

Community Services Unlimited Inc.

PRODUCE BAG NEWS

Thank you to those of you who have been supporting the CSU Produce Bag Program and welcome to new participants. This program is part of our effort to create sustainable distribution of affordable, high quality, locally grown produce in our community. Have you noticed the difference in the taste of food that is picked ripe soon before you receive it? Well lots of research shows it's not just the taste that's better, the quicker produce gets to you the more nutrients it retains, so its better for your health. Eating locally grown "beyond organic" produce is also good for our environment. If you have enjoyed your bags, recommend them to your friends and colleagues, maybe you can take turns picking them up?

Contents

Brussel sprouts, broccoli, carrots, curry leaf, dandelion greens, lettuce, potatoes, rosemary, mandarins

Recipe: Rosemary Potato Slices

2 med potatoes, 2 tbls olive oil, 1 tblsp fresh chopped rosemary leaves, ½ tsp sea salt

Wash potatoes thoroughly, cut off anything undesirable, but leave the skin. Place lengthways onto a chopping board and slice into 2-inch thick rounds. Place all rounds in a bowl; pour on olive oil and mix. Place rounds in a single layer on a baking sheet brushed with olive oil. Sprinkle rosemary and salt onto potatoes and place immediately into an oven pre-heated to 425. Cook for about 20 minutes or until cooked through but crisp.

Serves 2 -3

Look Out For February Special Promotion

February's Produce will be bagged in historical Panther Vanguard Movement grocery giveaway bags. Each week in February the bag will feature a special news sheet "Black to Our Roots" exploring some of CSU's history and its connection to what we are doing now. Part One will feature the Food Programs of the Black Panther Party; a story not told by mainstream history or the media. If you haven't signed up yet for our bags, now's the time for a gift of health and history, you might just get hooked!

www.csuinc.org