
LA VISTA CSG NEWSLETTER

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WEEK # 19

Field Walk...

I think we would all agree that organic vegetables taste better, but are they actually more nutritious than conventionally grown foods? What's the evidence? (statistics are from the website of www.harmonyvalleyfarm.com).

Interesting enough, only a small percentage of agricultural research dollars go to organic research, so although there is some evidence, we need more. Studies show that organic foods have more vitamins, essential minerals, and phytonutrients (antioxidants that fight aging and cancer). Often the difference is big - one review of 41 studies concluded that organic produce regularly contains 27% more vitamin C, 21.1 % more iron, 29.3% more magnesium, and 13.6% more phosphorous than conventional produce. But Why? What the difference between the grocery and the distribution room?

According to a November 23, 2004 New York Times article, freshness is part of the answer: "A serving of broccoli is naturally rich in vitamins A and B, and has more vitamin C than citrus fruit. But raised in an industrial farm monoculture, shipped over long distance and stored before and after being delivered to your supermarket, it loses up to 80 percent of its vitamin C and 95 percent of its calcium, iron, and potassium. The second factor is variety. Organic farmers grow vegetables for taste, texture, and aesthetics more so than just for super high yields and storability. Conventional vegetables are bigger, weigh more and look more grand than ever before, yet contain less nutrients—their size is due to higher water content. In addition, a study in the UK found that from 1940-1991 "most fruits and vegetables have dropped dramatically in nutrients with fruit losing on average 20 % of mineral density while vegetables lost nearly 40%."

Most of you don't need these statistics to verify the benefits of eating locally and organically—your improved health and energy is enough!

Happy healthy eating, *Farmer Amy*

What's in Your Share:

spinach, salad mix, radishes, eggplant, beets, acorn squash, peppers, garlic, green beans (picked for you), basil bunches

PYO: cherry tomatoes, parsley, and basil

New Next Week: lettuce, turnips, broccoli?

What's For Dinner:

acorn squash and apple puree
from Farm Fresh Recipes

1 acorn squash, halved and seeded
1 apple, cored and cubed
1 tsp butter
freshly grated nutmeg to taste

Place squash, cut sides down, in baking dish or cookie sheet. Prick skin all over with sharp knife. Microwave on high 10 minutes.

Put apple in a microwave safe dish, covering loosely with plastic wrap. Add it to oven with squash. Microwave on high for 4-6 minutes, until tender.

Scoop squash flesh from skin. Puree squash and apple in food processor.

Stir in butter, nutmeg, and salt and pepper to taste.

What's For DinnerII:

pesto
from Asparagus to Zucchini

¾ cup extra virgin olive oil
1 garlic clove
1 T pine nuts or walnut pieces
¼ tsp salt
1/3 cup freshly grated Parmesan
4 cups fresh basil leaves

Place all ingredients except basil leaves in blender or food processor. Blend until smooth, then add basil, a handful at a time, blending until all the basil is incorporated and pesto is somewhat smooth. Makes about 1 cup. Can be stored in freezer safe containers for the winter