

# newleaf news

## Newleaf News

for September 11th, 2009

By Karen

Wow, seemingly in the blink of an eye, we have another week of this school year under our belts. With each passing day team Newleaf gels into a well oiled, un-erring machine of strength and perseverance. Well, at least, that's what Business for Dummies predicts. I guess that's why I like to think of us Newleafers as a family. Like, who wants to be a machine anyway?! I'd like to believe that we reflect our community, that what's happening to us is kinda like what's happening to you and yours. That through these similar life experiences we become more compassionate, more empathetic, more responsive to you.

Time to introduce a new Newleafer, Chad Sparkman: A recent graduate with degrees in History and Political Science at Loyola; Chad hails from in and

around the Quad Cities. He enjoys acorn squash, things made of wood or metal, and many types of music. Although he has some background and interest in gardening and farming, he says that working with us at Newleaf is offering him a great experience to learn more about vegetables and plants. So far, Chad seems to really be enjoying the myriad interactions in the store, and looks forward to meeting more of you. Stop by and introduce yourself when time permits.

On the box front, more local produce, what more can I say? The quality and nutritional value is just sky-high this year, and with the mild weather continuing we should have at least another couple of weeks of it to look forward to. Enjoy your kale, green beans and corn from our Simply Wisconsin Coop farmers and plums and apples from our friends in Michigan. We really couldn't do it without them. I, for one, am so grateful! I do want to take this opportunity to also thank the Scaman brothers over at Goodness Greeness, their team of buyers and sales persons, and their business manager, Sheila, an amazing woman, who is

both a mentor and a friend. If they didn't make that leap of faith every morning it would seriously be difficult to procure organic produce in this city — and I'm not exaggerating.

As promised, I would like to take a few lines here to begin introducing some of the amazing supplements I have been researching and using, and that we are now offering at Newleaf to help you achieve the level of health and vitality that you have always imagined. I know that most of you are wondering why, after supplying you with some of the freshest, most nutritionally viable produce, I am now suggesting that you take dietary supplements. Firstly, we are living in a city, and although blessed to be living on the shore of a huge fresh water source with plenty of lake breezes and air exchange, there are something like 500,000 cars on the road in and around this metropolis daily! Although clean burning, the fossil fuels they use for energy are polluting our air invisibly. We are all ingesting a lot of heavy metals that, unusable to humans, get stored in fat in the body and eventually clog our systems.

**In Today's Box...**...subject to change based on availability



fruit boxes also include:

[newleafnatural.net](http://newleafnatural.net)

1261 W. Loyola Ave Chicago, IL 60626 773.743.0400

## Great Eats

### Potato Croquettes Gourmet | August 2008

Adapted by Ann Palumbo;  
Queens, NY

Goosey mozzarella encased in a crunchy golden shell makes this simple and classic dish irresistible.

Yield: Makes about 24 croquettes

Active Time: 20 min

Total Time: 45 min

ingredients

6 medium russet (baking) potatoes (2 1/2 pounds), peeled and quartered

1/2 pound mozzarella, chopped

1/4 cup grated parmesan

1 tablespoon onion salt

1/4 cup chopped parsley

3 large eggs

1 cup fine dry bread crumbs

About 2 1/2 cups olive oil

preparation

Generously cover potatoes with salted cold water (2 teaspoon for 4 quarts) in a large pot, then simmer until tender, about 15 minutes.

Drain potatoes and chill in a large bowl until cool, about 45 minutes.

Mash potatoes, then stir in cheeses, onion salt, parsley, 1/2 teaspoon pepper, and salt to taste. Stir in 1 egg.

Form potato mixture into 24 oblong croquettes (about a scant 1/4 cup each). Lightly beat remaining 2 eggs in a shallow bowl and put bread crumbs in another shallow bowl. Dip 1 croquette into egg, letting excess drip off, then roll in bread crumbs to coat. Transfer to a parchment-paper-lined baking sheet. Repeat with remaining croquettes.

Heat 1/2 inch oil in a 12-inch heavy skillet over medium-high heat

until it shimmers. Fry croquettes in batches, turning occasionally, until golden brown, 4 to 5 minutes per batch. Transfer to paper towels to drain. Serve immediately.

### Collard Green Pesto myrecipes.com

Prep: 15 min., Cook: 4 min.

Refrigerate leftovers up to one week.

Cover tightly with plastic wrap to keep pesto a vibrant green.

Yield

Makes 4 cups

Ingredients

\* 5 cups packaged fresh collard greens, washed, trimmed, and chopped

\* 3 garlic cloves

\* 1/4 cup pecans

\* 1/2 cup olive oil

\* 1/3 cup grated Parmesan cheese

\* 1/2 teaspoon salt

Preparation

1. Cook greens in boiling water to cover 3 1/2 to 4 minutes or until tender; drain. Plunge into ice water to stop the cooking process; drain well.

2. Process garlic and pecans in a food processor until finely ground. Add greens, oil, cheese, salt, and 1/4 cup water; process 2 to 3 seconds or until smooth, stopping to scrape down sides. (Mixture will be thick.)

Southern Living, SEPTEMBER 2007

### Collards With Red Onions myrecipes.com

Prep:



[newleafnatural.net](http://newleafnatural.net)

20 min.; Cook: 1 hr., 20 min.

Yield

Makes 8 servings

\* 3 lbs fresh collard greens  
\* 2 medium-size red onions, finely chopped  
\* 2 tablespoons vegetable oil  
\* 2 1/2 cups vegetable broth  
\* 1/4 cup cider vinegar  
\* 2 tablespoons dark brown sugar  
\* 1 1/2 teaspoons salt  
\* 1/2 teaspoon dried crushed red pepper

1. Trim and discard thick stems from bottom of collard green leaves. Thoroughly wash collard greens.

2. Sauté onions in hot oil in a Dutch oven over medium-high heat 8 to 10 minutes or until tender. Add broth and next 4 ingredients.

3. Gradually add collards to Dutch oven, and cook, stirring occasionally, 8 to 10 minutes or just until wilted. Reduce heat to medium, and cook, stirring occasionally, 1 hour or until tender.

Marcy Gerhart, Fairhope, Alabama, Southern Living, JANUARY 2008

### Fresh Produce Boxes

Available Tu, We, Sa  
after 12 noon

### Mixed Fruits and Veggies

Single.....\$15...feeds 1-2

Double...\$25.50...feeds 2-4

Triple.....\$33...feeds 4-6

### Fruit Only Bags

Whole.....\$25.50...feeds 2-4

Half.....\$15...feeds 1-2

### Veggie Only Bag

Greens....\$15....feeds 1-2

Mon-Fri 8:00-7:30 Sat 9:00-7:30 Sun 11:00-6:00