

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



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Group Warns Against Nutrition Program Cuts

With Americans getting food stamps and school lunches in record numbers, now is the wrong time for the Bush administration to push people out of nutrition programs, an anti-hunger group says.

The number of people getting food stamps rose over the past four years from 16.9 million to 25.1 million, the Food Research and Action Center said in a report scheduled for release Wednesday.

The aid still misses millions of needy people, yet President Bush is seeking changes that could undermine the programs' success, said Jim Weill, president of the Washington-based group.

The administration's 2006 budget proposes to restrict access to food stamps for certain families that receive other government assistance, a restriction the group said would throw an estimated 300,000 people off the program.

The group also worries that Bush's proposal to cap discretionary spending for five years would prevent the Special Supplemental Nutrition Program for Women, Infants and Children, or WIC, from keeping up with program growth and higher costs.

Overall, Bush is seeking increases in spending on nutrition programs.

Bush proposed a 10 percent increase in the budget for food stamps because the government expects to enroll 2.7 million more people. He also proposed to boost school lunch spending by \$550 million to \$12.9 billion and spending for WIC by \$335 million to \$5.6 billion.

"The budget fully funds the expected requirements of these programs," Agriculture Secretary Mike Johanns said in releasing the agriculture budget plan on February 7.

The anti-hunger group said more people are getting aid because poorer Americans' incomes have been stagnant despite an improving economy and because the government is doing a better job of outreach.

Still, barely half of those who qualify for food stamps get them,

the group said.

Of every 100 low-income kids who eat free or reduced-price school lunches, only 41 get breakfast through the government's program. The rate of participation in the summer food program is half that of the breakfast program.

Nationwide, the report found, the rate of participation varies widely from state to state.

For example, in the District of Columbia, 52 kids were getting summer meals and snacks for every 100 kids who got subsidized lunches, but in Oklahoma, fewer than five were getting summer meals for every 100 in the school lunch program.

And while the numbers are up, nutrition programs have shrunk in proportion to the economy and the federal budget, the group said.

Adjusted for inflation, per-person spending on food stamps fell 17 percent from 1993 to 2003, the group said.

March 15, 2005

Harvest Blend Regular

- White Jumbo Garlic
- Collards
- Carrots
- Romaine Lettuce
- Hass Avocado
- Yellow Onions
- Red Potatoes
- Roma Tomatoes
- Purple Turnips
- Empire Apples
- Blood Oranges
- Bosc Pears
- Bananas
- Minneola Tangelos

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

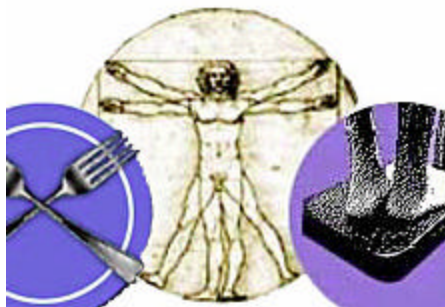
Route Changes Coming

For the first time in two years, we're planning on making changes to the layouts of our routes in the coming weeks.

We will contact each of you who will be affected by the change before we switch over, but a quick summary:

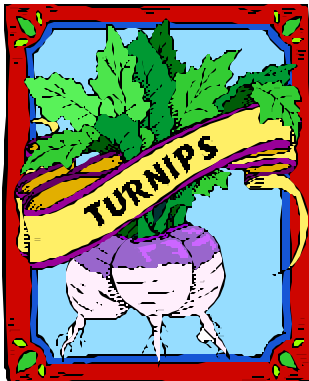
1. Tuesday deliveries in Oviedo, Chuluota, and Winter Springs, as well as some parts of downtown Sanford will be moved to a new Wednesday delivery.
2. Thursday deliveries in Winter Springs, Oviedo, and other deliveries near the 417 will be moved to Wednesday as well.
3. Thursday deliveries downtown will be moved to Tuesdays.

We apologize if the changes inconvenience anyone, but we feel they are necessary to continue serving you at the same level of quality. Please call if you have any questions.



