

Black eyed Peas



A staple in the Southern diet for over 300 years, black-eyed peas have long been associated with good luck. A dish of peas is a New Year's tradition in most areas of the South, thought to bring luck and prosperity for the new year. Greens are also commonly served along side, thought to symbolize folding money, are often eaten with the peas. Hoppin' John a dish made with black-eyed peas and rice, is one of the more popular ways of serving them, but many serve them in salads or simply cooked as a side dish.

Hoppin' John

INGREDIENTS:

- 1 pound dried black-eyed peas
- 2 small smoked ham hocks or meaty ham bone
- 2 medium onions, divided
- 3 large cloves garlic, halved
- 1 bay leaf
- 1 cup long-grain white rice
- 1 can (10 to 14.5 ounces) diced tomatoes with chile peppers, juices reserved
- 1 medium red bell pepper, chopped
- 1/2 green bell pepper, chopped
- 3 ribs celery, chopped
- 1 jalapeno or serrano pepper, minced
- 2 teaspoons Cajun or Creole seasoning
- 1/2 teaspoon dried thyme leaves
- 3/4 teaspoon ground cumin
- 3/4 teaspoon salt

PREPARATION:

In a large Dutch oven or kettle, combine the black-eyed peas, ham bone or ham hocks, and 6 cups water. Cut 1 of the onions in half and add it to the pot along with the garlic and bay leaf. Bring to a boil, reduce the heat to medium-low, and simmer gently until the beans are tender but not mushy, 2 to 2 1/2 hours. Remove the ham bone or hocks, cut off the meat; dice and set aside. Drain the peas and set aside. Remove and discard the bay leaf, onion pieces, and garlic.

Add 2 1/2 cups of water to the pot and bring to a boil. Add the rice, cover, and simmer until the rice is almost tender, about 10 to 12 minutes.

Mince the remaining onion then add to the rice along with the peas, tomatoes, and their juices, red and green bell pepper, celery, jalapeno pepper, Creole seasoning, thyme, cumin, and salt. Cook until the rice is tender, 5 to 8 minutes. Stir in the sliced green onions and the reserved diced ham. Serve with hot sauce and freshly baked cornbread.

"Biggin's Sweets"

Microwave Sweet Potato



About sweet potatoes

The sweet potato, a tuberous root vegetable belonging to the same family of plants as the morning glory, is a particularly popular food in the southern United States. Sweet potatoes, native to Central America, are considered a staple in many countries and have been cultivated in Southern states since the 16th century.

Nutritionally, sweet potatoes are an excellent source of vitamin A and a good source of potassium and vitamin C, B6, riboflavin, copper, pantothenic acid and folic acid.

When buying sweet potatoes, choose firm ones with no cracks or bruises. The flavor of raw sweet potatoes might be altered if they're kept in a refrigerator. They should last for two weeks or more if stored in a cool, dark, well-ventilated place and handled with care. If the temperature is too warm -- above 60° F.-they'll sprout sooner or become woody.

Once cooked, sweet potatoes can be stored for up to 1 week in the refrigerator. Like potatoes, sweet potatoes are always eaten cooked, but their sweetness makes them versatile. They can be used in a wide variety of dishes, both savory and sweet, and go well with cinnamon, honey, lime, ginger, coconut and nutmeg. Enjoy them in baked desserts and quick breads, puddings and custards, casseroles, stews or croquettes.

Mashed Sweet Potatoes with Honey

INGREDIENTS:

- 2 cups warm mashed sweet potatoes
- 1/4 teaspoon salt
- 1 tablespoon light brown sugar
- 2 tablespoons honey
- 2 tablespoons butter
- 1/2 cup milk
- 1 cup miniature marshmallows

PREPARATION: Blend sweet potatoes, salt, brown sugar, honey, butter, and milk. Spoon into a buttered 1-quart casserole. Top with marshmallows. Bake at 350° until marshmallows are browned.

