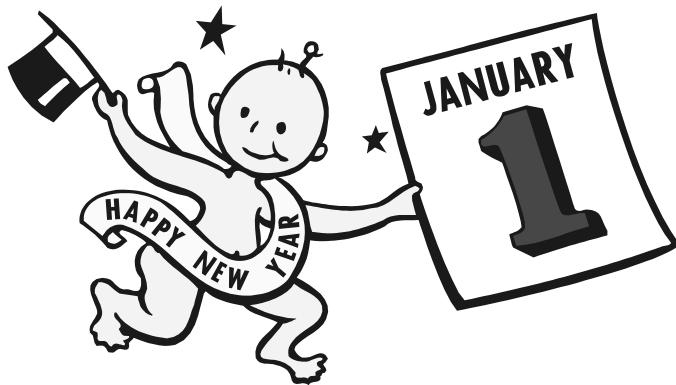
Week of
Jan. 3, 2011

Happy New Year!

In addition to celebrating a great past year of providing quality organic fruits and veggies to our community, we at Terra are also celebrating our transition to a new, improved operating system. What does this mean for you, the customer? Most notably, an easier way to customize your orders and manage your account. However, we do need your help with a couple of things:

- ★ 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**.

Thank you for a wonderful 2010, and here’s to another great year celebrating Good Food from Healthy Farms!



Fruit Box Contents:

item	Farm/Brand Name and Location	Food Miles
Braeburn Apples	CF Fresh (Yakima, WA)	156
Navel Oranges	Rainbow (Rainbow, CA)	1195
Satsuma Mandarin Oranges	Valliwide (Reedley, CA)	914
Bosc Pears	Rainier (Wenatchee, WA)	162
Mango	Purity (MX)	varies
Cara Cara Oranges	Tomorrow's Organics (CA)	varies
Blueberries	Naturripe (MX)	varies
Asian Pear	Busy Bee (Oroville, WA)	290

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

Fish Tacos with Mango-Pear Salsa

1/4 cup Vegetable oil
1/4 cup Lime juice
1 teaspoon Garlic, minced
1 teaspoon Cumin, ground
1/2 teaspoon Salt
1/2 teaspoon Cayenne pepper, ground
6 (4 oz each) Fish fillets, fresh or frozen, thawed
2/3 cup pears, cored, cut into 1/4-inch cubes
1/2 cup Mango, peeled, pitted, cut into 1/4-inch cubes
1/2 cup Red grapes, sliced
1 tablespoon Red onion, minced
1 tablespoon Jalapeno pepper, seeded, minced
1 tablespoon Cilantro, chopped
1/2 teaspoon Salt
12 (6-inch) Flour tortillas

Preheat oven to 350°F. Whisk oil, lime juice, garlic, cumin, salt and cayenne pepper in small bowl; set aside. Place fish in single layer in 13x9x2-inch baking pan. Pour oil and lime juice mixture over fish and refrigerate 30 minutes. Bake 20 to 25 minutes until fish is opaque and flakes with fork. Mix pear, mango, grapes, onion, jalapeno, cilantro and salt in small bowl. Serve fish and salsa on warm tortillas. *From www.fruitandveggieguru.com.*

Oven-Roasted Chicken Breasts with Satsuma Tapenade

1/2 cup fresh satsuma orange juice (about 2 satsumas)
1 cup pitted kalamata olives
1 tablespoon capers
2 teaspoons grated satsuma orange rind
2 garlic cloves, minced
2 anchovy fillets, drained
2 tablespoons extra-virgin olive oil, divided
6 (8-ounce) bone-in chicken breast halves, skinned
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
Satsuma orange wedges (optional)
Flat-leaf parsley sprigs (optional)

Place juice in a small saucepan. Bring to a simmer over medium heat; cook until reduced to 1/4 cup (about 3 minutes). Place juice, olives, and next 4 ingredients (through anchovies) in a food processor. Add 1 tablespoon oil; process until well blended. Preheat oven to 425°. Sprinkle chicken evenly with salt and pepper. Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium heat. Add 3 breast halves to pan, meat sides down; cook 5 minutes or until lightly browned. Place chicken on a jelly-roll pan. Repeat procedure with remaining 1 1/2 teaspoons oil and remaining 3 breast halves. Bake at 425° for 15 minutes or until chicken is done. Serve with tapenade. Garnish with orange wedges and parsley, if desired.

From www.cookinglight.com.

Blueberry Apple Walnut Crisp

Filling:

3 large apples, peeled and cut into 1/2-inch pieces
2 tablespoons packed brown sugar
2 tablespoons whole wheat flour
1 teaspoon vanilla extract
1/2 teaspoon ground cinnamon
1/2 pint blueberries (1 cup)

Crisp topping:

3/4 C walnuts, very finely chopped
1/4 C old-fashioned or quick-cooking oats
2 tablespoons packed brown sugar
2 tablespoons whole wheat flour
2 tablespoons ground flaxseed
1/2 teaspoon ground cinnamon
1/8 teaspoon salt
2 tablespoons canola oil

Preheat the oven to 400°F. Combine apples, brown sugar, flour, vanilla, and cinnamon in a large bowl and toss to coat. Gently toss in the blueberries. Place apple mixture in an 8x8-inch baking dish and set aside. To make the topping, combine the walnuts, oats, brown sugar, whole wheat flour, flaxseed, cinnamon, and salt in a medium bowl. Add the canola oil and stir until the dry ingredients are well coated. Spread topping evenly over the fruit mixture. Bake 40-45 minutes, or until the fruit is tender and the topping is golden brown (cover with foil if the topping browns too quickly). *From www.everwell.com.*

Storage and Preparation Tips

- ◆ *Bosc Pears* are sweeter and more flavorful earlier in the ripening process than other pear varieties, meaning that they can be enjoyed before their flesh has fully softened. Store at room temperature to ripen; wash before using.
- ◆ *Satsuma Mandarin Oranges* will keep at room temperature for several days and a week or more if refrigerated. Their loose skin allows them to be peeled easily. Sweet and seedless, satsumas are great in fruit and green salads and a good accompaniment with poultry.

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