

*2 tsp. butter *1 tsp. dried basil *1 pint cherry tomatoes *1/2 tsp. white vinegar *salt & pepper to taste

Melt butter in skillet over medium high heat. Add the cherry tomatoes, basil & sugar. Cook for about 30 seconds & then season to taste with salt & pepper. Continue cooking for a few more seconds until the cherries have just started to blister.

Cauliflower Salad

*1 head cauliflower, trimmed & cut into bite-sized florets *3/4 cup mayonnaise
*1 Tbsp. mustard *1 tsp. salt *pepper to taste *3 hard boiled eggs, chopped *1 onion, chopped *3/4 cup frozen green peas, thawed *1/4 cup dill pickles, chopped
Place cauliflower in a large saucepan & cover with water. Bring to a boil & cook until just fork tender, about 10 minutes. Drain & cool slightly. In a large bowl, whisk mayonnaise, mustard, salt & pepper. Add the cauliflower, eggs, onion, peas & dill pickles to the dressing & stir until well coated. Cover & refrigerate from 2-24 hours. The longer it sits, the better it tastes.

Hurricane Salad

*1cup shredded carrots *1 cup finely chopped apple *1/2 cup raisins *1/2 cup golden raisins *1 cup whole almonds *1/2 cup olive oil *S&P to taste.
Toss all of the ingredients in bowl with olive oil. Add salt & pepper to taste.

Organic farming reduces plant & animal exposure to synthetic pesticides which harm soil organisms, beneficial insects, plants, birds, frogs, and a host of other animals. This includes pollinators such as butterflies and bees, upon which we rely for our food supply. Organic farming also helps stabilize the climate. Our planet is getting warmer. The 11 hottest years recorded in the last 100 years have all happened since 1995. Global warming occurs when there is an increased concentration of carbon dioxide in the atmosphere. Did you know that conventional farming is a large contributor to global warming? Conventional farming, with its added pesticides and chemicals, releases carbon into the atmosphere when the soil is being degraded with the loss of humus & the killing of soil organisms & the carbon they contain. Organic farming instead holds the carbon in the soil. A 23 year Farming Systems Trial study from the Rodale Institute found that conventional agricultural plots held onto basically no carbon while organic fields can remove about 7000 pounds of carbon dioxide from the air each year & store it in an acre of farmland. If all 434 million acres of American crop land was converted to organic practices, it would be the equivalent of eliminating 217 million cars from the road, or 1 car for every 2 acres of farmland. Organic farming also helps keep groundwater and surface water freer of pesticides & chemicals. A major problem with industrial fertilizers is that they create dead zones in the oceans at mouths of rivers where oxygen is depleted and higher life forms, such as seafood species, can't survive. The dead zone at the mouth of the Mississippi River is the size of New Jersey.

Source: The Huffington Post & American Nutrition Association

Kale Salad

Kale Salad kale, thinly sliced *3 Tbsp. lemon juice *3-4 Tbsp. olive oil *2 cloves * garlic, mashed *salt & pepper to taste *hot red pepper flakes to taste *2/3 cup grated Parmesan cheese (or your favorite cheese) *1/2 cup bread crumbs made from lightly toasted bread (or croutons) Whisk together lemon juice, olive oil, garlic, salt, pepper & a generous pinch or more to taste of hot red pepper flakes. Pour over kale in serving bowl & toss well. Add 2/3 of the cheese & toss again. Let kale sit for at least 5 minutes. Add bread crumbs, toss again, & add remaining cheese.

Kale is your friend!

Along with Kale being on the super food list, we find it to be super easy to work with. Don't be afraid of it. We love to toss it into soups, casseroles & even your morning eggs. All we do is pull the leaves from the stalks, cut the leaves up nice & small & wilt them down into whatever dish you like.

Tomato Bruschetta

*1 pint cherry tomatoes, chopped *1/2 cup sun dried tomatoes, packed in oil *3 cloves garlic, minced *1/4 cup olive oil *2 Tbsp. balsamic vinegar *1/4 cup fresh basil, stems removed (or 2 Tbsp. dried basil) *1/4 tsp. salt *1/4 tsp. ground pepper *1 French baguette (long thin loaf of French bread) *2 cups shredded mozzarella cheese

Preheat oven on broiler setting. In a large bowl, combine the tomatoes, sun dried tomatoes, garlic, olive oil, vinegar, basil, salt & pepper. Allow mixture to sit for 10 minutes. Cut baguette into 3/4 inch slices & arrange them in a single layer on a baking sheet. Broil for 1-2 minutes, until lightly brown. Divide tomato mixture evenly over bread slices. Top with mozzarella cheese. Broil for 5 minutes, or until the cheese has melted. Yum!

Storage Tips

Blueberries - Store loosely in a shallow container in the fridge. Do not wash them until ready to eat.

Apples - Place them in the crisper drawer in a plastic bag with holes in it or cover the apples with a damp paper towel.

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

Cauliflower - Store, stem-side down in a plastic bag in the refrigerator (stem-side down prevents moisture from collecting in the florets & possibly causing the head to spoil).

Carrots - remove any of the tops (the green part). Make sure the roots are dry & unwashed. Place them in a zip lock bag & store in the fridge.

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

Onions - Store in a dark, cool, well-ventilated area. Punch holes in a paper bag (if you have a hole punch, that works great). Place onions in the bags and paperclip them closed. Store in a basement or any other darker, cooler place. Do not refrigerate them.