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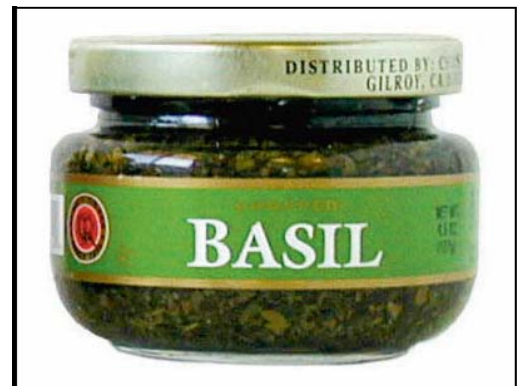
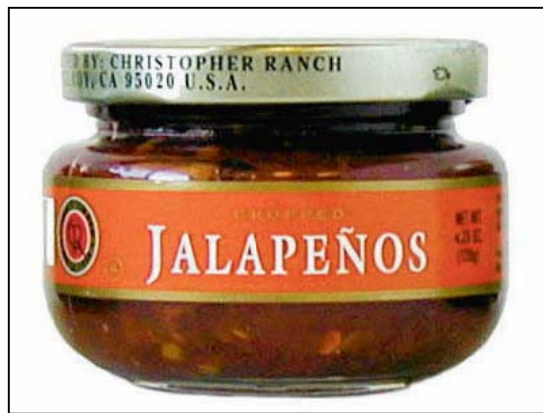
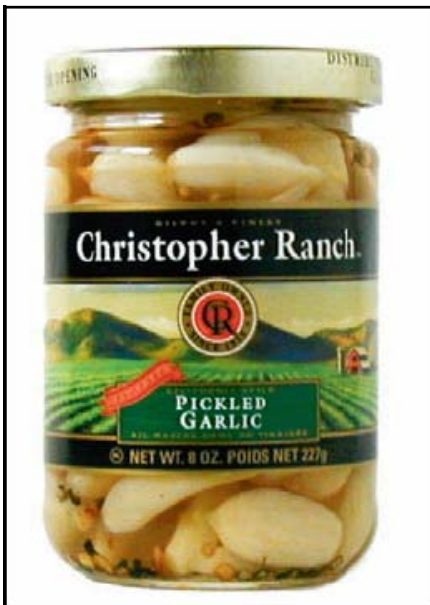


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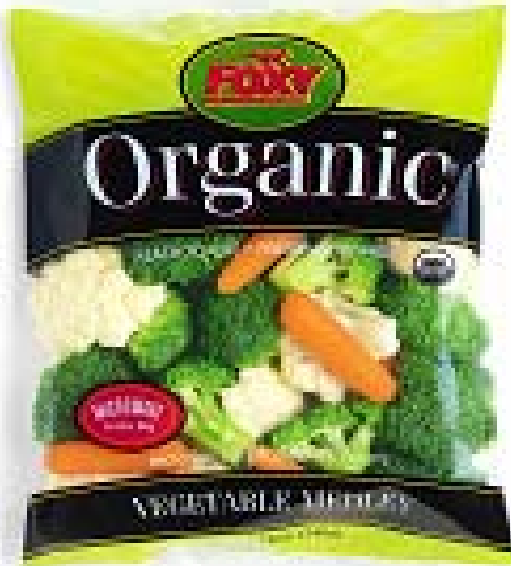
*Use Chopped Shallots as a flavorful ingredient in sauces for pasta, meat, seafood and poultry.
Use in flavored butters, stir-fry, salad dressings, or as a savory ingredient in muffins and breads.*

*Ready-to-use right out of the jar

*Equivalency: 2 tsp. Chopped Shallots = 1 tsp. fresh chopped shallots



Foxy Foods NEW ITEMS



ORGANIC VEGETABLE
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ORGANIC BROCCOLI &
CARROTS



BROCCOLI SALAD

Habanero Pepper



The famous 10-alarm pepper from the Caribbean. The legendary hottest of all peppers, its name means "from Havana." Habanero and its kin long ago migrated from the Caribbean Islands to Central America where they remain extremely popular today. A close relative of the Jamaican Scotch Bonnet, the short, wrinkled, green fruits (1-1/2" long by 1" wide) turn orange. To complement its searing heat, Habanero has a delicious, pungent, smoky quality unlike any other pepper; many people find its flavor and aroma irresistible in sauces and salsas.

