



A monthly publication for members of the Olympia Food Co-op and its surrounding communities

May 2018

May is the Month for Brunch!

This month's produce newsletter focuses on seasonal items you can use to make fantastic breakfasts. One of my favorite days for brunch in May is Mother's Day. My mom is really special to me, and each year I try to find new recipes that I can make to share all of the delicious produce that the Co-op has to offer. I hope you enjoy making these breakfast dishes. All are easy, fairly quick, and nutritious — great for a special occasion, or as an everyday way to treat yourself or someone who is dear to your heart.

-Erin, OFC Produce Manager

Rhubarb and Pistachios over Greek Yogurt

By Louisa Shaffia, *epicurious.com* June 2010

- 4 stalks rhubarb, ends and leaves trimmed
- ½ teaspoon cardamom
- ¼ teaspoon ground nutmeg
- Pinch of salt
- ½ cup light-colored honey
- 1 teaspoon vanilla extract
- 1 teaspoon rose water
- 2 cups Greek-style yogurt, or 4 cups regular yogurt, drained overnight and refrigerated
- ½ cup pistachios, coarsely chopped

Cut the rhubarb into 1-inch pieces and put in a small saucepan with ¼ cup water. Cover and bring to a boil, then decrease the heat and simmer, stirring



occasionally. When the rhubarb starts to soften, after about 5 minutes, stir in the cardamom, nutmeg, and salt. Break up any large pieces of rhubarb with a wooden spoon. Continue to simmer, covered, until the rhubarb is completely softened, about 4 minutes more. Remove from the heat and stir in the honey and vanilla extract. Let cool. Add the rose water.

To serve, put ½ cup of yogurt in each bowl and top with a few tablespoons of the rhubarb. Scatter a few tablespoons of pistachios over the top.

What's Great About Rhubarb?

Rhubarb contains fiber for ease in digestion, vitamin K for healthy bone growth and neuron function in the brain, natural antioxidation from vitamins C and A, as well as anti-infection properties, healthy skin, mucous membranes, vision, and potential cancer protection. Other vitamins, minerals, and phytonutrients in rhubarb, including outstanding amounts of calcium, offer

essential support and optimal health benefits throughout the body, making this food much more than just a great dessert. (from *mercola.com*)

Avocado Toast with Baby Greens, Blue Cheese, Pecans, Quick-pickled Radishes, and Honey

from *Simple Green Suppers*, by Susie Middleton

- 2 radishes trimmed and cut into very thin slices
- 1½ teaspoons fresh lemon juice
- 1 pinch cane sugar
- kosher salt
- 1 tablespoon extra virgin olive oil plus more for brushing
- 2 slices multigrain bread (each about ½ inch thick, preferably oval slices about 6 inches long)
- 3 tablespoons good-quality blue cheese, crumbled

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- 1 small ripe-but-firm avocado cut in half and sliced
- 1 cup baby greens (try the Calliope Farm Spicy Salad mix!)
- 1 to 2 tablespoons finely chopped toasted pecans
- local honey for drizzling

Preheat the oven broiler to high. In a small bowl, combine the sliced radishes with ½ teaspoon of the lemon juice, the sugar, and a pinch of salt and toss well. Set aside.

In another small bowl, whisk together the remaining 1 teaspoon lemon juice, 1 tablespoon of the olive oil, and a pinch of salt.

Place the bread slices on a small baking sheet and brush one side of each piece generously with olive oil (about 1 teaspoon per slice). Broil until nicely browned. Flip over and broil other side until lightly browned.

While the toast is still warm, use a sandwich knife to smear 1½ tablespoons of blue cheese on the olive-oil-brushed side of each piece of toast. Arrange the avocado slices over the cheese (half an avocado per piece), season with a bit of salt, and drizzle with a tiny bit of the lemon and oil mixture. In a small bowl, toss the greens with the remaining lemon and oil mixture and mound it on top of the avocado, distributing it evenly between the slices. Drain the radish slices and tuck them among the kale leaves. Sprinkle the pecans over all, and drizzle lightly with honey. (A fork is a great tool for drizzling honey. Gently rewarm your honey if it has become grainy.) Cut the toast slices in half and serve.

What's Great About Avocados?

When it comes to nutrition, avocados are in a class by themselves because of the unusually large number of benefits they offer — more than 20, at last count. Loaded with



fiber, one avocado contains 36% of the daily requirement of vitamin K, 30% of the folate, and 20% each of the daily requirements of pantothenic acid (vitamin B5, needed to break down carbohydrates), vitamin B6, vitamin C, and potassium — more than twice the potassium of a banana. Vitamin E, niacin, and riboflavin levels deserve honorable mention. Eaten with other foods, your body is better able to absorb the nutrients, such as alpha- and beta-carotene and lutein. Avocado is one of the few fruits that will provide you with "good" fats. That means it can help keep your cholesterol levels already in the healthy range, and help lower your risk for heart disease. (from mercola.com)

Leek and Asparagus Frittata

Bon Appetit, February 2008

- 2 tablespoons (¼ stick) butter
- 1 cup chopped leeks (white and pale green parts only)
- 1 12-ounce bunch thin asparagus, trimmed, cut on diagonal into 1-inch pieces (about 2½ cups)
- 1 cup sliced stemmed shiitake mushrooms
- 8 large omega-3 eggs
- 1 cup diced Fontina cheese, divided
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ¼ cup grated Parmesan cheese

Preheat broiler. Melt butter in heavy broiler proof 10-inch-diameter nonstick skillet over medium heat. Add leeks and sauté 4 minutes. Add asparagus and shiitake mushrooms, sprinkle lightly with salt, and sauté until tender, about 6 minutes. Whisk eggs, ¾ cup Fontina cheese, ½ teaspoon salt, and ½ teaspoon pepper in medium bowl. Add egg mixture to skillet; fold gently to combine. Cook until almost set. Sprinkle remaining ¼ cup Fontina cheese and Parmesan cheese over. Broil until frittata is puffed and cheese begins to turn golden, about 3 minutes. Cut into wedges and serve.

What's Great About Asparagus?

Asparagus is one of the most nutritionally balanced plant-derived foods. Low in fat, cholesterol, and sodium, asparagus also has vitamin A (also known as retinol because it produces pigments in the retina), E (has strong antioxidant properties, meaning it reduces oxidative damage caused by oxygen, which can harm human tissue, cells, and organs), and K (which helps your blood clot), magnesium, zinc and selenium, as well as fiber, thiamin, riboflavin, niacin, vitamin B6, iron, copper, and manganese. As the above list shows, asparagus leads the pack in the wide range of nutrients it supplies, as well as amounts. An example: a 5.3 ounce serving of asparagus provides a whopping 60% of the recommended daily allowance of folate — and the USDA calls 40% excellent. Besides keeping your heart healthy, folate is necessary for blood cell reproduction, especially in bone marrow, normal growth, and liver disease prevention. (from mercola.com) ■