

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



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Families Urged Back To Dinner Table

For working parents and heavily scheduled school kids, family mealtime is as out of fashion as the scene in Norman Rockwell's iconic Thanksgiving supper painting.

There is a cost to spending meals apart: Research shows that teenagers who don't eat with their parents face a greater risk of drug and alcohol problems.

"The more often kids have dinner with their parents, the less likely they are to smoke, drink and use drugs," said Joseph Califano Jr., a former U.S. health secretary and current head of the National Center on Addiction and Substance Abuse, which did the research.

Stores are picking up on the idea and will start telling shoppers about the findings and encouraging them to share meals together at home, instead of separately or at restaurants.

The Food Marketing Institute, the supermarket industry group whose annual show began Sunday in Chicago, will give \$25,000 to the center and help stores promote the center's Family Day in September.

The effort is a logical step for supermarkets that already offer fully or partially prepared meals to serve with little or no effort.

Many stores have grab-and-go dinners and recipe cards. Some have kiosks where people can taste a main dish, then pick out side dishes. At Safeway stores, for example, shoppers can buy the familiar rotisserie chicken, but also have a choice of meat loaf or turkey breast.

"Our members have worked hard to try to have easily prepared food either ready to eat or ready to heat to take home," said Tim Hammonds, the institute's president and chief

executive.

Los Angeles-based Contessa Premium Foods makes frozen gourmet meals, such as sesame chicken stir fry and burgundy beef stew, that a family can heat in 10 minutes to 12 minutes. That's nearly as fast as a TV dinner, said president and chief executive John Z. Blazeovich, but is healthier and makes people feel like they actually cooked.

"The preparation is the hardest part, so we try to combine a variety of tastes and flavors from around the world and make it fast and easy," he said.



Drinking and drug abuse are not the only problems facing kids. The federal Centers for Disease Control and Prevention says the rate of obesity and overweight in kids has climbed to 18 percent of boys and 16 percent of girls.

Eating at home helps keep meals healthy and teaches kids how to eat right, according to the Eat Smart, Grow Strong campaign formed by self-described "good guy" food companies.

So where does this leave restaurants? According to industry estimates, the average person eats in restaurants four times to five times a week.

"If that means they cut back on some restaurant meals to do it, I think that's great," Hammonds said. "The restaurant industry has been spending millions of dollars a year to get people to eat away from home."

A spokeswoman for the National Restaurant Association said there is plenty of room for everyone to help parents and kids connect.

"People look forward to having a night out; (Continued on page 2)

Harvest Blend Regular

- Red Cabbage
- Carrots
- Spinach
- Celery
- Cilantro
- Red Leaf Lettuce
- Zucchini
- Tomatoes
- Green Onions
- Gold Delicious Apples
- Valencia Oranges
- Bananas
- Kiwi
- Atrue Mango

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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being able to share that with your family is a positive experience that restaurants are always looking to provide," Katharine Kim said. "I think people can do both."

In fact, restaurants have helped promote the research by Califano's group.

Califano founded the center, based at Columbia University in New York. The center does an annual survey of children ages 12 to 17. Researchers noticed the link to family meals when they tabulated the survey eight years ago.

"If we can get people back to having family dinners, parents back to being engaged with their kids, it will have a stunning impact on this problem," Califano said.

Recipes

Teriyaki Salmon with Zucchini

- low-sodium teriyaki sauce
- 2 (6-ounce) salmon fillets
- sesame seeds
- 2 small zucchini, thinly sliced
- 4 scallions, chopped
- canola oil

Combine 5 tablespoons teriyaki sauce and the fish in a zip-top plastic bag; seal and marinate for 20 minutes. Toast the sesame seeds over medium heat for 1 to 2 minutes in a nonstick skillet. After toasting, remove the seeds from the skillet and set aside. Take the fish out of the marinade and cook in skillet over low to medium heat for 5 minutes on each side. Remove the salmon from the skillet and keep it warm. Add the zucchini, scallions, and 2 teaspoons of oil to skillet and sauté over medium-high heat until lightly browned and tender. Stir in 2 tablespoons teriyaki sauce. Sprinkle with sesame seeds and serve with salmon.

Yet Another Mango Salsa Recipe

- 1 diced ataulfo mango
- 3 kiwis, chopped
- 1 green onion
- 1 jalapeno pepper, seeded, minced
- 1/2 cup chopped cilantro
- 2 tbsp fresh mint, chopped
- 1/4 cup fresh lime juice
- 1 tbsp sugar

Combine all ingredients and chill. Serve with grilled fish or chicken.

Red Leaf, Pear and Walnut Salad

- 3 tbsp apple cider vinegar
- 1/2 cup apple juice
- 1/4 cup canola oil
- 4 tsp Dijon mustard
- 1 tbsp honey
- 1 tsp poppy seeds
- salt and pepper to taste
- 1 bunch red leaf lettuce, coarsely chopped
- 2/3 cup walnuts, chopped and toasted
- 3 pears, peeled, cored, and cut into 3/4-inch pieces

Add vinegar, apple juice, canola oil, Dijon mustard, and honey to

food processor or blender and pulse until well-combined. Stir in poppy seeds and add salt and pepper to taste, if desired. Reserve 1/4 cup of the dressing and set aside. Add red leaf lettuce and walnuts to large bowl, drizzle the remaining dressing over the top, and toss to coat well. Divide the lettuce among eight individual salad plates or bowls. Add pears to the large bowl and toss them with the reserved 1/4 cup dressing. Spoon pears evenly over the eight salads.

Spinach, Red Cabbage and Mango Salad

- 1 cup grated red cabbage
- 6 cups spinach
- 4 tbsp red wine vinegar
- 2 tbsp capers, chopped
- 1 shallot, minced
- 1/2 cup extra virgin olive oil
- Kosher salt and black pepper
- 1 mango

Slice and chop the red cabbage into thin strips. Place the cabbage in a small bowl. Clean and dry the spinach then tear the leaves into 3-inch pieces. In a small saucepan, heat 2 tablespoons of the red wine vinegar until just boiling. Pour the warmed vinegar over the prepared cabbage, stirring to distribute the vinegar well and set aside.

Chop the capers. Peel and mince the shallot, then place the remaining 2 tablespoons of red wine vinegar in the jar. Add the olive oil, salt, pepper, capers and shallot to the jar. Tightly close the lid and shake vigorously. Slice the mango, then in a large bowl, place the spinach, mango and the seasoned red cabbage. Toss the salad then add the dressing.

Spaghetti with Zucchini, Tomatoes and Scallions

- 1/3 cup extra virgin olive oil
- 16 oz spaghetti
- 2 medium zucchini, sliced
- 1 bunch scallions, sliced
- 2 tomatoes, chopped
- 2 oz. pressed ricotta cheese, grated

Bring a large pot of water to a boil. Sprinkle zucchini with salt. Place in colander to drain for 30 minutes. Heat olive oil in a large skillet. Add zucchini and sauté for 3-5 minutes. Add scallions and cook until softened. Add tomatoes and cook until heated through; set aside. Cook pasta according to package directions. Drain and add pasta to skillet. Mix well. Sprinkle with ricotta salata cheese. Mix again and serve.