Unripe habaneros are green, but the color at maturity varies. Common colors are orange and red, but white, brown, and pink are also seen. Typically a ripe habanero is 2–6 cm (1–2½ in) long.

Most habaneros rate 200,000–300,000 SHU. For comparison, a Cayenne Pepper is typically 30,000 to 50,000 SHU while police-grade pepper spray rates



Hatch Chiles



Authentic Hatch Chiles are a favorite Southwestern chile. These chiles are named after the original growing area in Hatch, New Mexico. They are well known especially in the states of New Mexico, Texas, and Arizona. Researchers say the intense sunlight and cool nights in the valley result in a unique flavor chile.

The valley, which stretches along the Rio Grande's southern-most bend before crossing into Texas and Mexico, is covered with row after row of green leafy Hatch chile plants for most of the summer. These chiles are a variety of the fresh green Anaheim chile with a meaty flesh and medium to hot bite.

Hatch chiles can be easily seeded and added to soups, stews and dips or enjoyed whole when roasted with meats or stuffed with cheese. Hatch chiles can be used in a broad range of Latin dishes and in fact; they can be substituted for Jalapeno chiles.



Many of the local supermarkets and stores in Texas, New Mexico, and Arizona will create huge displays and actually have large commercial roasters in the parking lot roasting "Hatch Chiles" for their customers. These chiles are popular for making Chile Con Queso, Chile Rellenos, and Chile Verde.

Varieties include: Big Jim and Sandia

Season: Mid August – mid September / Available in hot and mild varieties



High Point Cabbage

A semi-hearted/hearted variety with solid pointed heads which are smooth inside and out! A sweet flavoured, versatile vegetable which is suitable for many culinary uses, delicious as a hot veg or shredded raw in salads.

Sweeter than Regular Green Cabbage!
More Tender than Typical Cabbage!

Mushrooms

Enoki

Tiny and dainty, enoki has a creamy white cap on a long slender stem. Their delicate nature and mild, sweet taste with a slightly crunchy texture make them best for using raw in salads, floating on soups, or tossing into a stir fry just before serving.



Chanterelle

Curved trumpet or vase shaped with a color varying from bright orange to apricot gold, chanterelle is grown around the world. Wonderful simply sautéed with olive oil, the flavor ranges from apricot-like to fruity earthiness.



Morel

Tan to dark brown conical spongy caps hide a hollow interior that must be rinsed thoroughly before cooking. Intense, earthy flavor complements meat dishes well; however, fresh morels sautéed in butter are heavenly on their own. For now, they are available fresh in spring, and dried year round. Soon, though, they may be available fresh year round as after many, many years of trying, a method of cultivation has finally been achieved!



Oyster

Fan shaped with prominent ridged gills, the color of oyster mushrooms varies in beautiful tones from off-white to pink, yellow or grey brown. They are delicate in flavor, but their appearance makes a strong statement on the plate. Sauté briefly or use in mild dishes complemented by butter, onion, seafood and gentle herbs.



Shiitake

Also called Black Forest or Chinese Black mushrooms, they are chocolate brown, with a whimsical umbrella-shaped cap and fibrous, woody stems. Their strong flavor makes them a good all-purpose mushroom and their firm texture can stand up to long cooking. Use in everything from a quick stir fry to a casserole, but be sure to remove their tough, inedible stems first.