Recipes

Turnips were probably one of the vegetables eaten by primitive humans. Since they are easy to cultivate, they have been a mainstay in human diets throughout history, especially during lean times. During affluent periods, turnips were relegated to livestock feed. Today turnips are more popular in the South than in other parts of the United States. They are root vegetables, which grow partially above the ground. In fact, the purple tops result from exposure to sunlight.



Turnips may be eaten raw. They are usually shredded for use in coleslaw or sliced for crudités. The strong flavor of turnips is mellowed by cooking. They may be roasted, baked, and added to soups, stews and casseroles. A popular way to serve turnips is to mash or purée them and serve them alone or with potatoes. Raw turnip greens, when young and tender, may be used in salads.

The most common variety of turnip has a creamy white skin that changes to purple, lavender or green at the top.

Wash turnips under cold running water, scrubbing them with a brush, if necessary, to remove soil. Trim off the top and roots. Peel turnips with a paring knife. (Very young, fresh turnips may not need peeling.) Slice, cube or cut them into strips. In order to retain their mild flavor, avoid overcooking turnips.

Amish Turnips

- 1 cup cooked, mashed turnips
- 1 cup bread crumbs
- 1 tbsp sugar
- Salt, to taste
- 1 egg, beaten
- 1 cup milk
- 1 tbsp butter

Mix all the ingredients with half of the bread crumbs. Place in a greased casserole. Cover with remaining crumbs and bake 45 minutes at 350 degrees. Even "turnip haters" like this dish.

Turnip Onion Soup

- 4 medium white turnips, grated
- 8 tbsp butter
- 8 medium onions, sliced
- 8 tbsp flour
- 6 to 8 cups beef stock
- 2 cups water, optional
- Salt and freshly ground pepper, to taste
- 8 slices French bread, toasted
- 1 cup grated Parmesan cheese

Place grated turnips in a pot covered with water. Bring to boil and cook for 1 to 3 minutes. Drain. Dry turnips with paper towels.

Melt 4 tbsp butter in a large heavy pan. Add onions and cook over medium heat until rich brown. Add turnips and continue cooking until turnips are light brown and onions caramelized to nutty color. Stir in flour, 1 tablespoon at a time. Taste beef stock; if strong or salty use less and dilute with water. Add beef stock and water and stir until it boils. Reduce heat and simmer 30 minutes. Salt and pepper, if desired, to taste.

Sprinkle toasted bread with Parmesan cheese and broil until slightly brown. Ladle soup into bowls over toasted bread or top with bread. Can be made ahead and freezes well.

Carrots and Turnips

- 1 lb carrots
- 1 lb turnips or rutabagas
- 1 tsp salt
- 2 tbsp butter
- 1/2 tsp white pepper

Peel and slice carrots, peel and dice turnips. Put together in a pot with almost enough water to cover. Bring to a boil, reduce heat and cook for 15 to 20 minutes, or until tender. Drain water, reserving in case you need some while mashing. Mash with potato masher, adding salt, pepper and butter.

Black Skillet Beef with Collards and Red Potatoes

- 1 lb beef, top round
- 2 lbs red potatoes, halved
- 2 onions, finely chopped
- 2 cups beef broth
- 2 cloves garlic, minced
- 2 large carrots; peeled & cut into thin 2 1/2 inch strips
- 1 bunch collard greens, stems torn
- 1/4 cup paprika
- 2 tbsp dried oregano
- 2 tsp chili powder
- 1 tsp black pepper
- 1/2 tsp cayenne pepper
- 1/2 tsp dry mustard

Partially freeze beef. Thinly slice across the grain into long strips 1/8-inch thick. Mix up the spices and use 2 tbsp to coat the beef, rubbing the mix into the beef firmly. (Store the extra spice mix for future use.)

Spray a large heavy skillet with vegetable oil spray. Preheat pan over high heat. Add meat; cook stirring for 5 minutes. Add potatoes, onions, broth and garlic. Cook over medium heat for 20 minutes. Stir in carrots. Lay greens over top and cook covered, until carrots are tender, about 15 minutes. Serve in large serving bowl with crusty bread for dunking.