

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



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Week of April 24, 2006

Ten Things You Can Do to Help the Earth on Earth Day

Okay, so Earth Day was this weekend. But that doesn't mean it's too late to follow this list of ten things you can do to help the planet on Earth Day.

Here are ten simple things that everyone can all do to make a difference and affect change for the environment.

Through small shifts in individual awareness, as well as simple, easy actions, everyone can surely contribute to a powerful, collective transformation of our world.

1. Plant a tree in your yard or start a garden. Plants and trees help clean the air, are visual expressions of nature's beauty, and uplift us. Even something as simple as growing herbs in a garden can provide nourishment and delicious meals for the family.

2. Simply stop using pesticides on your lawn. Pesticides contribute to the pollution of the Earth and poison our water supply, endanger human health, and sicken wildlife. There are many effective, natural alternatives available, or even simpler, allow nature to take over the growing of your lawn, creating food for bees, birds and animals.

3. Buy organic. Look for - and ask for - organic produce wherever you buy your groceries. Remember that Orlando Organics carries only organic produce. Buying organic reduces pesticide exposure to the land, farmers, harvesters, and your family.

4. Spend time in nature. Taking a walk, having a picnic, or simply sitting outdoors and

watching the sky, deepens our connection to the natural world, thereby motivating us to be better stewards of the Earth.

5. Buy energy-saving, compact-fluorescent light bulbs and other energy efficient products. When your next bulb goes out, replace it with a compact fluorescent light bulb. They last 10 times as long, and over their lifetime, use 1/4 the energy of an incandescent bulb, saving you \$30-\$40 on your electric bill.



6. When replacing major appliances purchase energy efficient ones - look for the government's EnergyStar label.

7. Recycle. The old adage "reduce, reuse, recycle" still works very well today. Many large waste disposal companies have an at-your-curb recycling

program. Check your own local disposal company.

8. Shop Green. Be a consumer that uses your dollars to support companies and products that are better for the Earth. EcoMall.com includes a directory that features hundreds of companies that offer everything from organic and hemp clothing to non-toxic cleaners and solar energy products.

9. Join or make a donation to any organization that supports the environment. There are numerous worthy organizations that work hard for the Earth and are in need of
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Harvest Blend Regular

- Red Cabbage
- Carrots
- Green Romaine Lettuce
- Yellow Onions
- Roma Tomatoes
- White Garlic
- White Mushrooms
- Zucchini
- Pinkerton Avocado
- Granny Smith Apples
- Minneola Tangelos
- Bartlett Pears
- Kiwi
- Russet White Grapefruit

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

OO Reminder

Now that warmer days are upon us, please remember it is your responsibility to leave a cooler outside your door if you are not home to receive the delivery.

This is especially important if you are receiving dairy with your produce.

While we have, in the past, left the thermal bags at your door, we would really prefer not to do so, as the return rate on these bags is often a problem for us.

A cooler is also better for you because ice packs in the cooler will do a better job of keeping your food fresh in the ambient temperature than our bags without any ice.

Thank you for your business, and let us know if you have any questions.

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our support. If the aforementioned tasks seem to require too much effort or time, simply write a check to those who have integrity regarding the Earth and make a meaningful contribution to the Earth's health.

10. Create good thoughts. As Franklin Delano Roosevelt said, "All

we have to fear is fear itself." By creating the awareness that we can heal the Earth - that it is not too late, we combat the paralysis that fear often produces. So if all you can do on this Earth Day is think one good thought about the Earth, you will have contributed to a changing of the fear-based mentality.

Recipes

Skillet Cabbage

- 2 tbsp butter
- 4 cups shredded cabbage
- 1 green pepper, cut into strips
- 2 tbsp water
- 1/2 tsp salt
- 1/4 tsp pepper
- 3 oz cream cheese

Coat cabbage and pepper with melted butter in skillet. Add water, salt and pepper. Simmer, covered, until cabbage is tender, about 8 minutes. Stir in cream cheese until melted.

Stuffed Cabbage with Tomato Sauce

- 8 large cabbage leaves
- Kosher salt, as needed
- 1 3/4 pounds ground beef
- 1 cup cooked converted rice
- 1/4 cup sour cream
- 2 tsp kosher salt
- 2 tbsp unsalted butter
- 1 medium yellow onion, chopped
- 3 cloves garlic, minced
- 1 tsp sweet paprika
- 1/4 tsp ground allspice
- Freshly ground black pepper

Tomato Sauce:

- 2 cups whole, peeled tomatoes, roughly chopped
- 1 cup chicken broth
- 1 tsp kosher salt
- 1 bay leaf
- Freshly ground black pepper

Make the cabbage rolls: Bring a large pot of salted water to a boil. Add the cabbage leaves and cook, until tender, about 4 minutes. Drain the leaves into a colander in the sink and refresh under cold running water. Set aside.

In a large bowl, place the beef, rice, sour cream, and 2 tsp salt. Heat the butter in a medium skillet over medium heat. Add the onion and garlic and cook, stirring, until soft, about 7 minutes.

Stir in the paprika and allspice and cook, stirring, until fragrant, about 2 minutes more. Add the onion mixture to the beef mixture,

and mix until well combined. Season with pepper to taste.

Lay the cabbage leaves on a work surface and blot dry with paper towels. Slice off the ridged part of the thick rib at the bottom each leaf, creating a level surface over the leaves. Place about 1/2 cup of the beef mixture in the bottom center of each roll.

Roll the bottom of a leaf over the beef mixture, fold in the sides, and continue rolling forward until completely closed. Repeat with the remaining leaves. Arrange the rolls seam side-down in a 9-x 13-x 2-inch oval gratin dish. Preheat the oven to 375 degrees F.

Make the tomato sauce: In a medium saucepan, combine the tomatoes, broth, salt, and bay leaf. Bring to a boil and season with pepper to taste. Pour over the cabbage rolls and cover the baking dish tightly with foil. Bake for 1 hour.

Remove the foil from the baking dish and continue cooking, basting occasionally, until lightly browned and cooked through, about 30 minutes more. Serve in the gratin dish.

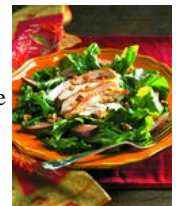
Tangelos in Warm Caramel Sauce

- 4 tangelos or seedless oranges
- 2/3 cup packed light brown sugar
- 2/3 cup dry white wine
- 1 tbsp fresh rosemary, chopped
- 2 bay leaves, broken in half
- 2 tbsp B&B liquor

Zest strings of 1 fruit. Squeeze 1/3 cup of juice from the fruit. In saucepan put peel, juice, brown sugar, wine, rosemary and bay leaves. Bring to boil. Simmer approximately 8-10 minutes, reducing by 1/3. Stir in liqueur. Meanwhile peel other fruit and cut into 1/2 inch slices. Remove bay leaves from juice. Pour over fruit. Serve or refrigerate for one hour then serve chilled.

Chicken and Pear Salad on Arrugula

- 1 whole chicken, pre-roasted, sliced
- 1/2 cup bottled fruit-flavored or blue cheese salad dressing, low-calorie
- 3 pears, sliced
- 1 bunch arrugula, rinsed
- 1/2 cup walnuts, toasted and chopped



Place pears in medium bowl; toss with salad dressing. Add arrugula; toss again. Arrange arrugula salad on 4 plates. Divide chicken slices and place on top of salad. Sprinkle with walnuts.