

# Making America Organic...One Home At a Time!



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## The Fittest City in America

Must be something in the coffee.

Seattle has been named the fittest city in the United States in the February issue of Men's Fitness magazine, leaping past the buff competition from Honolulu, Colorado Springs, San Francisco and Denver.

Exercising faithfully and shunning fast food boosted Seattle to the top from No. 6 last year, Men's Fitness Editor in Chief Neal Boulton said.

"Eighty-five percent of Seattle residents get some exercise every month, and that's a really significant thing," Boulton said.

The city's jittery love affair with espresso might fuel some of that activity, he noted: "There's not only a lot of it, it's pretty darn strong."

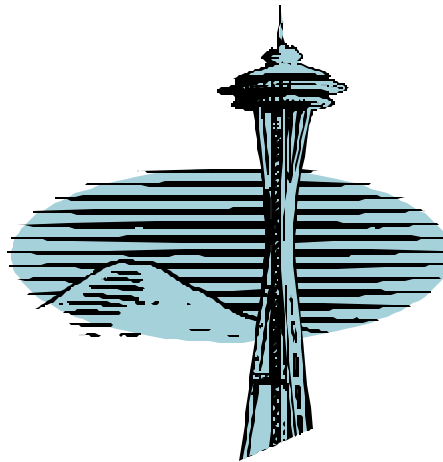
In its nonscientific Seventh Annual Fattest and Fittest Cities Report, the magazine compares 50 cities by weighing 14 factors, including fast food restaurants per capita, TV watching, air quality, and parks.

In Seattle, for example, sporting goods stores and gyms outnumber fast food joints -- a key statistic.

Houston was named the fattest city for the fourth time in five years, followed by Philadelphia, Detroit, Memphis and Chicago.

Seattle Mayor Greg Nickels praised the city's many walking trails and called the fitness of his fellow residents "inspirational."

Nickels said he made a New Year's resolution to get in better shape by walking with his



wife and working out at a gym near City Hall.

"It's pretty hard to go more than a few blocks without seeing a gym," Nickels said.

Seattle's claim to the fitness crown makes sense to Doug Sherry and his Wheaten Terrier, Bing, who walk the three-mile path around Seattle's Green Lake every day, rain or shine.

"Everyone I know does something," explained Sherry, 35, who also hits the gym several times a week.

"There's lots of good terrain to walk and bike and hike. You're close to the water, you're close to the mountains."

His advice for those seeking to emulate Seattle's healthy ways?

"Enjoy the outdoors," Sherry said. "And get a dog."

January 11, 2005

### Harvest Blend Regular

- Carrots
- Broccoli
- Green Leaf Lettuce
- Spinach
- Red Onions
- White Mushrooms
- Russet Potatoes
- Roma Tomatoes
- Hass Avocado
- Sundowner Apples
- Kiwi
- Concord Pears
- Orlando Tangelos
- Navel Oranges

See the web site for details on our other options. Produce bag contents are subject to change based on availability.

### Produce a la Carte



We've added a new feature to our Member's Area, the ability to order a la carte produce from amongst the items we offer each week. Always wanted to order extra oranges or kiwi when they're in the bags? Check each week for a list of items that you can add.

If you have any suggestions for features you'd like to see added to our web site, let us know!

## Our Favorite Cooking Show

Sure, we love *The Iron Chef*. We've even created silly (and amazingly embarrassing) parodies of it. But when it comes to really learning about cooking, we'll go elsewhere on the Food Network.

Our new favorite is *Good Eats*, hosted by Alton Brown, the quiet king of the Food Network. The show is an eccentric mix of cooking instruction riddled with sketch comedy and scientific explanations.

Where cooking on most shows is all passion and aggression, conflict and courage, Brown approaches it more like a wacky scientist. We learn a lot about the chemistry of cooking and the history of cuisine—that the shape of doughnuts allows for even cooking, for instance, or that the ancient Greeks loved oysters so much they used shells as election ballots (no chad problem there).

Last season, Brown did an informative special on salt worthy of a historian, spanning geology, history, myth, nutrition, and taste.

Along the way, he threw in a cameo by his eighth-grade science teacher riffing on the properties of salt.



*Good Eats* brings food to life, sometimes literally treating vittles like human entities. "When proteins get hot they tend to tangle up tighter than teenagers at a dance," Brown explains in a discussion of yogurt. "When they bond up tight enough, they overcoagulate. And when they overcoagulate, they can curdle. And any cook or parent will tell you that leads to trouble." He grants even the most ordinary snacks the complexity and grace they deserve.

He's authored several books, "I'm Just Here For the Food," "I'm Just Here For More Food," and "Gear For Your Kitchen."

And this Sunday, he'll be appearing at the Barnes & Noble on East Colonial Drive at 4:30pm to sign copies. See you there!

## Recipes

### Spinach Stuffed Mushrooms

- 8 oz. white mushrooms
- 1/4 cup chopped onion
- 2 large cloves garlic, chopped
- 2 tbsp balsamic vinegar
- 1/4 cup water
- 2 tbsp onion powder
- 2 tsp garlic powder
- 1 tbsp salt
- 1 tsp celery seed
- 1 bunch fresh spinach

Wash mushrooms and carefully remove stems. Lay out caps on nonstick jelly-roll pan and pop in oven for 5-10 minutes to dry out and cook slightly. Set caps aside. Chop the mushroom stems finely.

Sauté onions, garlic, and balsamic vinegar in small saucepan. When onions start to turn translucent add mushroom stems, water, and seasonings. Cook a few minutes. Add spinach and cook till water is almost all absorbed/evaporated.

Mound the spinach mixture onto the the mushroom caps, pressing it into the caps. Lower oven heat to 300-350 and bake for 10-15 minutes until hot and mushroom caps are cooked.

### Vegan Stuffed Potatoes

- 2 lbs. Russet potatoes, baked
- 2 carrots, finely diced
- 1 onion, finely diced
- 1 zucchini, finely diced
- 1 green or red pepper, finely diced

- 1 stalk of celery, finely diced
- 1 lb. Roma tomatoes, finely diced
- 1 clove of garlic, minced
- salt, pepper, herbs to taste
- 2 cups of tomato or spaghetti sauce
- 1 cup crumbled extra-firm tofu

In a large non-stick pan, quickly cook the vegetables on medium-high heat until done. Do not overcook: it's better when the vegetables are a little crispy. Add the garlic and the juice and/or the sauce. Mix with the tofu until hot. Put some stuffing into a baked potato which had been emptied or simply cut. Simple, fast and delicious!

### Caramelized Carrot Couscous

- 1 lb carrots, very coarsely grated
- 2 large onions, peeled and chopped
- 2 tsp sugar
- salt and spices to taste (i.e. coriander)
- prepared couscous
- lemon juice or toasted sesame seeds (optional)

Sauté onion in margarine over medium heat until soft, then add carrot, salt, vegan sugar and spices. The amount of sugar can be varied according to taste and original sweetness of carrots, but must be sufficient to allow caramelization to take place.

Cover and leave on medium to low medium heat, checking occasionally to ensure that it doesn't burn, but not stirring so frequently that it don't get a nice variation of browning. Should be done in about 10 minutes. Serve over warmed couscous -- optionally topped with toasted sesame seeds, or lemon juice and freshly ground pepper.