

Champagne Grapes are

deep purple to reddish-black. This very small grape variety offers a sweet and mild flavor. Crisp and seedless, champagne grapes are usually pea-size or smaller. Champagne grapes are one of the oldest varieties of grapes, and are used for juice, wine and fresh eating. They originated on the island of Zante off the coast of Greece; today champagne grapes thrive in the San Joaquin Valley of California.



Wild Rice Salad with Champagne Grapes

2 1/2 cups Chicken Broth
1 package wild rice pilaf, 6 oz.
3 tablespoons lemon or orange juice
1 teaspoon sesame oil - toasted
2 teaspoons Honey
1 cup champagne grapes
1 1/2 tablespoons pecans chopped and toasted

Place broth in a medium saucepan, and bring to a boil. Add rice; reduce heat to low, and simmer, covered, for 45 minutes, or until tender. Drain excess liquid, cover and let cool. Whisk together lemon juice, oil, and honey in a small bowl until honey is dissolved. Season with salt and pepper. Place cooled rice in a salad bowl, along with champagne grapes and toasted pecans. Add dressing, and GENTLY TOSS, to avoid breaking the skins of the delicate grapes.
From www.melissas.com.

Waldorf Salad with Champagne Grapes

2 large tart apples, unpeeled and diced
1 cup Champagne grapes
1/2 cup coarsely chopped walnuts
1/2 cup finely diced celery
1/4 cup mayonnaise
1/4 cup sour cream
1 tablespoon sugar
Juice of 1 lemon
1/2 cup Monterey Jack or mild brie cheese, cubed (optional)

Pluck grapes from stems, wash and pat dry. Chop apples, celery and walnuts. In a medium-sized bowl, mix grapes, apples, walnuts and celery. In a small bowl mix mayonnaise, sour cream, sugar and lemon juice. Pour dressing over salad and toss carefully to coat salad. Chill until ready to serve.

From www.copywriterskitchen.com.

Fruit Box Contents:

item	Farm/Brand Name and Location	Food Miles
Yellow Peaches	Cliffside Orchards (Kettle Falls, WA)	372
Dapple Dandy Pluot	Goosetail Orchards (Wenatchee, WA)	162
Gravenstein Apples	Stemilt (Wenatchee, WA)	162
Champagne Grapes	Three Sisters (Fresno, CA)	893
Charentais Melon	Inaba (Wapato, WA)	169
Keit Mango	Corona College Heights (Riverside, CA)	1160
Saturn Peaches	Tiny's Organic (Wenatchee, WA)	162

CANCELLATIONS AND OTHER CHANGES TO YOUR ORDER NEED TO BE MADE BEFORE 10:00 A.M., TWO DAYS BEFORE YOUR NEXT SCHEDULED DELIVERY.



Printed on recycled paper, 100% post-consumer content



Please contact us at:

877-619-5612 or 253-627-1581
www.terra-organics.com
info@terra-organics.com
P.O. Box 5966, Tacoma, WA 98415



We appreciate you leaving your empty, flattened box out for us to pick up with your next delivery.

We do not reuse any bags, egg cartons, or other containers -- so just leaving out your box would be great!



THIS WEEK'S RECIPES

Gravenstein Apple Chocolate Brownies

2 eggs
2 ounces unsweetened dark chocolate
1/2 cup sweet butter
1 cup sugar
1 cup flour
1/2 tsp baking powder
1 cup chopped walnuts
1 cup chopped Gravenstein apples
1 tsp Madagascar vanilla
1/2 cup dark chocolate chunks

Melt unsweetened chocolate in saucepan. In mixing bowl, beat eggs and sugar together. Stir in the melted chocolate until thoroughly mixed. Add the sugar, flour, and baking powder. Stir in apple pieces, nuts, vanilla, and broken up chocolate. Bake in 8-inch square pan at 350F for 30 minutes.
From dyingforchocolate.blogspot.com.

Mango-Peach Salsa

1-1/2 cups chopped fresh tomatoes
3/4 cup chopped peeled fresh peaches
1/2 cup chopped red onion
1/2 cup chopped sweet yellow pepper
1/2 cup chopped peeled mango
2 tablespoons chopped seeded jalapeno pepper
3 garlic cloves, minced
1-1/2 teaspoons lime juice
1/2 teaspoon minced fresh cilantro
Tortilla chips

In a large bowl, combine the first nine ingredients. Cover and refrigerate until serving. Serve with tortilla chips. **Yield:** 4 cups.
From www.tasteofhome.com.

Energy Light-Delight

2 medium sized apples, or other fresh fruit
1"x1" (or more) piece of pineapple (I keep some available in my freezer.)
1 big handful of flat-leaf parsley (Parsley also freezes well.)
4-10 leaves of kale, or any good greens
2 T. of flax seed
1 t. Turmeric
2 - 3 T. protein powder of your choice (I'd omit this if eating it in the evening.) & water to smooth out mixture.

Note: Need to use a Vita-Mix mixer.

Take seeds out of apples, if prefer, and cut apple into large chunks. Blend until smooth. Add pineapple and blend more. Add parsley, flax seeds, Turmeric & blend. Cut leaf greens off stem and add greens to blender. Add protein powder and some filtered water, maybe 1/2 cup. This depends on how much the powder binds up the mixture. Mix well and eat. Can add water to make into drink...and ice to make it cold. Can be refrigerated and eaten/drunk later.
From one of our customers, Carol Collieran (thanks, Carol!).



Grilled Peaches Jezebel

1/4 cup honey
1 1/2 teaspoons Dijon mustard
3/4 teaspoon horseradish
4 firm, ripe peaches, halved
Vegetable cooking spray

Whisk together first 3 ingredients. Brush half of honey mixture evenly over cut sides of peaches. Coat a cold cooking grate with cooking spray, and place on grill over medium heat (300° to 350°). Arrange peach halves, cut sides up, on grate; grill, covered with grill lid, 3 minutes on each side or until tender and golden. Remove from grill, and brush cut sides of peaches evenly with remaining honey mixture.
From Southern Living, Aug. 2007.

Grilled Salmon with Charantais Melon Salsa

1 10 oz fillet wild salmon
1 Curly endive, arugula, or other greens
1 Charentais melon, ripe
1 bunch cilantro
2 Hot chillies; (2 to 3)
2 md red onions
3 limes
4 tb Thai fish sauce

Grill the salmon until just cooked and leave to cool slightly. Meanwhile wash the curly endive and pick in bite size pieces. Next, cut the melon in half, remove the seeds and cut the flesh into small cubes. Then, chop the coriander leaves, chillies and red onion and mix all these in a bowl. Squeeze over the lime juice, add the Thai fish sauce and season with salt and pepper. To serve: Dress the salad with a bit of olive oil, break the salmon into chunks and put on the salad, then spoon over the salsa.
From www.bigoven.com.

Storage and Preparation Tips

- ◆ *Champagne Grapes:* To store, place in a perforated plastic bag; refrigerate. Best used promptly. Wash before use.
- ◆ *Peaches:* Peaches can be ripened by placing in a paper bag punched with holes; store at room temperature in a spot away from sunlight. Check often for ripeness as they can go from under-ripe to overripe in a matter of twenty-four hours. Refrigerate when ripe. Wash before use.
- ◆ *Charentais Melon:* Keep uncut melons at room temperature until fully ripened, then store in the fridge for up to 5 days. Cut melon should always be covered with clingfilm and used within 3 days.

* You may leave a cooler out for our driver to transfer your produce into to keep it fresh and cool.