

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.

Small 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 |
| Arugula | Cal-Organics (Lamont, CA) | 1012 |
| Radishes | Cal-Organics (Lamont, CA) | 1012 |
| Green Cabbage | Country Sweet (Bakersfield, CA) | 999 |
| Yellow Onions | Andersen (Othello, WA) | 191 |
| Purple Fiesta Fingerling Potatoes | Klamath Basin (Merrill, OR) | 440 |

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

Ravioli with Arugula and Pecorino

1 pound fresh or frozen cheese ravioli, preferably whole-wheat
1 large clove garlic, minced
1/2 teaspoon kosher salt
1/4 cup olive oil
2 large shallots, sliced
3 tablespoons red-wine vinegar
1 teaspoon Dijon mustard
Freshly ground pepper to taste
6 cups arugula
1/2 cup shaved Pecorino Romano or Parmesan cheese

Bring a large pot of water to a boil. Cook ravioli until tender, 7 to 9 minutes or according to package directions. Meanwhile, mash garlic and salt into a paste with the side of a chef's knife or back of a spoon. Heat oil in a small skillet over medium heat. Add the garlic paste and shallots and cook, stirring often, until just starting to brown, 2 to 3 minutes. Stir in vinegar, mustard and pepper; remove from the heat. Drain the ravioli well. Place in a large bowl and toss with arugula and the dressing. Serve sprinkled with cheese. *From Eating Well, Sept/Oct 2010.*

Cabbage Soup with Apples & Thyme

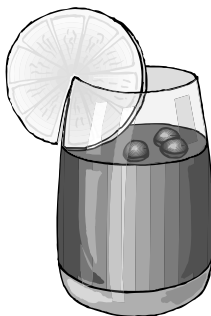
3 tablespoons butter
1 tablespoon olive oil
8 cups sliced cored cabbage (about 1/2 large head)
1 large onion, chopped
8 large fresh thyme sprigs
6 cups low-salt chicken broth
2 apples, peeled, cored, cut into 1/2-inch cubes
Chopped fresh thyme

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.



Romano Risotto with Radishes

6 cups reduced-sodium chicken broth
2 cups hot water
3/4 stick unsalted butter, divided
1 medium onion, finely chopped (1 cup)
3 garlic cloves, finely chopped
1 pound Arborio rice (2 1/2 cups)
2/3 cup dry white wine
1/2 cup grated Pecorino Romano

For radishes:

1 tablespoon white-wine vinegar
1 tablespoon extra-virgin olive oil
1 bunch trimmed radishes, julienned
1 tablespoon finely chopped chives

Accompaniment: olive oil for drizzling

Make risotto:

Bring broth and water to a simmer in a 3-to 4-quart saucepan. Meanwhile, heat 3 tablespoons butter in a 4-to 5-quart heavy pot over medium heat until foam subsides, then cook onion, stirring occasionally, until just softened, about 5 minutes. Add garlic and cook, stirring occasionally, until softened, 6 to 8 minutes. Stir in rice and cook, stirring, 1 minute. Add wine and cook, stirring, until absorbed, about 1 minute. Stir 1 cup simmering broth into rice and cook, stirring constantly and keeping at a strong simmer, until absorbed. Continue cooking and adding broth, about 1 cup at a time, stirring frequently and letting each addition be absorbed before adding next, until rice is just tender and creamy-looking but still al dente, 18 to 22 minutes. Thin with some of remaining broth if necessary (you will have some left over). Remove from heat. Stir in cheese, 1 teaspoon salt, 1/2 teaspoon pepper, and remaining 3 tablespoon butter.

Prepare radishes:

Whisk together vinegar, oil, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Toss radishes with dressing and chives. Serve risotto topped with radishes. *From Gourmet, Sept. 2009.*

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.
- ◆ **Arugula:** Loosely wrap Arugula in damp paper towels and place in a plastic bag for up to 3 days in the refrigerator.
- ◆ **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.

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