

Purple Potatoes'

striking pigment is due

to the antioxidant powerhouse anthocyanin, which is responsible for the purple and blue color of fruits and vegetables. This flavonoid has been shown in studies to possess anti-cancer and heart-protective effects, as well as benefits like boosting the immune system and protecting against age-related memory loss. This week enjoy purple potatoes from Klamath Basin in Merrill, OR.



Steak and Purple Potato Salad

1 teaspoon lime juice	1 tablespoon olive oil
1 teaspoon chili powder	1/2 teaspoon cumin
1/2 teaspoon salt, divided	1/4 teaspoon pepper
1 clove garlic, mashed into a paste	4 radishes, sliced
8 ounces sirloin steak, trimmed	3 scallions, thinly sliced
3/4 pound purple potatoes, scrubbed	1/4 cup chopped cilantro
2 tablespoons sherry vinegar	

Mix lime juice, chili powder, 1/4 teaspoon salt and garlic in a small bowl to form a paste; rub onto both sides of steak. Refrigerate the steak. Place potatoes in a large pot, cover with water and bring to a boil over high heat. Cook until tender when pierced with a fork, 15 to 20 minutes, depending on the size of the potatoes. Drain, let cool for 10 minutes, then quarter. While the potatoes cool, pre-heat grill or grill pan over medium-high heat. Oil the grill rack (see Tip) or pan. Grill the steak, turning once, until an instant-read meat thermometer inserted into the thickest part registers 140°F, about 10 minutes total on the grill or 16 to 20 minutes in a grill pan. Let rest for 5 minutes, then cut into 1/4-inch-thick slices. Whisk vinegar, oil, cumin, pepper and the remaining 1/4 teaspoon salt in a large bowl. Add the steak and any accumulated juices, the potatoes, radishes, scallions and cilantro; gently toss to coat. *From Eating Well, July/Aug 2007.*

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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.

Pacific Northwest Box Contents:

item	Farm/Brand Name and Location	Food Miles
Pink Lady Apples	First Fruits (WA)	varies
D'anjou Pears	Rainier (Wenatchee, WA)	162
Red Savoy Cabbage	Mustard Seed Farm (Newberg, OR)	166
Yellow Onions	Andersen (Othello, WA)	191
Purple Fiesta Fingerling Potatoes	Klamath Basin (Merrill, OR)	440
Gold Nugget Winter Squash	Mustard Seed Farm (Newberg, OR)	166
Carrots	Tahoma Farms (Orting, WA)	20
Triticale Berries	Nash's Produce (Sequim, WA)	91

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



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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!

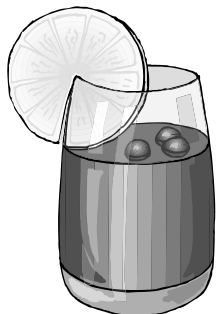


THIS WEEK'S RECIPES

Pear Breakfast Smoothie

- 1 ripe Pear, cored and chopped
- 1 large orange, peeled
- ½ 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.



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 Tb 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 min. Add 8 thyme sprigs and sauté 1 min. longer. Add broth and bring to boil. Reduce heat to medium and simmer 5 min. Season to taste with salt & pepper. Melt remaining 2 Tb butter in heavy large skillet over medium-high heat. Add apples and sauté until brown and tender, stirring occasionally, about 12 min. Season with salt & pepper. Remove thyme sprigs from soup. Ladle soup into bowls; garnish with apples and chopped fresh thyme and serve. From *Bon Appetit*, Nov. 2002.

Potato-Carrot Pancakes

- ¾ pound potatoes, peeled
- 3 medium carrots, peeled
- 1/2 cup thinly sliced scallions (about 3 scallions)
- Coarse salt
- 1 large egg, lightly beaten
- 1/4 cup matzo meal
- 1/4 cup vegetable oil, for frying
- 1/4 cup reduced-fat sour cream, for serving

In a food processor fitted with a fine-hole grating attachment (or on the small holes of a box grater), grate potatoes and carrots. Transfer to a large bowl; add scallions and 1 1/2 tsp salt. Using your hands, mix thoroughly. Mix in egg and matzo meal until combined. Divide into 8 mounds of equal size. In a large nonstick skillet, heat oil over med-high heat, swirling to coat bottom of pan. Add half the potato mounds; flatten each to a 1/2-inch thickness. Cook until golden brown, 2-4 min. per side. Transfer to paper towels or parchment paper to drain. Repeat with remaining mounds (reduce temperature to medium if browning too quickly). Sprinkle with salt, and serve with sour cream. From *Everyday Food*, Dec. 2004.

Triticale and Winter Squash Risotto

- 2 cups triticale berries
- 1 Tb butter or margarine, melted
- 1 winter squash, peeled, seeded, diced
- 2 cans chicken broth
- 1/4 cup water
- 1 Tb olive oil
- 1 1/2 cups chopped onion
- 1 Tb finely chopped garlic
- 1/2 cup white wine
- 1 tsp chopped fresh thyme
- 1/2 tsp salt
- 1/4 tsp freshly ground pepper
- 1/8 teaspoon nutmeg
- 1/3 cup freshly grated parmesan cheese

Heat oven to 425 degrees F. Bring triticale and water to cover by 1 inch to boil in Dutch oven. Cook 20 minutes; drain and dry pot. Meanwhile, drizzle melted butter over squash on a jelly-roll pan; toss. Bake 25 to 35 minutes or until tender and browned. Bring broth and water to a simmer in large saucepan. Heat oil over medium-high heat in same Dutch oven; add onions and cook 4 to 6 minutes or until tender and lightly browned. Add garlic, cook 1 minute. Add wine, cook 1 minute more. Stir in drained triticale and cook until wine is absorbed. Reduce heat to medium and gradually add broth mixture 1/2 cup at a time, stirring, until liquid is absorbed and triticale is tender, 12 to 17 minutes. Stir in the squash, chard, thyme, salt, pepper and nutmeg; cook, stirring, 4 to 5 minutes or until chard is tender. Stir in grated Parmesan, and garnish with Parmesan shavings, if desired. Serve immediately. Makes 6 servings. From *Ladies' Home Journal*.

Storage and Preparation Tips

- ♦ *Purple Potatoes:* This fingerling variety will keep longer if stored in the fridge. However, if you are planning on using within 2-3 days, storing in a cool, dry place outside of the fridge will also suffice. Scrub well before use.
- ♦ *Gold Nugget Winter Squash:* Store in a cool, preferably dark, well-ventilated area for up to one month. Wrap cut pieces in plastic and refrigerate up to five days.

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