

Produce Priorities



Our first priority when it comes to our produce is plain and simple: to purchase from local farmers and producers. Each week when we're putting together the Share, our first move is to call & text the local farmers that we're connected with. One of our grants is called the Local Food Promotion Program grant, which allows us to pay our local farmers and producers a fair wholesale price for their goods. We purchase shelf-stable local goods year-round, and strive to always source from local farmers every week, but there are times in the year where that becomes a little bit more difficult (December-June).

When we can't source 80%-100% of the items in the Weekly Shares locally as we do in the summer, our next priority is to source organically. Our organic suppliers sometimes have limited variety, but we do what we can to keep it exciting and to us it's about the quality of the produce that we're offering. We can confidently say that our Shares average about 80% organic produce throughout the year.

Finally, when we aren't able to source organically we are extremely mindful of the non-organic produce that we choose to include in the Shares. We stick to the items on the "Clean Fifteen," a list that was featured in our newsletter a few weeks ago. The items on this list have been proven to contain small amount of pesticide (kiwi, avocado, cantaloupe, etc). To read more about this list go to the Environmental Working Group's website. We are concerned with offering healthy fruits and vegetables to as many people as we can, and this is the model that we have chosen to make it happen!

Weekly Share Items:

Beefsteak tomatoes, living lettuce, bell peppers, sweet corn, zucchini, organes, mango, bonus

Local Farms:

Growing Opportunities, Vida Verde & Silver Leaf Farms

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Calabacitas

- | | |
|--------------------------|--------------------------------|
| 1 tablespoon veg. oil | 1 cup corn kernels |
| 1 yellow onion, diced | 4 oz. green chile |
| 1 poblano pepper, diced | 1 cup tomatoes |
| 3 cloves garlic, chopped | Salt & pepper |
| 2 bell peppers, diced | 1-2 cups grated cheddar cheese |
| 2 zucchini, diced | |

1. In a large cast iron skillet, heat the vegetable oil over medium high heat. Add the onion and poblano pepper and sauté for 4-5 minutes until the onion is translucent. Add the garlic and stir to combine.
2. Add the various bell peppers, zucchini and yellow squash and cook for another 5 minutes until the zucchini and squash are slightly soft. Stir in the corn and green chiles and continue to sauté for a few minutes more until the corn is warmed through. Remove the skillet from the heat and add the diced tomatoes, stir to combine.
3. Top the mixture with the grated cheddar cheese and cover for a few minutes to melt the cheese. Serve immediately.



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Pan con Tomate

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|---|--------------------------------------|
| 2 medium (or 1 large) beefsteak tomatoes | Extra virgin olive oil |
| Salt | 2 medium cloves garlic split in half |
| 1 loaf ciabatta, sliced in half lengthwise and cut into ½ inch slices | Sea salt |

1. Slice tomatoes in half horizontally. Place a box grater into a large bowl. Rub the cut faces of the tomatoes over the large holes of the box grater. Discard the skin and season the tomato pulp with salt to taste.
2. Adjust rack to 4 inches below broiler and preheat broiler to high. Drizzle bread sliced with olive oil & season with salt. Place bread, directly on the broiler rack and broil until crisp and starting to char around the edges, 2 to 3 minutes. Remove bread from oven and rub with the split garlic cloves. Spoon tomato mixture over bread. Drizzle with more extra-virgin olive oil and season with sea salt. Serve immediately.



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