

Storage Tips

Cantaloupe: Whole, ripe melons can be stored in the refrigerator. Once cut, melons should be sealed in an airtight container or wrapped tightly and stored in the refrigerator.

Pears - Store at room temperature until ripe — to hasten ripening, place pears in a paper bag at room temperature. Once ripe, place pears in a plastic bag and refrigerate.

Broccoli - To store, mist the unwashed heads, wrap loosely in damp paper towels, and refrigerate. You can also store unwashed broccoli in a plastic bag in the refrigerator.

Kale - Refrigerate in plastic bag; do not wash until ready to use.

Cucumbers - wrap cucumbers individually in a paper towels & then place in a plastic bag & store in the crisper drawer of the refrigerator.

Tomatoes - Do NOT refrigerate. Keep them at room temperature on the counter away from direct sunlight.

Radishes: Cut off the leafy green tops just above where the stems meet the root. Keep the roots unwashed in a sealed plastic bag in the fridge until you're ready to use them.

Broccoli Salad

*1 head broccoli *1/2 cup chopped onion *1/2 cup raisins (optional)
 *8 ozs. sharp cheddar cheese, cut into small chunks *2 cup mayonnaise
 *2 Tbsp. white vinegar *1/4 cup sugar *1/2 cup halved grape tomatoes
 *salt & pepper

Remove the tough stalk at the end of the broccoli & wash broccoli head thoroughly. Cut the head into flowerets & the stem into bite-size pieces. Place in a large bowl. Add the onion, raisins if using & cheese. In a small bowl, combine the remaining ingredients, stirring well. Add to broccoli mixture & toss gently.

Sautéed Kale

*kale, stem & leaves coarsely chopped *2 Tbsp. olive oil *crushed red pepper flakes (optional) *2 cloves garlic, finely sliced *1/2 cup vegetable stock or 1/2 cup water *salt & pepper *2 Tbsp. balsamic vinegar

Heat olive oil in a large saucepan over medium-high heat. Add crushed red pepper flakes, if using, & let them sizzle a bit in the oil. Add the garlic & cook until soft, but not colored. Raise heat to high, add the stock & kale & toss to combine. Cover & cook for 5 minutes. Remove cover & continue to cook, stirring until all (most) the liquid has evaporated. Season with salt & pepper to taste & add vinegar.

Broccoli with Soy Sauce & Garlic

*1 head garlic, peeled *1 cup olive oil *1 tsp. crushed red pepper flakes
 *1 tsp. salt *4 stalks broccoli, cut into florets *2 Tbsp. soy sauce

Put the garlic cloves & oil in a small saucepan. Bring to a boil & cook uncovered over low heat for 10 to 15 minutes, until the garlic is browned & tender. Turn off the heat & add the red pepper flakes & 1/2 tsp. salt. Immediately pour into a heat-proof container to stop the cooking. Allow to cool to room temperature. For the salad, blanch the broccoli florets in a large pot of boiling salted water for 2 to 3 minutes, until crisp-tender. Drain well & immerse immediately into a large bowl of ice water until the broccoli is cooled. Drain well. In a large bowl, toss the broccoli with 1/2 tsp. salt, 1/4 cup of the oil used to cook the garlic, the soy sauce & 8 or more cloves of cooked garlic. Taste for seasonings & serve cold or at room temperature.

Marinated Chickpea Salad with Cucumber & Radishes

*1/4 cup olive oil *2 Tbsp. lemon juice *1 clove garlic, minced *1/2 tsp. grated lemon zest *1/4 tsp. ground cumin *salt & pepper *1 19 oz. can chickpeas, drained & rinsed *2 cucumbers, thinly sliced crosswise *5-6 radishes, thinly sliced *1/2 onion, thinly sliced

In a large bowl, combine the olive oil, lemon juice, garlic, lemon zest & cumin & season with salt & pepper. Add the chickpeas & let marinate for at least 25 minutes, stirring occasionally. Just before serving, stir in the cucumbers, radishes, onion & season with salt & pepper.

Cantaloupe & Tomato Salad

*1/2 cup thinly sliced cucumber *1/2 cup grape tomatoes, thinly sliced
 *1/4 onion, thinly sliced *2 Tbsp. olive oil *2 tsp. apple cider vinegar
 *salt & pepper *3 Tbsp. lime juice *1 Tbsp. maple syrup *3 heaping cups of cantaloupe, cubed *2 tsp. dried mint (optional)

Add cucumber, tomato & onion to a small mixing bowl & top with olive oil, apple cider vinegar & salt & pepper. Toss to combine, then taste & adjust flavor as needed, adding more vinegar for acidity, or salt & pepper for flavor balance. Set in the refrigerator to chill. Next prepare dressing by adding lime juice, maple syrup & salt to a small mixing bowl & whisking to combine. Then slowly stream in olive oil while whisking to combine. Taste & adjust flavor as needed, adding more lime juice for brightness/acidity, maple syrup for sweetness or salt for flavor balance. Set aside. Add cantaloupe to a large serving bowl & top with dressing. Gently toss to combine. Then add the cucumber-tomato-onion salad on top, leaving any excess liquid/dressing behind. Gently toss to combine & garnish with mint (optional). Serve.

Depressed by Pesticides

A study of farmers finds that those who were exposed to agricultural pesticides the longest over their lifetime were 50% more likely to be diagnosed with clinical depression than those with fewer days & 80% more likely if they had applied a class of insecticide called organophosphates. This pesticide gains attention because of its effects on the nervous system. The organophosphate pesticides were developed from closely related chemicals that were used as nerve gas during World War II. They were marketed for consumer use after the war. Most organophosphate pesticides are banned for use as home pesticides, but they continue to be widely used in agriculture, including on food crops such as fruits & veggies. They are the most common form of insecticides in agriculture, making up about half of all the insecticides used in the United States. These chemicals are absorbed through the skin, eaten or breathed in. The above study suggests that long-term pesticide use & exposure may have neurological effects, particularly related to depression. Farmers & pesticide applicators have the highest exposure levels; however this type of pesticide exposure is widespread in the general population because of its general use in homes, workplaces & on food.

Source: Environmental Health News

Please don't forget to tell a friend about us. You will receive **\$10** after your friend orders their second box. Just have them mention your name in the comment box when they order. We promote a greener earth and ask that you put out last week's box and bag on the day of delivery so we can reuse them.