



APRIL 30th, 2008
ORGANIC PRODUCE LIST

AVOCADO, HASS. From the classic guacamole to right out of the shell, avocados are a favorite fruit of the Green Scene. Green avocados will take four to five days to ripen at room temperature. Speed the process by placing your Hass avocados in a paper bag with an apple for 2 to 3 days at room temperature. When they yield to gentle pressure, they're ready to eat.

MANGOS, HAYDEN. When fully ripened, mangoes will give easily to gentle pressure. Store ripe mangoes in the refrigerator. Ripe mangos will keep well in the refrigerator for up to three days. Check out this week's recipe's for Mango and Avocado Salad.

ROMAINE HEARTS. Shred for tacos, use as a base for salads or add crunch to a sandwich. Romaine has vitamin A, folate, vitamin C, manganese and chromium. In addition, romaine lettuce is a very good source of dietary fiber, vitamin B1, vitamin B2 and the minerals potassium, molybdenum, iron, and phosphorous.

GREEN ONIONS. Green onions are a variety of onion harvested immature before the bulb has formed. Both the green leaves and white bulbs are used raw or cooked for their mild but still pronounced onion flavor. Green onions are also known as scallions or spring onions.

JALAPENOS. The oils from this spicy pepper can burn. To avoid burns, wear kitchen gloves when cutting. If you are experiencing burn from eating try washing it down with a dairy product. Dairy products contain a chemical called caisen that combats the effects of chile peppers' capsicum by stripping it from it receptor site on the skin.

LIMES.

RED POTATOES.

YELLOW SQUASH.

PEACHES.

Check out the 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; produce lists and issues of The Green Scene Gazette.

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

Best regards,

Erin & Theresa

(612) 963-9318 or (218) 556-3980

theresa@walkergreenscene.com or erin@walkergreenscene.com

www.walkergreenscene.com