

CORPUS CHRISTI PRODUCE CO.

August 2008 Newsletter

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Hot August nights make an extra special time to get in the shade, turn on the ceiling fans, enjoy a cool refreshing

citrus beverage and eat a fresh salsa or salad. If you want to make the salsa or salad special, you need to pump up the flavor with a little fresh Cilantro!

Cilantro is the leaf of the young Coriander plant which is one of the first herbs to be used by mankind, perhaps going back as far back as 5000 BC. It is mentioned in early Sanskrit writings dating from about 1500 BC. The Romans spread it throughout Europe, and it was one of the first spices to arrive in the Americas.

Cilantro leaves have a taste similar to parsley but "juicier" and with citrus-like overtones. The stems also have a strong odor and flavor. Leaves and stems pair well with hot and spicy foods, such as some found in the Southwest United States, Latin America, Southeast Asia, India, the Middle East, and in parts of northern Africa. Although we know Cilantro enhances most spicy foods – there are many people who really don't like the flavor or aroma. They will describe it as a pungent "soapy" smell. It is believed to be a genetic trait which causes folks of northern European decent to dislike Cilantro. This is a love or hate relationship and very few people are "on the fence".

Cilantro has an appetite "stimulant" quality and aids in digestion. So, serving salsa with Cilantro as an appetizer begins to make more sense. No wonder I can always eat so much Mexican food! Did you know that the essential oils of Cilantro leaves contain antibacterial properties and can be used as a fungicide.



If you are into holistic health and natural herbal benefits, you may find it interesting that chelation (removing toxins,

particularly heavy metals from the body) can be accomplished to some degree with Cilantro. One researcher found that patients who ate Chinese soup containing Cilantro excreted more toxic metals afterwards. If you are into "juicing" fruits and veggies – go ahead and add a handful of Cilantro and help yourself eliminate the heavy metal toxins that have been building up over the years.

Here are a couple of tips concerning this perishable herb:

*Selecting Cilantro (which is easily confused with flat-leaf parsley in appearance) is done with the eyes and nose. Look for a bunch with unwilted leaves in medium green, still moist with a citrus scent.

*Store Cilantro in refrigeration with cut ends

in a jar of water and leaves loosely covered with a plastic bag. It can be kept this way for several days by changing the water every 2 days. Or you can simply store your Cilantro in a plastic bag for about a week.

*Preparing Cilantro – just wash and pat dry before using.



Ready to boost your brain power!

(Answers at the end of the page – don't peak!)

1. True or False. The entire Cilantro plant can be eaten by humans.
2. True or False. Dried Cilantro is ground to make Cumin.
3. True or False. Cilantro is also called Chinese Parsley.

"Recipe of the Month"

A special thanks to Lena Olson Kutchinski for this month's featured recipe:



Colorado Cowboy Caviar

Ingredients:
1 can shoepeg corn drained and rinsed (you can use regular corn if

- you can't find shoepeg)
1 can black beans drained and rinsed
1 avocado chopped into small pieces
1 medium tomato chopped into small pieces
2/3 cup chopped Cilantro
2/3 cup chopped green onion

Mix the ingredients in a large bowl

- Dressing:
1/4 cup olive oil
1/4 cup red wine vinegar
2 cloves minced garlic (1 tablespoon pre-minced)
3/4 teaspoon salt
1/8 teaspoon pepper
1 teaspoon cumin

Mix dressing ingredients thoroughly in a small bowl then pour over the other ingredients and stir well. Serve with blue corn tortilla chips.... or not. © Optional – spice up the mix with a little lime and chopped Jalapeno.

(Special notice – this caviar is so good it may be addictive. We don't recommend eating this alone for fear of over consumption!!)

If YOU would like to share a favorite recipe, please email Margaret@ccproduce.com, or call Margaret Jataine. Next month's featured produce will be Yams! Get your recipes in quick!!



Margaret's Message:

"Last month we shared a little information about

trying to fight the high cost of gas and diesel. This month we're happy to say that by shopping smarter and making continuous improvements in our purchasing, shipping, and pricing processes that we are definitely seeing very positive results. By reaching out to many more produce growers and vendors throughout the U.S.A. we are getting great quality and maximizing our ability use every drop of freight fuel very efficiently. You should already be seeing our prices going down – not up like everyone else. We're passing this savings to all our customers! If you haven't used us in a while you need to call our office or use our on-line ordering system – find out how good these processes have become. See how you can save big on your next order! We are truly committed to getting you the best produce at the best cost."

**Answers to the Riddles:

1. True – Cilantro, the leaves of the Coriander plant are just one part of the plant that we eat. In Britain these leaves are simply called Coriander leaves. The stems and leaves are used widely in Chinese cooking and the roots are used most commonly in Thai cuisine. The seeds are in the dried herb section of the super market simply marked as Coriander and are used in many different foods.
2. False – Cumin is a completely different plant not related to the Coriander, but it is an essential ingredient in Mexican and Asian cuisines.
3. True – Yes, it is known as Chinese Parsley and is one of the most widely used herbs in the world.

Hey, by the way don't forget we carry:

- Pinto Beans
- Bok Choy
- French Fries
- Eggs
- Napa
- Grape Tomatoes
- Alfalfa Sprouts
- Leeks

and, as always-

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