



Towne's Harvest Newsletter

August 7, 2007 Week 7

This week's share includes...

Tomato	Green Beans
Cabbage	Leeks
Eggplant	Beets
Chard	Basil
Sage	Kohlrabi
Jalapeno Peppers	Summer Squash
Green Onions	

Healthy Tidbit...

Basil leaves have unique flavonoids such as orientin and vicenin that provide protection at the cellular level. It has also been found that the volatile oils of the basil plant help to stop bacterial growth.

Found at <http://www.whfoods.org/genpage.php?tname=foodspice&dbid=85>



Notes from the Field

We are very interested in our shareholders' thoughts and comments, so these last two weeks we asked everyone who picked up a share to fill out a survey. Below are the results of this survey. We have noted all comments and suggestions that were made and we are working to incorporate some of the suggested changes. Thank you to everyone who took the time to fill out this survey. We appreciate all the input!

Question 1 asked about the amount of food each week; 94% of respondents said the amount was "just right" and 6% said "too much."

Question 2 asked about the quality of food: 82% said "excellent," 15% said "very good" and 3% said "acceptable."

Question 3 asked about the variety of food: 63% said "excellent," 34% said "very good" and 3% said "acceptable."

Question 4 asked how the distribution day and time worked: 94% said it "works great" and several people suggested that we begin distribution at 4 pm.

Thank you again and we welcome any other input that you may have!

Recipe:

PRIMAVERA VERDE

This festive, colorful dish is an excellent way to receive many nutrients from vegetables. Don't worry if you don't have exact amounts of vegetables. If you have something else in your refrigerator, feel free to add it. This dish allows a lot of flexibility.

Ingredients:

- 1 medium onion, quartered and sliced thin (or use the leeks or green onions in your share)*
- 1 small red bell pepper, cut in thin 1 inch strips*
- 1 medium carrot cut in very thin sticks 1 ½ inches long*
- 1 bunch thin asparagus cut 1 ½ inches long, discard bottom fourth*
- 1 ½ cup zucchini or summer yellow squash, cut in thin 1 inch strips.*
- 6 medium cloves garlic, chopped*
- 1 15oz can diced tomatoes, with juice (add the fresh tomato too if you want)*
- ¼ cup + 1 TBS vegetable broth*
- 1 cup fresh basil, chopped*
- 3 TBS cup fresh sage, minced*
- 1 cup fresh parsley, minced*
- 3 TBS fresh oregano, minced*
- salt & black pepper to taste*
- 4 oz whole grain linguini pasta*
- 4 oz Chevre' goat cheese (optional)*

Directions:

- 1. Bring salted water to a boil for pasta.*
- 2. Prepare vegetables by chopping.*
- 3. Heat 1 TBS broth in medium stainless steel skillet. Healthy Sauté onion in broth over medium heat stirring frequently for 3 minutes. Add vegetables in order given, waiting about 1 minute between each.*
- 4. Add tomatoes, broth and simmer for another couple minutes, until vegetables are barely tender, about 10 minutes. If needed, you can add a touch more liquid to keep moist. Add minced herbs. Season with salt and pepper.*
- 5. While vegetables are simmering cook pasta, according to package instructions and strain through colander.*
- 6. Toss pasta with vegetable mixture and top with goat cheese if desired.*

Found at <http://www.whfoods.org/genpage.php?pfriendly=1&tname=recipe&dbid=166>

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