Pom Pom Blanc

A soft, round, pure white feathery mushroom whose caps average 5 to 8 inches in diameter but can reach 12 inches. They are generally baked in melted butter so that their delicate texture is preserved but they can also be steamed or stuffed. The Pom Pom Blanc mushrooms are available throughout the year but peak season is summer through fall. When selecting, choose those that are pure white, free from yellow or brown stains and firm but lightweight. They can be kept in the refrigerator stored in an open container for four or five days.



Jicama



Description - Jicama, a legume, is grown for the large tuberous roots which can be eaten raw or cooked and are used as a source of starch. The jicama plant is a vine which grows to a length of 20 feet or more. The roots are light brown in color, and may weigh up to 50 pounds. Most of those on the market will weigh between three to five pounds.

Selection - Jicamas are suitable for consumption at any stage of growth (size). Look for well formed tubers that appear fresh and are free of cracks and bruises.

Storage - Jicamas, like most other root crops, will store for relatively long periods of time in the refrigerator. However, conversion of starch to sugar will result if stored for excessive periods and should be avoided.

Nutrition Information - A 3-1/2 ounce serving of jicama provides 39 calories and about 25% of the RDA for vitamin C.

Preparation - Remove the peel including the fibrous flesh directly under the skin. Cut or slice and serve raw or use as a substitute for water chestnuts. Saute or stir fry -- it stays crisp when cooked. A one pound jicama yields about three cups chopped or three cups shredded flesh.

Microwave Instructions - Peel and cut one pound into " cubes or julienne strips. Place in 2-quart covered casserole with 1/4 cup water; microwave on high for 8-9 minutes. Stir once. Serve with honey, butter, salt and pepper , sweet and sour sauce, sour cream or yogurt dressing.

New From Dole Mushroom!

Mushrooms



New From Dole Mushroom!



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- **Extremely Digestible**
- **No More Tears**
- **Subtle, Fruity Flavor**
- **Pleasant Onion Taste**



Until the OSO Sweet onion was introduced in 1989, there were no sweet onions to carry us through winter. Sweet onions are a "spring-into-summer" crop. Knowing that, the OSO Sweet onion folks knew they would have to develop their special onion in a unique corner of the world....some place where the seasons are reversed from ours....some place where soil and climate conditions are exactly right. Some place like South America.

Well, the right spot was eventually found. In Chile, at the base of the Andes mountains, where the rich and fertile volcanic soil and pristine water is perfect for growing sweet onions.

And so, that's where the OSO Sweet was developed. Now, every winter, the OSO Sweet is harvested in early December, and by the end of the month it has found its way to North American markets where sweet onion fans can find it all the way through March.

Even by sweet onion standards, the OSO Sweet onion has an exceptionally sweet and gentle nature and mild aroma - backed by rich onion flavor, without the bite. Its texture is crisp and juicy like an apple. According to scientific tests conducted by Michigan State University, the OSO Sweet contains nearly 50 percent more sugar than the other sweet onion varieties.

Andes mountains in Chile, where they found just the right combination of rich, volcanic soil, ideal climate, and pure water that would provide the perfect conditions for growing a "world class" sweet onion - an onion that's very, very sweet and extremely mild.

Quick Microwave Roasted Sweet Onions

Ingredients

- 1 OSO Sweet Onion
- Butter

Your favorite herb

Preparing

Pierce an OSO Sweet Onion 5 or 6 times with a paring knife. Microwave on high for 6 to 8 minutes or until it gives to firm pressure. Using a cloth or napkin, hold neck of onion and carve out top. Peel outer skin and chop onion; toss with butter and your favorite herb.



Tomatillo



Description - The tomatillo (toe-ma-tea-o) is of Mexican origin and has been introduced into the United States. It now grows everywhere in the Western Hemisphere and is common in Texas gardens. The husk tomato plant produces an edible fruit enclosed in a thick husk. The husk is brown and the fruit yellowish when it is ripe. The plants will grow to a height of three to four feet.

