



# THE CO-OP Produce NEWSLETTER

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

June 2018

This season, the Co-op is excited to be working with Calliope Farm to bring you packaged greens in compostable packaging. In the past, we have carried a spicy salad mix from both Calliope and the now retired Bremer Mt. Farm in compostable bags. Over the past few years, we have seen a great demand for packaged salad greens that are less spicy but still nutrient dense. Calliope has developed a delicious blend that contains a mix nutrient-dense salad greens such as spinach, chard, arugula, tatsoi, and mild mustard that we hope you will love as much as we do. They are

also growing arugula for us that we will sell in this same packaging. As the label on the bag says, you can tear off the label, and then compost the packaging. Our hope is to continue to provide lots of healthy, fresh choices while greatly reducing the amount of plastic Co-op shoppers contribute to the landfill.

Hey, since it's salad season, I thought I'd include some easy, delicious dressing recipes. All come from the fabulous cookbook Salad Days by Amy Pennington.

—Erin, OFC Produce Manager

### Red Wine Vinaigrette

- 3 tbsp extra virgin olive oil
- 1 tbsp red wine vinegar
- 1 tsp Dijon mustard
- Salt and pepper

In a small jar, add the oil, vinegar, and mustard. Cover and shake to combine. Season to taste with salt and pepper. You can store any extra vinaigrette in a covered glass jar in the refrigerator indefinitely.

### Lemon Vinaigrette

- 2 tbsp fresh lemon juice
- 1 tbsp minced shallot
- 1 tsp lemon zest
- 3 tbsp olive oil
- Salt and pepper

In a small bowl, add the lemon juice, shallot, and lemon zest. Let sit for 10 minutes and then stir in the oil until well-combined. Season to taste with salt and pepper. Store any extra dressing in a covered glass jar in the refrigerator for up to 3 days.

### Feta Basil Dressing

- 1½ cups crumbled feta
- ½ cup plain non-fat yogurt
- 2 tbsp extra virgin olive oil
- Zest from 1 lemon
- Milk for thinning (optional)
- ¼ cup fresh basil

In a food processor or strong blender, put the feta and yogurt and pulse to combine, 15–20 pulses. Add the oil and zest and blend to combine, about

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1 minute. Thin with a few spoonfuls of milk. Add the basil and pulse until just mixed in and coarse, about 10 pulses. Remove the dressing from the food processor, Store any extra dressing in a covered glass jar in the refrigerator for up to 3 days.

### **Citrus Avocado Dressing**

- 1 large avocado
- 3 tbsp freshly squeezed orange juice
- 1 tbsp freshly squeezed lime juice
- 1 tbsp lime zest
- 1 tsp orange zest
- 2–4 tbsp avocado oil or olive oil
- Salt and pepper

In a blender on low speed, puree the avocado and citrus juices and zest. Increase the blender's speed to high, and with the machine running, drizzle in the oil in small amounts, up to 4 tbsp until the dressing is well-combined and smooth. Season to taste with salt and pepper and use immediately. The dressing will hold for 1 day in the refrigerator.

### **Nutty Miso Dressing**

- Freshly squeezed juice from 1 lime
- 3 tbsp water
- 2 tbsp white miso
- 2 tbsp minced shallot
- 1 tbsp almond butter
- 1 tbsp minced fresh ginger
- 1 tbsp tamari
- 2 tsp maple syrup
- 1 clove garlic, minced
- ½ tsp sesame oil
- Salt and pepper

In a blender on medium speed, blend all ingredients until the dressing is creamy, about 3 minutes. You may have to push the ingredients down if they come up and cling to the sides of the blender. Taste for flavor and consistency. Season to taste with salt and pepper. Store any extra dressing in a covered glass jar in the refrigerator for 3–5 days.

### **Oh yes...local strawberries are almost ready!**

The Co-op's primary supplier for local strawberries is Helsing Junction Farm. They are located in Rochester, Washington. This from their website, [helsingjunctionfarms.com](http://helsingjunctionfarms.com): "Helsing Junction Farm was founded in 1992 by Annie Salafsky and Susan Ujcic as one of the country's first CSA operations. Both are graduates of The Evergreen State College and have deep roots in agriculture. The farm began as a 75 member CSA and over the years has slowly expanded to its current size of 1,000+ shareholders. The partnership between Annie



and Sue has grown to include their families as well as the families of the people who work with them. It's a group effort now, with great pride taken in the health and fertility of the soil as well as the beauty of the produce grown." Helsing Junction strawberries are sweet and juicy, and they deliver to us frequently so that we can make sure we have the freshest berries available for you. I've also included a recipe from their website for strawberry shortcake, my all-time favorite dessert. Yum!

### **Strawberry Shortcake**

*June 19, 2017 in CSA Recipes, CSA Baking*

For the biscuits, preheat the oven to 425 degrees.

In a large bowl whisk 2 cups flour, ⅓ cup sugar, 1 tbsp baking powder and ½ tsp salt.

Grate 6 tbsp cold or frozen unsalted butter, and then stir it into the flour mixture.

Whisk together 1 large egg and ½ cup cream and then add all at once to the flour/butter mixture.

Mix with a rubber spatula until just combined, being careful not to over-mix.

Transfer to a lightly floured surface and lightly pat into a ¾ inch thick circle.

Cut into rounds with a biscuit cutter or an inverted glass.

Brush the tops with cream or milk and sprinkle with sugar.

Bake 7-10 minutes or until golden brown.

For the strawberry sauce, wash and hull 2 pints of strawberries. Crush ¼ of the berries, and slice the remaining.

Combine the berries then add ¼ cup sugar, and set aside.

Whip up 1 cup organic heavy cream adding a few tsp powdered sugar, a little maple syrup or some honey and ½ tsp vanilla.

To assemble, cut open a biscuit, add a scoop of strawberries, shut the biscuit and top with a big dollop of whipped cream and more strawberries. Try not to eat too much. ■