

Introducing Arugula

THE ORGANIC BOX NEWS

Issue #3, Week of June 7th, 2010

Welcome to the third issue of **The Organic Box News!** We are very excited that local food is growing in both quantity and variety now that the Alberta season has begun and the crops are in the ground. This week nearly a third of the box is local: rhubarb, green onions, spinach and arugula from Peas on Earth and Sundog Organics. Bok choy will be coming soon, along with root vegetables, more pit fruit varieties and berries galore. Would any one like to see organic grains and cereals? Let us know!

Organic produce takes all spring to grow in Northern Alberta, but it is worth it! Please see our website for the detailed contents of this week's box.

We have a few weeks of deliveries under our belt and continue to learn and expand. Thank you to all our members for their tremendous support and encouragement. Your feedback is so valuable and helps to not only improve, but to know why we're doing this in the first place!

We are making some changes to our packing and storage processes such as a dedicated banana storage room, and new assembly packing line procedures and substitution labels. We want to ensure not only that your substitutions are made but also that your produce is fresh, ripe and crisp. Organic produce is picked ripe for maximum taste and nutrition, without any chemical preservatives or fumigation, so we continue to work with our farmers and to update our handling procedures to ensure quality.

You may notice some changes on the 'Choose Your Box' page, as we update the system to balance the number of items in your box. This means that for every item you cancel, you must pick one in its place and vice versa. A tip for substitutions: the portion sizes depend on the value of the item, so a double order of avocados is 2, but a double order of apples is 10! We ask that you try to keep substitutions to around 3 items, so you don't end up with either an overflowing or half-empty box. Our packers will love you!

Standing preferences will be changed to an 'Allergy Alert', as we have found that these sometimes conflict with members' temporary preferences except in the case of allergies. Items that you despise but aren't necessarily allergic to, can also be included under the 'Allergy Alert'. This is for members who don't use the 'Choose Your Box' system every week, but never want to see celery on their doorstep.

As always, we welcome your tips, ideas, feedback, recipes, and food experiences to be sent to Miranda@theorganicbox.ca. Or visit our Facebook page: The Organic Box (Edmonton).



Arugula, also known as Rocket, is a spicy leaf with a peppery flavour, and is often mixed with milder greens in a salad. Though I have been known to eat it like a bag of chips because the flavour is addictive! Arugula is very low in calories and is a good source of vitamins A and C, folate, calcium and magnesium. It is excellent sautéed lightly in olive oil or steamed and added to pasta dishes, and can also be made into pesto.

Orange and Walnut Wild Arugula Salad

3 Oranges
1/3 cup walnuts
4 tbsps extra virgin olive oil
sea salt & black pepper
7oz (200g) wild arugula leaves, washed
2oz (50g) goat cheese or blue cheese



Segment the oranges by cutting off the top and bottom of one and stand it upright on a board. Cut along the curve of the fruit to remove the skin and white pith, exposing the flesh. Now hold the orange over a strainer set on top of a bowl and cut out the segments letting each one drop into the strainer as you go along. Finally, squeeze the membrane over the strainer to extract as much juice as possible. Repeat with remaining oranges, finally tipping the segments into another bowl.

Add the olive oil, salt & pepper to the orange juice you've just collected in the bowl and whisk to combine into the dressing.

Add the arugula, walnuts and cheese. Toss gently with your hands. Yummy!

(recipe courtesy of Hannah from The Organic Box team)

The Shared Heap – Composting Tips and News

On Saturday, June 12th, 9am – 4 pm, the City of Edmonton Waste Management Branch is having an Open House with kids' activities, door prizes, donations to the food bank, and free shuttle bus from the Commonwealth LRT station (leaving every half hour). Come and see what happens to your garbage and recycling at our world-renowned waste management facilities with a free guided tour (about 2 hours long, leaving every 25 minutes) of the 200 hectare site. Over 15,000 people take the tour every year, now it's your turn to be amazed! 13111 Meridian Street, NE; call 311 for more information.

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