

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



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Week of May 16, 2006

FDA Rejects Health Claim For Green Tea

There is no credible scientific evidence that drinking green tea reduces the risk of heart disease, federal regulators said Tuesday in rejecting a petition that sought to allow tea labels to make that claim.

The Food and Drug Administration said it reviewed 105 articles and other publications submitted as part of the petition but could find no evidence to support claims of the beverage's health benefits.

"FDA concludes there is no credible evidence to support qualified health claims for green tea or green tea extract and a reduction of a number of risk factors associated with CVD" or cardiovascular disease, Barbara O. Schneeman, director of the agency's Office of Nutritional Products, Labeling and Dietary Supplements, wrote in a letter denying the petition. The FDA posted the letter to its Web site Tuesday.

Ito En Ltd., a Japanese company that bills itself as the world's largest green tea company, and its U.S. subsidiary, Ito En (North America) Inc., petitioned the FDA in June 2005, seeking to make the claim that drinking at least five ounces of green tea a day may reduce the risk of heart disease.

A message left for a spokesman for Ito En (North America) Inc. was not immediately returned late Tuesday.

A message left for the AAC Consulting Group, a Rockville, Maryland company that filed the actual petition, also was not immediately returned.

Green tea is brewed from the leaves of *Camellia sinensis*, also known as *Thea sinensis*. Unlike black and oolong tea, green tea is made from unfermented tea leaves.



The FDA previously has said that green tea likely does not reduce breast, prostate or any other type of cancer risk.

Nonetheless, the belief that drinking green tea confers health benefits has driven its popularity over the last decade, the Tea Association of the United States has said.

A health claim, in the language of the FDA, characterizes the relationship between a substance and a reduction in the risk of contracting a particular disease.

Harvest Blend Regular

- Yellow Corn
- Baby Carrots
- Spinach
- Fuerte Avocado
- Red Leaf Lettuce
- Zucchini
- Tomatoes
- Yellow Onions
- Minneola Tangelos
- April Glow Nectarines
- Bananas
- Strawberries
- Madame Francis 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.

Recipes

Spicy Corn Tomato Salad

- 2 ripe tomatoes
- 1/2 cup of creamy buttermilk dressing
- 2 tbsp parsley
- 1/4 tsp of pepper
- Dash ground red pepper
- 2 cups cooked fresh corn kernels
- 1/2 cup shredded Monterey Jack cheese
- 1/4 cup chopped green pepper
- 1/4 cup chopped cucumber
- 1/4 cup chopped onion
- lettuce leaves

Place tomatoes, stem end down, on a cutting surface. Cut each into 4 to 6 wedges, cutting to, but not through, stem end. Spread wedges apart slightly; sprinkle with salt. Cover; chill. In a small mixing bowl, combine dressing, parsley, pepper and red pepper. In another bowl, combine corn, cheese, green pepper, cucumber and onion. Add dressing mixture; toss gently to coat. Cover; chill. Serve tomatoes filled with corn mixture over lettuce.

Nectarine Cheesecake Tart

- 6 graham crackers (5x2 1/2 inch crackers)
- 1 1/4 cups crushed amaretti (Italian almond cookies)
- 1/2 cup plus 5 tbsp sugar
- 3 tbsp melted unsalted butter
- 1 1/2 cups mascarpone cheese, at room temperature
- 2 large eggs
- 1 tbsp lemon juice
- 2 tsp lemon zest
- 1 teaspoon vanilla extract
- 1/4 tsp almond extract
- 3 tbsp all-purpose flour
- 1/4 tsp salt
- 3 nectarines

Preheat oven to 350. Butter a 9-inch springform pan. Make the crust by blending the crackers, amaretti, 3 tbsp of sugar and 3 tbsp of butter. Press the crust into the bottom of the springform pan and about 3/4 of the way up the sides. Bake 10-15 minutes until crisp, and allow to cool completely. In an electric mixer, beat until smooth the cheese and the 1 1/2 cups of sugar. Add the eggs, lemon juice, zest, vanilla, almond, flour and salt. Pour the filling into the cooled crust and bake 30-35 minutes until golden. Cool completely in pan, remove pan and chill tart overnight.

Right before serving, slice nectarines into a bowl and toss with about 2 tbsp sugar. Let stand a few minutes to let the sugar dissolve, then pile the nectarines on the tart and serve immediately.

Spinach & Strawberry Salad

- 1 bunch fresh spinach
- 1/4 cup safflower oil
- 1 to 2 tbsp. sugar

- Dash of pepper
- Dash of Tabasco
- 2 tbsp sesame seeds
- 2 tbsp salad vinegar
- 2 tbsp minced green onion
- 1 tsp salt
- 1 pint sliced strawberries

Wash spinach, discard stems; dry and tear into bite size pieces. Wrap in toweling and refrigerate. Toast sesame seeds on pie pan, in 350 degree oven about 10 minutes until golden; cool. Combine oil, vinegar, sugar, onion, salt, pepper and Tabasco in covered container until sugar dissolves; refrigerate. To serve: in salad bowl, toss dressing into spinach and sesame seeds. Toss in strawberries.

Cream of Baby Carrot Soup

- 2 tbsp light olive oil
- 1/2 cup chopped onion
- 1 bag baby carrots
- 1 vegetable bouillon cube
- 1 bay leaf
- 1 tsp paprika
- 1/2 tsp curry powder
- 1 cup low-fat milk, rice milk, or soy milk
- Salt and freshly-ground black pepper to taste
- 1 cup frozen green peas, warmed

Heat the oil in a soup pot. Add the onion and sauté over medium-high heat, stirring frequently, until golden, about 10 minutes. Add the carrots and just enough water to not quite cover. Bring to a simmer, then add the bouillon cube, bay leaf, paprika, and curry powder. Cover and simmer gently until the carrots are tender, 15 to 20 minutes. Remove the bay leaf. Using a food processor, puree the solid ingredients until smoothly pureed, then return to the pot, and stir into the liquid. Stir in enough milk to give the soup a slightly thick consistency. Season with salt and pepper and serve, or cover and let stand off the heat for 1 hour or so before serving, then heat through. Scatter some green peas over the top of each serving.

Corn Pudding

- 4 eggs
- 1/2 cup of butter
- 2/3 cup of flour
- 2 cups of milk
- 2 tsp of salt
- 1 tsp of pepper
- 4 cups corn

Preheat oven to 350°F. Separate eggs. Beat whites until stiff, not dry. Melt butter in medium sized pan. Stir flour in quickly over medium heat until smooth paste forms. Stir paste constantly while adding milk and allow mixture to boil. Lower heat, add egg yolks, salt, pepper and corn. Mix. Turn off heat. Fold in egg whites with rubber spatula. Grease baking dish with butter and pour in the mixture. Bake 35 minutes or until it is lightly browned.