

# Discover

## Sunchokes

### THE ORGANIC BOX NEWS

Issue #1, Week of May 17<sup>th</sup>, 2010

Welcome to the first issue of **The Organic Box News!** The newsletter provides members with a list of their weekly Box contents, along with useful tips and news regarding composting, the sustainability fund, and organic food stories. We hope that all members will feel free to contribute their recipes, tips, stories, feedback, or anything at all pertaining to our local organic food community. Along with The Organic Box (Edmonton) Facebook page, we hope that the newsletter will become a place for members to interact and to share their local organic food experiences.

Please send all your stories, recipes and ideas to Miranda at [miranda@theorganicbox.ca](mailto:miranda@theorganicbox.ca). I look forward to hearing from you and to learning more about local and organic food!

This week's Organic Box:

	Item	Source
	Bunch Broccoli	Pureveg
	1 Celery	Pureveg
	Bunch Kale	Pureveg
	Bunch Green Onions	Earthbound
	Bag Spring Mix Lettuce	Earthbound
	Bunch Premium Carrots	Ruby's Produce
	Bag Baby Carrots	Kern Ridge
	3/4 lbs White Sunchokes	Bhumi Farm
	5 Tangelo Oranges	Sundance
	3 Vine Tomatoes	Heritage
	2 BC Gala Apples	Harkers Fruit Ranch
	3 WA Pink Lady Apples	Harkers Fruit Ranch
	3 lbs Red Norland Potatoes	Sundog Organics
	Bag Button Mushrooms	Mountainview
	1 Long English Cucumber	Origino
	Medium Avocado	Fairtrasa (Fairtrade)
	Bunch Bananas	Bos Salitral (Fairtrade)

#### The Shared Heap – Composting Tips and News

Did you know the City of Edmonton composts your garbage? To see a video of the incredible Edmonton Composting Facility, go to [www.YouTube.com](http://www.YouTube.com) and type in 'City of Edmonton composting'.

Together with established recycling programs it enables Edmonton to divert about 60% of its residential waste from landfill. Located on 25 hectares, the Edmonton

Composting Facility is the largest of its kind in North America by volume and size. Most of our garbage is food and paper waste which are compostable!



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**Sunchokes**, also known as Jerusalem Artichokes, are very rich in inulin, a carbohydrate linked with good intestinal health due to its probiotic (bacteria promoting) properties. They also contain vitamin C, phosphorus and potassium and are a very good source of iron. Like potatoes, sunchokes can be served with or without the skin - scrub clean and leave it on for maximum nutritional benefit. Cook as you would potatoes - roast, sauté, bake, boil or steam. If peeling or cutting, drop pieces into water with a squeeze of lemon juice to prevent discoloration. Unlike potatoes, sunchokes can also be used raw (e.g. in salads) or lightly stir-fried. Sometimes the sunchoke can cause a little wind, but the health benefits are worth the price!

#### Scalloped Sunchokes

(from Foodnetwork.ca):

- 2 cups 35% cream
- 1 egg, lightly beaten
- 1 clove garlic, finely chopped
- 1/4 teaspoon ground nutmeg
- Sunchokes, peeled and as thinly sliced as possible (peeled weight should be about 1/2 lb)
- Red Norland Potatoes (peeled weight should be about 1 lb)
- Salt and pepper

With the rack in the middle position, preheat the oven to 200°C (400°F). In a bowl, combine the cream, egg, garlic and nutmeg. Add the sunchokes and potatoes. Season with salt and pepper. Transfer to a 20-cm (8-inch) square baking dish, smoothing it out evenly. Bake until tender, about 50 minutes.



**Kale** is one of the few green vegetables that is more abundant and flavourful during the coldest months of the year. It can be substituted for cabbage or spinach and makes a fine side dish when blanched and sautéed with garlic. Give kale a good wash to remove any dirt clinging to the inside of the leaves. If the stems are very small and tender they can be cooked with the leaves. Stems that are thicker, but still tender, can be cut off and cooked for a minute or two before the leaves are added. Any thick, tough stalks should be discarded. Kale is a nutritionally rich food containing vitamins A, C and E; a substantial mineral content including manganese, iron, calcium and potassium; and phytochemicals such as sulphoraphane (linked to cancer prevention).

#### Tuscan Kale Chips

(from Epicurious.com and recommended by one of our members, Steve):

- 12 large Tuscan kale leaves, rinsed, dried, cut lengthwise in half, center ribs and stems removed
- 1 tablespoon olive oil

Preheat oven to 250°F. Toss kale with oil in large bowl. Sprinkle with salt and pepper. Arrange leaves in single layer on 2 large baking sheets. Bake until crisp, about 30 minutes for flat leaves and up to 33 minutes for wrinkled leaves. Transfer leaves to rack to cool.