

FRESH FOOD SHARE

August 2014 | Volume 6 | Number 8



Quite the weather we've been having...

It goes without saying that the weather has had an impact on the lives of metro Detroiters in the past week: flooded basements, submerged cars, and power outages.



We got more rain on Monday the 11th than we normally get in the entire month of August. But this isn't the beginning of the strange weather we have been having this year. An unusually long winter, a wet spring, and a cool summer up till now have all had an impact on this year's crops. How does all of this weather interact with our food system? How will it affect the prices and variety we see at the grocery store?

Southwest Michigan's peach trees were damaged by the long cold winter weather. The harvest is projected to be 2/3 to 3/4 the size of last year. Rain can increase the size of the peaches, but can negatively impact the flavor. Cooler weather throughout the summer is also affecting the tomato crop, although you wouldn't think it



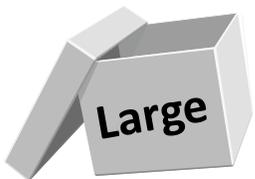
from the number of tomatoes at the wholesale market this week.

Many Michigan crops got off to a late start this year with the cold and frosty start to spring. Usually by July the Fresh Food Share boxes are 100% Michigan produce. Thankfully the availability has increased. This month the mixed boxes are both 100% grown in Michigan! However, sweet corn is still slightly behind schedule still.



While the rain was excessive in our region other parts of the state are in desperate need. Disease also contributes to availability and pricing of produce. Crops that are under stress due to weather conditions are then more susceptible to pests. Right now Michigan onion and carrots are facing a lot of disease pressure that may affect their yields this year. Meanwhile there is a historic draught happening in California, which has been affecting produce prices since the winter. Yet even if the weather and the pests come together for strong yields the price of gasoline, and the cost for transporting the produce to market, can still cause higher produce prices.

Here's hoping for good farming weather for the rest of the Michigan growing season (and for some rain in California)!



Your Share This Month

Potatoes
Onions
Lettuce
Cabbage

Carrots
Swiss chard
Tomatoes
Green pepper

Eggplant
Jalapeños
Celery
Corn

Cucumber
Peaches
Apples
Canary melon

Veggie of the Month: Melons, Melons, Melons...

In the massive world of melons, how do we possibly choose one out of our perfectly round and healthy companions? Let's examine a couple. Red, deliciously sweet and fun to eat, watermelon is an absolute summer's favorite on a hot day. Those who enjoy a mixture of sugar and spice can enjoy a slice of Crenshaw, a member of the Muskmelon family made by the crossing of Persian and Casaba melon.

Aside from tastes, what about the nutritional benefit of melons? Most melons are rich in **potassium**, which helps to control blood pressure, regulate heartbeats and possibly prevent strokes. Watermelon in particular can help fight infections with its source of **beta-carotene**, which the body uses to make **vitamin A**, and it also helps soothe stress thanks to its potassium rich content. Honeydew and cantaloupe share similar nutritional profiles with a major exception being that cantaloupe contains twice as much **vitamin C**, which helps the body form collagen for your bones, muscles and blood vessels.



Watermelon Salsa

Looking for a refreshing dip that provides a burst of flavors with one bite? Look no more! Watermelon salsa is perfect on a warm summer day.

Ingredients

- 3 cups seeded and chopped watermelon
- ½ medium onion, chopped
- ½ red bell pepper, chopped
- 1 tbsp seeded and chopped jalapeño pepper
- 2 tbsp chopped fresh cilantro
- 2 tbsp lime juice
- 1 teaspoon vegetable oil



Preparation

1. In a medium bowl, mix all ingredients together.
2. Serve immediately or cover and refrigerator up to 1 hour to allow flavors to blend.

A tip for better quality: After chopping the watermelon, allow it to drain in strainer to get excess juices out of watermelon. We do not want other ingredients draining in soupy salsa once it is all combined.

Adapted from Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.

Cantaloupe Pie

First there was watermelon salsa, now are you ready for another odd but exciting combination? Of course you are!

Ingredients

- 1 fully ripe cantaloupe
- 3 tbsp flour
- 1/8 tsp nutmeg
- 1 stick butter
- 5 egg yolks, beaten
- 1/2 c sugar
- 1 9-inch baked pie shell
- 5 egg whites
- 1/8 tsp vanilla
- Sugar, to taste



Preparation

1. Cut the cantaloupe into smallish chunks and cook over low heat until soft enough to mash. Add flour, nutmeg, butter, egg yolks, and 1/2 cup sugar. Continue cooking, stirring constantly until thick. Cool and pour into baked pie shell.
2. To make meringue, beat egg whites until stiff, adding vanilla and sugar. Cover pie with meringue and brown slightly under the broiler. Refrigerate for 1 to 2 hours before serving.

Adapted from: TexasMonthly

Melon and Feta Salad with Chopped Vegetables

Ingredients

- 1 lb. Tomatoes, diced, drained
- 1 ½ C. diced Melon
- 1 Green Bell Pepper, seeded, cut into 1/3-inch cubes
- ½ of a Cucumber, seeded, cut into 1/3-inch cubes
- 3 Tbsp. Oil, divided
- 10 oz. Feta Cheese, cut into small cubes (about 2 ½ C.),
- ¼ C. Onion, chopped, divided
- ¼ C. Mint leaves, chopped
- ½ C. plain Greek-style yogurt

- 1 tsp. Oregano
- ½ C. Radishes, thinly sliced (optional)
- 1 Jalapeno, seeds removed, minced (optional)

Preparation

1. In a medium bowl, mix all ingredients together.
2. Serve immediately or cover and refrigerate.



Adapted from Smitten Kitchen



Eat Better, Eat Together!

