



THE CO-OP **Produce** NEWSLETTER

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

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You may have recently seen articles

in the news about a new diet that is being recommended by environmental scientists to help lessen the impacts of climate change and forestall the environmental catastrophe we are facing. The following text is from a recent article in *The Guardian*, and explains what the diet is and why scientists have been working on it: "The 'planetary health diet' was created by an international commission seeking to draw up guidelines that provide nutritious food to the world's fast-growing population. At the same time, the diet addresses the major role of farming—especially livestock—in driving climate change, the destruction of wildlife and the pollution of rivers and oceans....The planetary health diet is largely plant-based...half of each plate of food under the diet is vegetables and fruit..." (published by *The Guardian*, Wednesday, January 16th, written by Damian Carrington, Environment Editor).

As someone who is always looking for ways to incorporate more vegetables and fruits into my diet, reading these recommendations has really re-inspired me to take a look at what I'm eating and re-commit to eating more vegetables and fruits every day. Working in a well-stocked and bountiful produce department makes it easy to get ideas for ways to do this, but I thought I'd share some tips with you in case you've seen these recent recommendations and are also trying to add more vegetables and fruits to your diet:

1. Have staples on hand that make it easy to create meals around the



vegetables you like. For me, this means having some canned beans and broth on hand so that I can easily throw together a soup. If you really love pasta, it might mean having noodles and sauce in your cupboard that you can fancy up with broccoli and mushrooms, or rice and protein on hand to add to a colorful stir fry.

2. Look at the produce specials poster before you shop. The specials in the produce department change each week, and you can often find good deals on things that are typically too expensive for your budget, or you can stock up on things you know you love and will eat a lot of.

3. Buy produce you like and will eat. Wasting food is a huge contributor to the environmental problems we are facing, so buying produce you won't

actually eat does not help the problem. Focus on building your meals around vegetables that you (and/or) your family enjoy eating.

4. Try incorporating vegetables and fruits in unconventional ways: I often make baked oatmeal that is about $\frac{1}{2}$ oats and $\frac{1}{2}$ apples, just to get a larger serving of fruit in there. I've also been known to throw raw beets along with blackberries in a smoothie for a super purple overload.

5. Eat fruit for dessert: We have lots of great fresh fruit in the produce department, but when we're between seasons, try the frozen fruit we sell in bulk! Most of the time, it is delicious all on its own. Sometimes I have a little bowl of frozen pineapple or blackberries when I want something sweet.

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6. Look at food blogs and websites for inspiration. I love cookieandkate.com, ohsheglows.com, and theppk.com, but there are lots of great ones out there.

7. Don't forget about cookbooks! I've been digging out a lot of my old vegetarian cookbooks, and there are also lots of great new cookbooks available from the library—my partner recently brought one home that is all recipes that include cauliflower!

-Erin, OFC Produce Manager



Extra Vegetable Fried Rice

From cookieandkate.com

- 1½ teaspoons + 2 tablespoons avocado oil or safflower oil, divided
- 2 eggs, whisked together
- 1 small onion, finely chopped (about 1 cup)
- 2 medium carrots, finely chopped (about ½ cup)
- 2 cups additional veggies, cut into very small pieces for quick cooking (options include snow peas, asparagus, broccoli, cabbage, bell pepper, and/or fresh or frozen peas—no need to thaw first)
- ¼ teaspoon salt, more to taste
- 1 tablespoon grated or finely minced fresh ginger
- 2 large cloves garlic, pressed or minced
- Pinch of red pepper flakes
- 2 cups cooked brown rice (see note)
- 1 cup greens (optional), such as spinach, baby kale or tatsoi
- 3 green onions, chopped
- 1 tablespoon reduced-sodium tamari or soy sauce
- 1 teaspoon toasted sesame oil
- Chili-garlic sauce or sriracha, for serving (optional)

1. This recipe comes together quickly. Before you get started, make sure that all of your ingredients are prepped and within an arm's reach from the stove. Also have an empty

bowl nearby for holding the cooked eggs and veggies. I'm suggesting that you start over medium-high heat, but if at any point you catch a whiff of oil or food burning, reduce the heat to medium.

2. Warm a large cast iron or stainless steel skillet over medium-high heat until a few drops of water evaporate within a couple of seconds. Immediately add 1 ½ teaspoons of oil and swirl the pan to coat the bottom. Add the scrambled eggs and swirl the pan so they cover the bottom. Cook until they are just lightly set, flipping or stirring along the way. Transfer the eggs to a bowl and wipe out the pan with a heat-proof spatula.

3. Return the pan to heat and add 1 tablespoon of oil. Add the onion and carrots and cook, stirring often, until the onions are translucent and the carrots are tender, about 3 to 5 minutes.

4. Add the remaining veggies and salt. Continue cooking, stirring occasionally (don't stir too often, or the veggies won't have a chance to turn golden on the edges), until the veggies are cooked through and turning golden, about 3 to 5 more minutes. In the meantime, use the edge of your spatula or a spoon to break up the scrambled eggs into smaller pieces.

5. Use a big spatula or spoon to transfer the contents of the pan to the bowl with the cooked eggs. Return the pan to heat and the remaining 1 tablespoon oil. Add the ginger, garlic and red pepper flakes, and cook until fragrant while stirring constantly, about 30 seconds. Add the rice and mix it all together. Cook, stirring occasionally, until the rice is hot and starting to turn golden on the edges, about 3 to 5 minutes.

6. Add the greens (if using) and green onions, and stir to combine. Add the cooked veggies and eggs and stir to combine. Remove the pan from the heat and stir in the tamari and sesame oil. Taste, and add a little more tamari if you'd like more soy flavor (don't overdo it or it will drown out the other flavors) or salt, if the dish needs an extra boost of overall flavor.

7. Divide into bowls and serve immediately. I usually serve mine with chili-garlic sauce or sriracha on the side. Leftovers store well in the refrigerator, covered, for 3 to 4 days (if you used purple cabbage, it might stain your scrambled eggs a funny blue color, but it's fine to eat).

***RICE NOTES:** You'll need to cook about 1 cup dry rice to yield enough for this recipe; be sure not to over-cook it or it will stick to the pan. I prefer short-grain brown rice since it's a little chewy, but medium-grain or jasmine rice will work, too. You can use freshly cooked rice if you spread it onto a large tray and let it cool for 5 to 10 minutes first (this gives it a chance to dry out a bit so it doesn't steam itself in the pan). Day-old leftover refrigerator rice is great, too. Just break up any clumps of rice before you add it to the pan. Credit goes to Serious Eats for the rice tips! ■