



APRIL 2nd, 2008  
ORGANIC PRODUCE LIST

**RUSSET POTATOES.** How do you make the perfect baked potato complete with a crispy skin? Lose the foil and add some oil. See this weeks recipe for a perfect baked potato recipe.

**ROSEMARY.** Use this fragrant herb in pasta, toss with roasted potatoes, a refreshing salad dressing or how about a rosemary conditioning rinse.

**CARROTS.** We could order carrots every week as they are truly a staple in most kitchens. From carrot sticks, soups, juicing to mashed for those babies out there we love the natural sweetness that carrots give us.

**RAINBOW CHARD.** Think of the leaves like Spinach and the stalks like celery. Use the leaves in pasta dishes and soup or try them raw in a salad. This weeks recipes include three different ways to prepare Chard.

**BROCCOLI.** How about a raw broccoli salad recipe without the mayonnaise? Check out our website for a healthier version to this popular recipe.

**KIWI FRUIT.** According to the kiwi council "A serving of kiwifruit contains an average of 20% more potassium than a banana. Potassium is an important mineral that controls heart activity and works with sodium to maintain fluid balance in the body."

**BRAEBURN APPLES.** A easy snack. Just wash and eat.

**PINEAPPLES.** We like to chop up our pineapple and freeze it for added sweetness in green smoothies. Smell the pineapple. If it smells sweet, then it's ready. If it has no scent, it's not ripe. If it smells fermented, it's over ripe!

Check out new Green Scene website and link to our blog at [www.walkergreenscene.com](http://www.walkergreenscene.com). Share how you are preparing this weeks produce and see what others are doing with theirs. Also, find weekly recipes; produce lists and issues of The Green Scene Gazette.

The Green Scene is now available in Nevis, Park Rapids, Pine River and Bemidji. Contact Theresa or Erin for drop sites and times in these areas.

Best regards,

Erin & Theresa

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