



Purple Sprouting Broccoli

We expect to see a good supply of this beauty from **Helsing Junction Farm in**

Rochester. Purple sprouting broccoli, like all broccoli, is a storehouse of phytonutrients, which have been studied in the prevention of cancers. It is also a great source of vitamins A, C, and K, as well as being a good source of calcium, iron, and omega-3 fatty acids. (from nutritionandyou.com). I like to trim it up, saving the smallest florets to eat raw on salad, and steaming the larger florets or sautéing them with garlic in olive oil. Did you know that overwintered broccoli like this one tends to be sweeter due to its exposure to winter frost? It's true, if you've never eaten overwintered broccoli, give this one a shot, it's so delicious.

Spring Arugula

Here's how we know spring has peeked its little face around the cold corner of winter— we get our first beautiful bunches of local arugula.



Currently available at both stores from **Piece By Piece Farm in Olympia**, arugula is not only a terrific spicy salad green, it is also wonderful sautéed with garlic and olive oil, then mixed with pasta, beans, nuts, and parmesan, for an incredibly delicious, quick, simple supper. Arugula is a very good source of fiber, vitamins A, C, & K, folic acid, calcium, and iron, as well as a good source of protein (from nutritiondata.self.com). We expect our friends at **Calliope Farm of Olympia** to be providing it to both Co-ops soon as well. Welcome Spring!

Stewart Organics Bulk Spinach

We have begun receiving deliveries of the AMAZING, FANTASTIC, LUCIOUS bulk spinach from Terry Stewart of **Stewart Organics in Puyallup!** He may not have enough to keep both stores stocked right away, so enjoy it when you see it.

In addition to tasting great, spinach is a nutritional superstar. From The World's

Healthiest Foods (whfoods.org): "Spinach is an excellent source of vitamin K, vitamin A (in the form of carotenoids), manganese, folate, magnesium, iron, copper, vitamin B2, vitamin B6, vitamin E, calcium, potassium, and vitamin C. It is a very good source of dietary fiber, phosphorus, vitamin B1, zinc, and protein. Additionally, spinach is a good source of omega-3 fatty acids...while this mixture of conventional nutrients gives spinach a unique status in the antioxidant and anti-inflammatory department, it is the unusual mixture of phytonutrients in spinach that "seals the deal" in terms of its antioxidant and anti-inflammatory components." Terry has tried several different varieties of spinach to find ones that taste great and grow well here. I look forward to it each spring. It makes such a delicious salad you will wonder how you lived without it all winter! Also check out the Saag Aloo recipe on the back page-so tasty!



Successful Produce Drive

for

Thurston County Food Bank!

Good Job Co-op shoppers! Thanks to your generosity, 700lbs of produce and about \$225 was collected on March 25th for the Thurston County Food Bank! If you have produce you grow that you want to donate throughout the year, you can call 352-8597 or check out the Food Bank's webpage for more info:

<http://thurstoncountyfoodbank.org/support/produce/>

Arugula Pesto

epicurious.com

1/2 cup (2 oz/60 g) walnut pieces

1 garlic clove, minced

2 cups (2 oz/60 g) packed arugula leaves

1/2 cup (2 oz/60 g) freshly grated Parmesan cheese

Kosher salt

1 cup (8 fl oz/250 ml) extra-virgin olive oil

In a food processor, combine the walnuts, garlic, arugula, Parmesan, and 1 tsp salt and pulse to blend. With the machine running, pour in the olive oil through the food tube in a slow, steady stream and process until smooth, stopping to scrape down the sides of the bowl as needed. Taste and adjust the seasonings.



Saag Aloo

from strongertogether.coop

2 tablespoons butter

2 tablespoons vegetable oil

1 pound russet potatoes

1 cup yellow onion, diced

1 1/2 teaspoons fresh jalapeño pepper, minced

1/2 teaspoon ground turmeric

1/2 teaspoon ground cumin

1/2 teaspoon garam masala

1/2 teaspoon salt

2 teaspoons ground coriander

2 tablespoons lemon juice

3 tablespoons water

12 ounces fresh spinach, roughly chopped

In a medium-sized pot, bring 2 quarts of salted water to a boil. Peel and cut the potatoes into bite-sized chunks, add them to the boiling water and cook for about 7 minutes. Remove them from the heat, drain and set aside.

Heat the butter and oil in a large skillet over medium-high heat. Fry the parboiled potatoes for about 8–12 minutes they begin to brown; remove them from the pan and set aside. Turn down the heat; add the onions and pepper and sauté for a few minutes until limp. Add the spices and sauté for 2 minutes, then add the lemon juice and water and simmer for a few minutes more. Add the spinach and cook, stirring frequently, until the spinach is fully wilted. Add the potatoes to the skillet and mix well. Serve hot.