



MARCH 5th, 2008
ORGANIC PRODUCE LIST

ASPARAGUS. To store asparagus stand the spears upright in a jar in cold of water in the refrigerator. Asparagus is rich in Vitamins A and C, and very rich in iron.

YELLOW SQUASH. No need to peel or seed this squash. Just trim the ends and slice for a stir-fry or chop and add raw to a salad.

ROMA TOMATOS. Otherwise known as Italian or Plum tomatoes, Roma's contain more pulp and less water.

CARROTS. We believe one can almost never has enough carrots. This versatile vegetable can be roasted, sautéed, shredded and even juiced. How will you use your carrots this week?

CHIOGGA BEETS. This Italian heirloom beet is also known Candy Stripe or Bulls Eye Beets. When cut open raw you will see an alternating purple/red and white stripes. Roast whole to keep this mild beets unique look.

BOSTON BUTTER LETTUCE. Enjoy the soft, tender leaves of the red butter lettuce in a salad, sandwich or use its leaves as a wrap for you favorite fillings.

D' ANJOU PEARS. Test for ripeness by pressing gently near the stem. If it gives to gentle pressure it is ready to eat.

HONEY TANGERINES. A late harvest citrus that are sweet, easy to peel and should be used quickly as their fragile skin does not lend itself for long storage.

Check out new Green Scene website and link to our blog at www.walkergreenscene.com. Share how you are preparing this weeks produce and see what others are doing with theirs. Also find weekly recipes and produce lists and several issues of The Green Scene Gazette.

Best regards,

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