



Newsletter – March 29, 2009

Thank you for choosing Harvest Delivered,
we hope you enjoy your produce.

What's in your assortment this week:

- Cipollini Onion
- Red Onion
- Yellow Onion
- Garlic
- Potato
- Sweet Potato

- Cremini Mushrooms
- Spinach
- Asparagus
- Tomato
- Apples

Spring is here finally! Each our farmers bring new early spring produce to the market. We look forward to bringing you lots of fresh delicious spring produce to you over the next few weeks.

With the arrival of spring, our delivery day will return to its regular day – Wednesday.

Rain note: as I mentioned previously, we do our best to use as little plastic as we can. However, our paper bags don't like the rain, so if we have to leave your produce outside we do use plastic bags. If you have a waterproof tub or cooler you'd like to leave in your drop location, we'd be happy to leave your delivery there.

This week's recipes we give you some delicious ways to cook onion that you may not have tried. Enjoy!

Oven roasted cipollini onions and red peppers

Cipollinis are one of my favorite onions. They are best when oven roasted or slowly caramelized in butter or olive oil and served as a side dish. I love them slow roasted with red pepper and served as a side to roasted or grilled meat.

6 small (1 inch diameter) fresh cipollinis
1 medium red pepper

1 tablespoon olive oil
Salt and freshly ground pepper

Preheat oven to 350 degrees F. Slice a thin layer off the top and bottom of the onion, peel off the skin, quarter the pepper, remove core and seeds. Toss the onions and pepper in olive oil, salt and pepper. Place onion and pepper on a baking sheet lined with parchment paper. Roast in the middle of your oven until tender - about 35-45 minutes, turning occasionally.

Spinach and Onion Quiche

1 9-inch unbaked pie shell (fresh or frozen)
1 tablespoon olive oil
1 cup fresh onion (any combination of red, yellow or white onion, and shallots) finely sliced
1-1/2 cups fresh baby spinach

3 eggs
1 cup half and half
Pinch salt, pepper, nutmeg
1 cup Swiss cheese, grated

Preheat oven to 350 degrees. Sautee onions in oil until just clear, about 5 minutes. Add spinach to the onions and stir until the spinach is covered with oil. Remove from heat, let cool. In a medium bowl whisk eggs, half-and-half, salt, pepper and nutmeg. Put 1/2 cup of cheese in bottom the pie shell and place the spinach and onion mix on top of the cheese. Cover with remaining cheese. Gently pour egg mixture on top of spinach and cheese to fill shell. Place quiche in oven, bake for 10 minutes. Reduce heat to 300 or 325 and bake for 25 to 30 minutes, until set.

Chickpea, Red Onion and Tomato Salad

15.5 oz-can garbanzo beans, drained	1/2 cup chopped parsley (or 1 teaspoon dried)
2 tablespoons red onion, finely chopped	3 tablespoons olive oil
2 cloves garlic, minced	1 tablespoon lemon juice
1 tomato, chopped	salt and pepper to taste

In a large bowl, combine the chickpeas, red onion, garlic, tomato, parsley, olive oil, lemon juice and salt and pepper to taste. Chill for 2 hours before serving. Taste and adjust seasoning.

For a delicious lunch salad, add a can of drained tuna and serve on a bed of crisp greens.

Onions

They may make you cry when you cut them, but onions are a staple in many kitchens around the world. Throughout history, people have believed that they can cure all types of diseases. But, what benefit does the onion actually have for your health?

First the basics: Onions are a good source of Vitamins C and B (especially B6.) They contain trace amounts of Magnesium, Potassium, Calcium and Manganese. But their true benefits lie in the properties of onions that we have not been able to specifically identify.

Onions contain up to 150 phytochemicals which help to fight free radicals in the body and may be effective in fighting cancers, especially stomach cancer. Studies have shown that cultures that eat large quantities of onions also have lower rates of stomach cancer.

Onions have very strong anti-inflammatory properties and have been used to help with asthma and sinus congestion. They also contain sulfur compounds, which may help prevent heart disease by lowering high homocysteine levels, a significant risk factor for heart attack and stroke.

The more onions you eat, the lower the level of glucose sugars found in blood, making onions good for people with diabetes. This is probably due to the allyl propyl disulfide in onions.

Like spinach, onions contain compounds that destroy osteoclasts, thus preventing the body from destroying bone, making onions good for people prone to osteoporosis.

But, how do you stop from crying when you chop up your next onion? We're glad you asked. The onion releases an antioxidant when chopped; this antioxidant quickly turns into a toxic gas that irritates your eyes. The first thing you can do to protect your eyes is to soak your onion in water before or while chopping. This will prevent the gas from rising to your eyes. Next, chop the root of your onion last. The root is where the antioxidant is most concentrated.

Check out the recipes in this week's newsletter to find some great new ideas for how to use the onions in this week's delivery.

Enjoy your Harvest Delivered produce. If you have any problems or questions, please don't hesitate to contact us on 202 544 4960.

- Krista and Michelle