

Health Benefit of Turmeric Root (aka Curcumin)

Fresh organic turmeric root is now available in our Laguna Farm store! Similar in appearance to the ginger root, turmeric is the spice that gives curry and mustards that beautiful golden yellow. Unlike Ginger, raw Turmeric is a bit bland with a slight pepper taste.

Used raw for centuries in Ayurvedic medicine, Turmeric has gained popularity in the West due to clinical studies of the active ingredient Curcumin, which comprises about 3% of the turmeric root.

Benefits of Turmeric include:

Natural Food preservative, anti-oxidant, Blood purifier, Diuretic, expectorant, wound-healer, aromatic, analgesic, germicidal, ant flatulent, anti-bilious, anti-inflammatory, bone setter and protector of the eyes and eye vision.

For a list of dosing suggestions for fresh Turmeric See www.ayurvediccure.com/directory/health-care.htm

Raw Turmeric - Easy Recipes

- Grate and add to salads.
- Slice thin, sprinkle with salt and enjoy!
- Run a thumb's length thru the juicer, drink the juice and sprinkle the fiber on your salad or next meal.

IT'S ZUCCHINI SEASON

"Zucchini and summer squash are kind of like the rabbits of the vegetable world: once they start reproducing, there's no turning back."

From Farmer John's Cookbook: The Real Dirt On Vegetables

So let's get ready for lots of zucchini by looking at alternative, easy recipes. Zucchini and cucumbers will be alternated in your box weekly during the zucchini season.

Raw Zucchini

Most of us think of zucchini as a vegetable to eat only cooked: pan grilled, in a ratatouille, or steamed and tossed with a little salt. But small, tender, locally grown zucchini are perfect to eat raw. Try using them like cucumbers.

EASY Raw Zucchini & Parmesan Salad

4 young, small zucchini
A block of good Parmigiano-Reggiano (don't try to make this recipe with cheese of lesser quality)
1 lemon
Extra virgin olive oil. Your best.

1. Using a mandolin, a ceramic kitchen slicer or a sharp paring knife, cut the zucchini into paper-thin slices. Place in a serving bowl.
2. Using a vegetable peeler, cut curls of Parmigiano-Reggiano so that you have about 1/2 cup of peels for 4 cups of zucchini slices.
3. Gently toss to combine, taking care to not have the cheese pieces break up too much.
4. Cut the lemon in half and squeeze over the zucchini and cheese combination.
5. Drizzle with about 3 tablespoons of olive oil.
6. Gently toss and taste. Add more lemon juice or olive oil to taste.
7. Add salt and freshly ground pepper to taste. Remember that the cheese is salty so you may not need much added salt.

If you're uncertain about adding the lemon and olive oil separately, combine about 1 tablespoon of freshly squeezed lemon juice and 3 tablespoons of olive oil together in a small bowl and drizzle this combination over the zucchini and cheese mixture. Toss and add salt and pepper to taste.
Serve immediately.

EASY Raw Zucchini w/Lemon & Basil

4 medium zucchini (about 1.5 pounds)
3 Tbs. extra-virgin olive oil
1 Tablespoon lemon juice
salt
10 large fresh basil leaves, cut into very thin strips

Grate, slice paper-thin or use vegetable peeler and slice the zucchini into long thin strips. You may refrigerate at this point for a couple hours or continue.

Cut the basil leaves into very thin strips and toss with the zucchini, oil, lemon juice and salt.

EASY Raw Zucchini for Two

2 small zucchini, cut into paper-thin rounds
1/2 lemon
2-3 T finely chopped dill, chives or any herb of your choice like BASIL would be nice
1 T finely chopped red, green onion
Salt and pepper
2 T crumbled ricotta or goat cheese
a few sprigs of mint

Arrange zucchini on a plate. Add salt and pepper. Squeeze lemon juice over slices. Scatter onion and chopped herbs on top.

Refrigerate at least 15 min. Before serving, crumble cheese on top and also tear up the mint and add to the salad.

Sneaky Chef's Corner

Want to sneak some extra zucchini into your family favorite foods?

Raw zucchini pasta

1. Grate raw zucchini and smother with their favorite pasta sauce ...PESTO is awesome.
2. Run zucchini thru a Spiral Slicer (only \$16.99 on the web) and make angel hair raw pasta or curly cues or flat zucchetti #2 We sold this in the store last summer and it was a big hit. Now you can make your own in your family's favorite pasta shape.

And some hot ideas that are even sneakier!

1. **Zucchini Pizza Crust!**
http://www.molliekatzen.com/recipes/recipe.php?recipe=zucchini_pizza
2. **Zucchini Pancakes** Puree raw and add to the pancake dough
3. **Zucchini "apple" crisp** Use sliced zucchini instead of apple in your favorite crisp recipe