



Towne's Harvest Newsletter

September 4, 2007 Week 11

This week's share includes...

Tomatoes
Sweet Peppers
Summer Squash
Carrots
Cucumbers
Hot Peppers (Jalapeno and cayenne)

Eggplant
Potatoes
Red Onion
Corn
Thai Basil

Healthy Tidbits...

Onions are a common ingredient in cooking, but many people do not know that onions have a number of healthy benefits. Onions contain chromium, a trace mineral that helps cells respond to insulin, as well as vitamin C and flavonoids that have been found to reduce the risk of colon cancer.



Notes from the Field

Onions have been used for over five thousand years after originating in Asia and the Middle East. Ancient Egyptians used onions like currency to pay the people that built the pyramids. In 6th century India, onions were used for medicinal purposes. The ancient Greeks and Romans used onions frequently in cooking, but extra seasonings were often added because people did not find them spicy enough. It is thought that the cultivated onion was brought to the Western Hemisphere by Christopher Columbus when he arrived in the West Indies.

This information was found on the World's Healthiest Foods website at <http://whfoods.org/genpage.php?tname=foodspice&dbid=45>

Recipes

ZESTY MEXICAN SOUP

This spicy vegetable soup is full of flavor, and easy to prepare. It is a great way to get many vegetables into one meal and will keep for a few days. It actually gets better with time, so feel free to make a big batch to have around. It is a perfect quick meal on a cold day.

*1 medium onion minced
4 medium cloves garlic, chopped
2 TBS red chili powder
3 cups + 1 TBS chicken, or vegetable broth
1 small to medium green bell pepper diced, 1/4 inch pieces
1 small zucchini diced, 1/4 inch pieces
1 cup finely chopped collard greens
1 15oz can diced tomatoes (or the tomatoes from your share)
1 15oz can rinsed black beans
1 cup frozen yellow corn (shave the corn from the husks)
1 4oz can diced green chili (add a hot pepper for extra flavor)
1 tsp dried oregano
1 tsp cumin
1/4 cup chopped pumpkin seeds
1/2 cup chopped fresh cilantro
salt and pepper to taste*

Heat 1 TBS broth in a medium soup pot. Healthy Sauté onion, garlic, and green peppers in broth over medium heat for about 5 minutes, stirring often.

Add red chili powder, mix in well and add broth, zucchini, collard greens and tomatoes. Cook for another 5 minutes and add beans, corn, green chili, oregano, and cumin.

Bring to a boil on high heat. Once it begins to boil, reduce heat to medium low and simmer uncovered for 15 minutes longer. (Simmering uncovered enhances the flavor) Add chopped cilantro, pumpkin seeds, salt and peppers.

Healthy Cooking Tips:

For the best flavor it's important to chop the collard greens very fine. In doing so, their flavors blend better with the other ingredients and are easier to eat. If they are too big, they may taste too bitter.

Found at <http://whfoods.org/genpage.php?tname=recipe&id=30>

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