Storage - Fresh ripe husk tomatoes will keep in the refrigerator for about two weeks. If longer storage is desired, remove husks and place ripe fruit in sealed plastic bags and place in refrigerator. They may also be frozen whole or sliced.

Nutrition Information - Tomatillos are a good source of vitamin C.

Preparation - Remove husks and wash tomatillos. Remove skins if desired. Cook tomatillos either whole or cut in small pieces. Either way, steam them in a small amount of water in a covered saucepan for just about five to seven minutes. The result will be almost a sauce consistency, with the tiny seeds and bits of skin giving texture. Either add to other dishes or season with salt and pepper and hot chilies to taste and serve as a relish side dish.

Tomatillo Recipe

MEXICO

Tomatillo Salsa (Salsa Verde)

1 pound tomatillos, husks removed, rinsed, coarsely chopped
1/2 cup cilantro leaves
2 cloves garlic, roughly chopped
2 tablespoons diced onion
Salt

Place tomatillos in a saucepan and barely cover with water. Bring to a boil, then simmer until soft - about 10 minutes. Place half of the tomatillos in a blender jar. Add the cilantro, garlic, and onion. Blend until smooth. Add the remaining tomatillos, and pulse a few times, just enough to break up any larger pieces. Return sauce to the pan and cook for another 10 minutes. Season with salt.

Yucca Root



Seasons Availability

Yucca root is available year round.

Current Facts

This root's name is pronounced "yoo-ka," not "yucca," and is appreciated by nearly half of the world. It's definitely worth trying. If tapioca is a favorite, the yucca root will be, too. The flesh of this root, known as manioc or cassava, is used as a base for this pudding. Yucca is not Yucca, a genus of the bayonet-leaved showy plants of the Agave family.

Description/Taste

Resembling a long narrow sweet potato, the yucca root, pronounced YOO-ka, is covered with a pinkish-brown rough bark like skin. Waxy and tacky, this root usually weighs one-half to three pounds and is about one-and-one-half to four inches in diameter. Its bright pure white flesh is hard, heavy and dense with a topical like texture. The flavor offers a sweetness and butteriness, plus a pleasant chewy texture. The softly fibrous flesh is very starchy and turns nearly translucent when cooked.

Nutritional Value

An excellent source of iron, yucca root provides some niacin and calcium. One-half cup of cooked yucca contains about 40 calories. Eating five daily servings of fruits and vegetables lowers the chances of cancer. A recent study found that eating nine or ten daily servings of fruits and vegetables, combined with three servings of low-fat dairy products, were effective in lowering blood pressure.

Applications

Yucca can be sautéed, fried, boiled, stewed or added to stir-fries. Spicy and salty sauces pair well. Grated or boiled and pureed, yucca makes delicious breads, cakes and puddings. Deep fry or fry. Make fritters and chips. It absorbs and thickens stew and soup juices. To prepare, scrub and cut into two to three inch sections; cut a lengthwise slit in each section. Place a paring knife inside the slit and under the skin beneath the bark. Pull off bark and under layer to unwrap root. If some sections are difficult, cut off layers. Rinse well in cold water. To store, keep in the coolest part of the refrigerator. This root spoils rapidly and needs immediate attention after purchase. Boiled and drained yucca may be tightly wrapped and refrigerated for a few days. Freezing well, tightly wrap peeled chunks; freeze. Frozen yucca keeps several months. Yucca root should never be eaten raw.

Yucca Root Soup

Salt and pepper to taste

1 Yucca root -- peeled and cut into pieces

5 teaspoons veggie broth

5 cups Water (more if needed to cover the veggies)

2 Onions -- chopped and sauted in some of the broth

Salt and pepper to taste

Boil the yucca root pieces in the broth until tender (about 20 minutes) along with the sauted onion pieces.

When tender, put into the blender a portion at a time.

It thickens by itself. Add salt and pepper to taste.

It made about 4-5 good sized bowls of soup.

Serve with some good bread