



Beyond Produce

THE ORGANIC BOX NEWS

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Just because the land is frozen solid here in Northern Alberta doesn't mean you can't take advantage of local organic food in your box. This week we have a few options for you to consider.

Over the Hill Orchards

Dean and Sylvia Kreutzer operate Over the Hill Orchards in Lumsden, Saskatchewan. Having always been fruit lovers, they started their own orchard and now provide wonderful fruit spreads, toppings, and fruit barks made from the produce in their own backyard. The Organic Box has just started to carry these new products and we are very excited to finally have some delicious organic fruit spreads to share with our members.

<http://overthehillorchards.ca/>

Winter Weather

Getting tired of reminders about the cold weather? We have been doing our very best to encourage members to update their delivery instructions for freezing temperatures. Please visit us online and update your account information to let our dear drivers know what to do with your box to avoid freezing.

We appreciate your support to create a smooth delivery operation for both you and your driver!



The Organic Box
3620 98 Street
Edmonton, AB
T6E 1G6

Tel: 780 469-1900
Fax: 780 469-1971
Email: info@theorganicbox.ca
www.TheOrganicBox.ca

Avalon Dairy – Mozza Bites

The Organic Box added a couple of new cheeses from Avalon Dairy last week. A delicious mozzarella and an aged white cheddar. They are both wonderful cheeses and are certified organic from Vancouver's Avalon Dairy Co.

Mozzarella is famous for being used on pizzas, but here is a wonderfully simple appetizer that is easy to make, and delicious to eat:

- 20 - grape or cherry tomatoes, halved
- 20 - fresh basil leaves
- 20 - small balls of fresh mozzarella cheese
- salt and pepper to taste
- 1/2 cup - balsamic vinegar
- 1/4 cup - extra virgin olive oil
- 20 - toothpicks

Using a toothpick, spear a half of a tomato, a piece of basil, a mozzarella ball, and another half of a tomato. Repeat with remaining ingredients. Place on a serving dish and sprinkle with salt and pepper. Mix the vinegar and oil together in a small bowl to serve as a dipping sauce.

Recipe from: <http://allrecipes.com/recipe/tomato-and-mozzarella-bites/>

Wheatgrass/Petgrass



Wheatgrass is grown from germinated cotyledons of the common wheat plant. Often served as a juice or concentrated powder, we have live wheatgrass brought to us from our friends at Sunrise Gardens in Onoway, Alberta. This superfood is full of chlorophyll, amino acids, minerals, vitamins, and enzymes, which provides a fantastic nutritional punch. If you have a juicer at home then this would be an energizing addition to a morning smoothie, or even on its own.

Not only is wheatgrass great for us humans, but it is also great for our pets! This is why it is sometimes referred to as petgrass and can be a great treat for your cat, dog, or rabbit, and one that they'll enjoy and maybe even thank you for.