



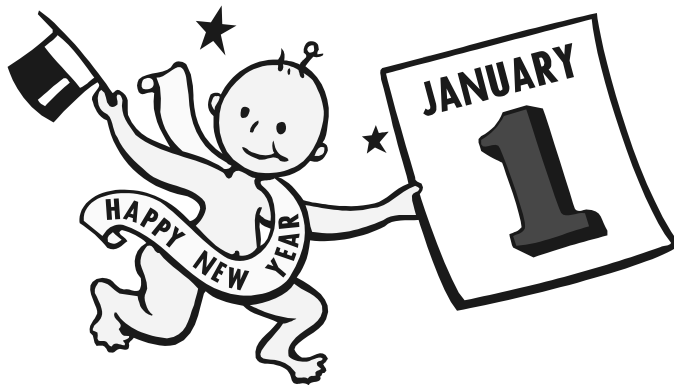
Week of
Jan. 3, 2011

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!



Vegetable Box Contents:

item	Farm/Brand Name and Location	Food Miles
Broccoli	Heger (El Centro, CA)	1332
Jewel Yams	Natural Beauty (Livingston, CA)	822
Celery	Dierdorff (Oxnard, CA)	1115
Carrots	Tahoma Farms (Orting, WA)	20
Sunchokes	Tahoma Farms (Orting, WA)	20
Collard Greens	Capay (Capay, CA)	704
Parsnips	Tahoma Farms (Orting, WA)	20
Grape Tomatoes	Del Cabo (MX)	varies
Romaine Hearts	Earthbound Farm (San Juan Bautista, CA)	849

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:

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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

Yam/Sweet Potato Hash Browns

2 to 3 tablespoons olive oil
1/2 cup onions, diced
1 garlic clove, minced
3 medium sweet potatoes, peeled and grated coarsely
Salt and freshly-ground black pepper, to taste

Heat the oil in a heavy-bottomed skillet and fry onions over medium high heat until beginning to soften, about 2 minutes. Add garlic and sweet potatoes, season to taste with salt and pepper, and cook 10 to 15 minutes, until potatoes are cooked through and crispy. Some folks stir the potatoes as they cook to keep them loose and separate, while others allow them to form a cake, which they flip halfway through cooking to ensure even browning. Both ways are good. *From www.care2.com.*



Salad of White Beans and Greens

8 ounces dried white beans
1 bunch collards, stems trimmed, well washed
1 onion, halved and thinly sliced
1 tablespoon red- or white-wine vinegar
1/2 teaspoon sugar
1/2 cup Greek black olives, pitted and coarsely chopped
3 tablespoons balsamic vinegar
1/4 cup finely chopped fresh parsley
1 tablespoon drained capers
1 tablespoon extra-virgin olive oil
1 clove garlic, finely chopped
Salt & freshly ground pepper, to taste

Sort beans, discarding any debris. Rinse and place in a large bowl. Cover with cold water and let soak for at least 8 hours or overnight. (Alternatively, place beans in a large pot, cover with water and bring to a boil. Boil for 2 minutes. Remove from the heat and let stand for 1 hour.) Drain beans and place in a large saucepan. Cover with fresh water and bring to a boil. Reduce heat to low and simmer, covered, until tender, about 45 minutes, adding water if necessary. Drain and refresh with cold water. Set aside. With the water still clinging to the leaves, place greens in a large pot. Cover and cook over medium-high heat, stirring occasionally, until just wilted, 2 to 3 minutes. Drain, pressing out as much liquid as possible. Roughly chop. Combine onions, vinegar and sugar in a small, nonreactive saucepan. Cover and bring to a boil. Immediately, remove from the heat and let stand, covered, for 5 minutes. Combine the reserved beans, greens, onion mixture and remaining ingredients in a large serving bowl. Taste and adjust seasonings. *From Eating Well, March/April 1994.*

Spicy Chicken and Sunchoke Stir-Fry

8 ounces wide rice stick noodles
2 tablespoons vegetable oil
4 cups vertically sliced onion
3 garlic cloves, minced
1 pound sunchoke, peeled and cut into 1/2-inch pieces
1 pound skinless, boneless chicken breasts, cut into 1-inch strips
3 tablespoons Thai peanut sauce
2 tablespoons low-sodium soy sauce
2 tablespoons natural-style peanut butter
6 cups broccoli florets
1 cup water
1/2 teaspoon crushed red pepper

Cook noodles in boiling water 5 minutes or until done. Drain noodles; keep warm. Heat oil in a wok or large nonstick skillet over medium-high heat. Add onion and garlic; stir-fry 2 minutes. Add artichokes and chicken; stir-fry 4 minutes. Remove from heat; stir in peanut sauce, soy sauce, and peanut butter. Place pan over medium-high heat; cook chicken mixture 4 minutes, stirring frequently. Add broccoli, bell pepper, water, and crushed red pepper; cook 5 minutes or until broccoli is tender, stirring frequently. Serve immediately over the noodles. *From www.myrecipes.com.*

Storage and Preparation Tips

- ◆ *Jewel Yams* should be stored in a cool, dark and well-ventilated place where they will keep fresh for up to ten days. They should be stored loose and not kept in a plastic bag.
- ◆ *Broccoli*: Refrigerate and use within 3-5 days for best flavor and quality. Wash before use. Broccoli is very sensitive to ethylene, which is a gas given off by some fruits and vegetables. The gas speeds up the ripening process so broccoli should not be stored with ethylene producing fruits and vegetables, such as, apples, bananas, cantaloupe, kiwifruit, mango, peaches, pears, and tomatoes.
- ◆ *Celery*: Store unwashed in a plastic bag in the refrigerator for up to 10 days. Leave the ribs attached to the stalk until ready to use.
- ◆ *Parsnips*: Place in a perforated plastic bag and refrigerate for two weeks or more. Scrub before using. You may wish to peel before use as well.

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