

FRIDAY JUNE 4, 2010

TRI-COMMUNITY CO-OP

Bringing farm fresh produce to Wrightwood, Phelan, and Pinon Hills

LOCAL ORGANIC SUSTAINABLE

www.tricommunitycoop.org or www.tri-CommunityCo-op@googlegroups.com



OUR FIRST YARD SALE, SUCCESS!

Thank You for your donations & support...We had a wonderful time drinking fresh OJ, munching popcorn, and raising money for and awareness about Co-Op!

This Week's Basket



Gaytan Farm **(Mira Loma)**

- Strawberries
- Beefsteak Tomatoes
- Broccoli
- Mexican Squash
- Green Beans

Glencarin **(Redlands)**

- Navel Oranges
- Pinkerton Avocado

Riverside

- Zucchini
- Eggplant
- Jalapeno
- Pasilla Chilies
- Pluots
- Green Onions
- Tomatillos
- Cilantro

Archibald Farm **(Redlands)**

- Boysenberries
- Maui Onion



ORGANIZER'S NOTES

Summer is here and so are the berries!



As you have read in our emails, we are growing quickly and are in the process of making a lot of changes to the framework of the TCC. Our goal is to become a non-profit business. Thanks to those of you who donated to, worked, and stopped by our yard sale last weekend. Also, many thanks to the Yoga Shack for allowing us to use their space. Our success depends on this kind of community effort!



We thought it would be fun to add a member highlight in the newsletter. This way we can start to get a face on the people we are sharing our bounty of fruits and veggies with. So, be sure to check out a Judi's on the back page!



School is out today, YEAH! Time for swimming, camping, bike riding, being outside, and of course barbecues. If you are interested in volunteering some of that free time, we're accepting, contact us on the website.

Live Well,

Stephanie &
Michelle



From Our Test Kitchen. . .

Shrimp & Corn Stuffed Peppers adapted from TFN.com

- 4 fresh **Pasilla Peppers**
- 1 Tablespoons **Butter**
- 1.5 cups fresh or frozen, thawed, **Corn kernels**
- 3 whole **Green Onions**, sliced
- 1/2 C **White Onion**
- 2 Tablespoons **Sugar**
- 1 tablespoon chopped **Fresh Oregano**
- 1 cup Mexican Crema or **Sour Cream**
- 1/4 cup crumbled **Mexican Cotija** or grated **Parmesan**
- Salt and Pepper**
- 1/2 pound small cooked **Shrimp**

✓ Roast peppers & deseed.

✓ While peppers roast put butter, corn, onions, oregano, & sugar in skillet, saute for about 5 min. Cool.

✓ Once cool combine corn mixture with the last of the ingredients. Stuff the peppers.

✓ Bake @ 350 for 15 min, covered.

Grilled Ratatouille

- 1 Maui **Onion**, Sliced in 1 in rounds
- 3 Cloves **Garlic**, Chopped
- 2 **Zucchini**, quartered
- 1 **Eggplant**, Sliced into 1 in rounds
- 1 each **Red & Yellow Pepper**, stemmed and seeded quartered
- 2-3 **Beefsteak Tomatoes**, chopped
- 1/4 c **Olive Oil**
- 1/4 c **Sherry Vinegar** (optional)
- 6 Tablespoons **Fresh Herbs** (Parsley, Oregano, Basil, or Thyme or a mixture)

✓ Prepare grill on med/high heat. Salt Eggplant for 15 min., rinse.

✓ Toss all vegetables EXCEPT tomato & garlic in olive oil. Put on grill.

✓ Grill veggies on each side 5 min (until done).

✓ Cool & Coarsely chop veggies and mix with extra oil, vinegar, herbs, garlic, & tomatoes.

✓ Serve at room temperature.

✓ NOTE: Tomatoes can be pan roasted in garlic & olive oil if desired.

Hints & Secrets

What about those Jalapenos? Stuff them with cream cheese, wrap in bacon, secure with toothpick and barbecue until the bacon is cooked.

Did you know that stuffed peppers freeze wonderfully, so make them and save 'em for a day that cooking would be just too much work!

Berries should not be rinsed until right before eating, this extends their shelf life.

Roasting peppers, no problem! Just put the whole pepper under the broiler and roast until the skin turns black, turn & repeat. Then let them cool and peel off the skin.



I Met my husband, John, at the vegetarian restaurant we both worked at in Oregon. Twenty five plus years later, our 16 year old, Wylie is the only vegetarian in our wacky family. However, we all enjoy the benefits the co-op provides us and really appreciate not having to schlep down the hill for healthy organic food! I've been a member since it's inception and try to wiggle my Friday teaching schedule so I can volunteer for pick-up day. Yes! It's that much fun!

Judi Skillman
Teacher & Grad Student,
Founding Member

MEMBER SPOTLIGHT- JUDI SKILLMAN

Zucchini Crust Pizza

4 (minimum!) cups coarsely grated zucchini (I've been known to triple that!)

3 (or more!) eggs, beaten

1/3 C flour

1/2 (or more!) C grated mozzarella

1/2 (or more!) C parmesan

1 T fresh basil, minced

Preheat oven to 350.

Consistency should be wet enough to coat everything and just enough flour to keep the mix from running like water.

Lightly salt the zucchini & set aside for 15 minutes, then squeeze out all the excess moisture.

Combine all the ingredients, and spread into an oiled 9x13 baking pan.

Bake 20-30 minutes until the surface is dry and firm (or longer if using more zucchini & making a thicker crust).

Brush the top with oil and broil it, under moderate heat for approx. 5 minutes (until very lightly brown that is how I like it)

Pile all of your favorite pizza toppings on (tomato sauce, olives, sauteed mushrooms, peppers, lots of cheese, etc.) and heat the whole mess for 25 min.

Recipe adapted from the Moosewood Cookbook