



# Cheese & Apples

## THE ORGANIC BOX NEWS

Issue #82, January 24, 2012

### New Fine Cheeses

This week, we are featuring new cheese sourced while visiting Just-A-Mere Organic Farm in Creston, B.C.

We have Kootenay, Avalon and Fairwind cheeses for sale. Delicious old cheddar (try with sliced apples and avocado), mozzarella as a lighter choice, Artisan cheeses (Nostrala: firm, yet mild; and Alpendon: nutty, firm, French cheese), and Goat gouda aged cheese.



These cheeses are abundant in flavour. Visit this week's

feature page on our website to learn more.

### 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!



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### Cauliflower Cheese Soup

Simple and satisfying, quick and easy, nourishing soup!

#### Ingredients

- 3/4 cup water
- 1 cup cauliflower, chopped
- 1 cup cubed potatoes
- 1/2 cup finely chopped celery
- 1/2 cup diced carrots
- 1/4 cup chopped onion
- 1/4 cup butter
- 1/4 cup all-purpose flour
- 3 cups milk
- Salt and pepper to taste
- 4 ounces shredded Cheddar cheese

#### Directions

1. In a large saucepan, combine water, cauliflower, potatoes, celery, carrots and onion. Boil for 5 to 10 minutes, or until tender. Set aside.
2. Melt butter in separate saucepan over medium heat. Stir in flour, and cook for 2 minutes. Remove from heat, and gradually stir in milk. Return to heat and cook until thickened. Stir in vegetables with cooking liquid, and season with salt and pepper. Stir in cheese until melted and remove from heat.



<http://allrecipes.com/recipe/cauliflower-cheese-soup/>

### Apples, Avocado & Cheese

- Thinly slice apples of your choice – Braeburn, Fuji, Gala, Pink Lady
- Slice firm, yet ripe, avocado
- Slice cheese of your choice
- Stack on top of crackers or bread, sprinkle with a hint of sea salt ~ Yummy!