August means back to school. It is also a great time to get back to eating meals with friends and family. The classroom isn't the only place where learning can occur. Many people forget about one of the best places to learn---your kitchen! We aren't just talking about apples and oranges here, eating together can allow you and your family to explore new and healthy dishes together.



Families who eat together tend to eat more fruits and vegetables, eat less fried foods, soda, and unhealthy fats, and get more fiber, calcium, iron, and vitamins like B12, B6, C, and E.

Making time to eat together can be daunting with so many schedules to coordinate, but don't let it get you down. As with any new habit, breaking it down into manageable bites can make it less overwhelming and more likely to stick! If everyone eats separate every day, try just adding one or two sit down meals. Eat dinner together every night? Try including a new ingredient, more vegetable servings, or some kitchen helpers in the prep. Once you've got a plan you can

Ways to make eating together fun:

- Decorate your table with fun placemats or colorful flowers
- Try a theme meal—Mexican taco bar, Chinese stir fry, or Italian pasta night!
- Introduce new foods or spices
- Give everyone a job during the cooking process
- Get rid of distractions like cellphones or TV



pull up a chair and start enjoying the benefits of family and friends at the table.

Cooking family style meals that incorporate new flavors and a variety of foods can lead to the consumption of more fruits and vegetables and less processed foods. A helpful tip when trying to get your kids and teens to try new foods it to, as a parent, try it yourself. By seeing the adults in their life eating new foods, kids will want to imitate and try new foods as well.

BENEFITS OF FAMILY DINNER

1. Model Manners and More
2. Enhance Communication and Well-Being
3. Academic Improvement
4. More Nutritious
5. Great Contributor to Family Stability
6. Save Money

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Kids and teens who eat family meals are more likely to be in a normal weight range, less likely to use drugs/alcohol/tobacco, more likely to have better academic performance, and have better communication skills.

Keeping weight within the normal range will help keep kids and teens on the healthier path of life. By maintaining their weight in the normal range, kids and teens can lower their risk for future diseases such as diabetes, heart disease, and stroke. Academic performance can also be heavily impacted by nutrition. Eating breakfast before school helps kids stay alert and learn in in the classroom. Eating dinner together as a family and engaging in conversation over a meal helps with important vocabulary and communication skills.



Creamy Jalapeno Dressing

Ingredients

- 1/2 C. mayo or Greek yogurt
- 1/4 C. buttermilk or nonfat milk
- 1/4 C. scallions or onions, minced
- 1 jalapeno, seeds removed and minced
- 2 t. lime juice
- 1/2 t. ea. salt and cumin



Preparation

Slice jalapeno lengthwise and remove stem and seeds. Mince jalapeno and onions (or scallions). Combine all ingredients in a jar with a good seal. Shake to combine, and refrigerate. Serve over salad, use as a garnish for tacos, or use more yogurt and make it a veggie dip!

FFS Tips & Quips: An Ode to the Bag Lunch

Lunches brought from home are more likely to be more nutritious and less processed than lunches purchased from workplace cafeterias or restaurants.



Start with two or three healthy mains and sides you can mix and match in different iterations. It'll streamline the planning process and trim your grocery bill.

Plan ahead: try cutting up fruits and veggies the night before so that you can just toss them in your lunch before school or work.

Leftovers, leftovers, leftovers. Making one of your favorite dishes for dinner make to make a little extra to take along for lunch later in the week.

Dip it! Making up a healthy dip for fruits or veggies can make eating celery sticks with lunch every day way more exciting. Hummus, peanut butter, and seasoned yogurt dip are some of our favorites.

Stack it: normally snack on chips or cheese and crackers during the day? Try stacking some veggies in the mix. Cucumber with cheese and crackers is always a hit or use your chips to eat marinated chopped veggies (see your inserts for a tasty melon and vegetable salad).

Try adding **sautéed vegetables** to your trusty cold sandwich for a little extra nutrition and a welcome twist on a tired standard.

2014 DELIVERY SCHEDULE

MONTH	ORDERS DUE (Friday)	Thursday Deliveries	Friday Deliveries
January	10	16	17
February	7	13	14
March	14	20	21
April	18	24	25
May	9	15	16
June	13	19	20
July	11	17	18
August	15	21	22
September	12	18	19
October	10	16	17
November	14	20	21
December	12	18	19

Fresh Food Share Orders Due

Friday, September 12th
All Day

Fresh Food Share Boxes Delivered

Thursday, Sept. 18 or Friday, Sept. 19th
All Sites

The Green Ribbon Collaborative is a partnership between Gleaners Community Food Bank, Eastern Market Corporation, The Fair Food Network and The Greening of Detroit, fostering innovation and sustainable solutions to improve the community-based food system of Detroit and Southeastern Michigan through joint action of its member organizations and by working with other key stakeholders on a program or project basis.



To learn more about the Fresh Food Share, contact Ariana Riegel at 313-550-8034 or freshfoodshare@gcfb.org.

