



MAY 14th, 2008
ORGANIC PRODUCE LIST

STRAWBERRIES. Enjoy one pound of delicious, sweet organic strawberries. We bet they don't even make it into a recipe, unless the recipe is ...eat raw out of hand.

ABATE FETEL PEARS. (ah-BAH-tay fuh-TEL) is named after the French monk who bred it during the mid-fifteenth century. Test your Abate Fetel for ripeness by pressing gently on the stem end with your thumb. If the fruit gives slightly, it is ready to eat. If not, leave it in a paper bag at room temperature for a few days.

CARROTS. Shred into a salad, add crunch to a sandwich, and brighten up a vegetable platter even juice. Carrots are as versatile as they come.

JEWEL YAMS. Not actually a yam but a sweet potato. Use wherever a yam or sweet potato is called for in a recipe.

BOSTON BUTTER LETTUCE, RED. We love this lettuce for sweet, buttery texture.

BABY RED BEETS W/TOPS. It is like getting two vegetables for the price of one. Roast the bulbs for a sweet beet treat and use the tops as you would spinach.

CUCUMBERS. Hydrate yourself this week with a refreshing cucumber.

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; 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

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