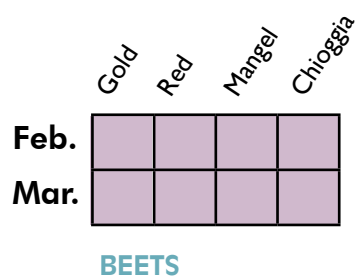
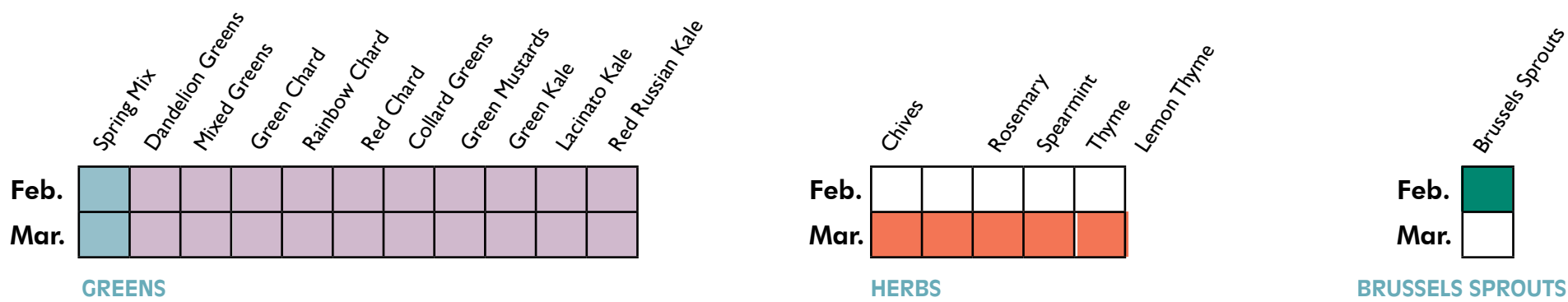
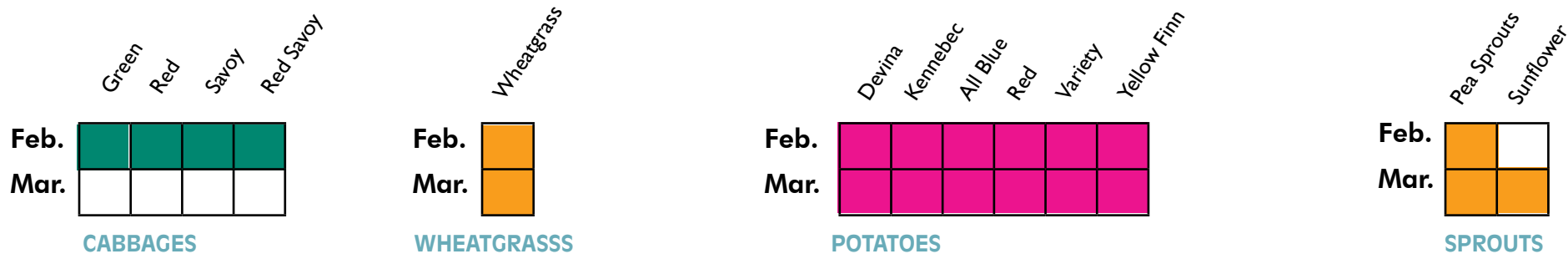
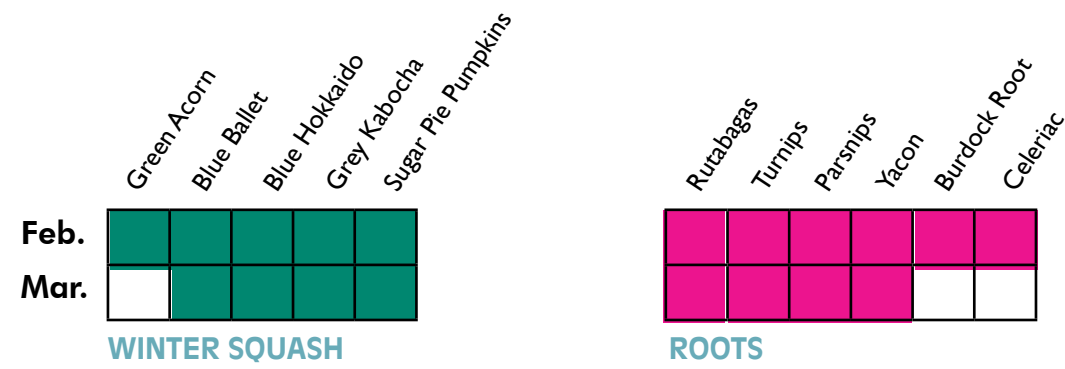


Local & in Season

Compiled by Alisha Stafford, Assistant Merchandiser

We are so blessed to have an abundance of talented, dedicated farmers who provide the Co-op with wonderful produce year round! See below to see 'what's growing on' for the months of February and March. Calendar based on best case scenario.



The Trust Your Source program provides detailed information on the sustainable practices of participating local farmers and producers. Find Trust Your Source profiles online at www.northcoastco-op.com or at Customer Service at both store locations.

LOCAL FARMER KEY

- Claudia's Herbs, Orleans**
Distance to Arcata Store 77.5 mi.
Distance to Eureka Store 84.7 mi.
- Feral Family Farm, Blue Lake**
Distance to Arcata Store 9.5 mi.
Distance to Eureka Store 17.4 mi.
- Little River Farm, Bayside**
Distance to Arcata Store 2.2 mi.
Distance to Eureka Store 6.5 mi.
- Mycality Mushrooms, Fairhaven**
Distance to Arcata Store 11.0 mi.
Distance to Eureka Store 6.6 mi.
- Neukom Family Farm, Willow Creek**
Distance to Arcata Store 40.3 mi.
Distance to Eureka Store 47.5 mi.
- New Moon Organics, Shively**
Distance to Arcata Store 52.0 mi.
Distance to Eureka Store 44.1 mi.
- Pierce Family Farm, Orleans**
Distance to Arcata Store 77.5 mi.
Distance to Eureka Store 84.7 mi.
- Vic Cook, Orland**
Distance to Arcata Store 202.1 mi.
Distance to Eureka Store 209.3 mi.
- Warren Creek Farm, Blue Lake Location**
Distance to Arcata Store 8.7 mi.
Distance to Eureka Store 16.0 mi.
Arcata Location
Distance to Arcata Store 6.3 mi.
Distance to Eureka Store 14.9 mi.
- Wild Rose Farm, Blue Lake**
Distance to Arcata Store 8.7 mi.
Distance to Arcata Store 16.0 mi.
- Willow Creek Farm, Willow Creek**
Distance to Arcata Store 40.3 mi.
Distance to Arcata Store 47.5 mi.

Skillet Collards Are Simple, Nutritious & Delicious

with Collard Greens from Wild Rose Farm in Blue Lake

By Alisha Stafford, Assistant Merchandiser

When I decided to embrace the life of a vegetarian, my world of vegetables expanded tenfold! There were so many new veggies vying for my attention, where to begin? I hadn't had much experience with collards, but I knew they were an excellent source of vitamin A, vitamin C, vitamin K, manganese, folate, calcium, and dietary fiber. They are also a very good source of magnesium, iron, vitamin B1, vitamin B2, vitamin B5, vitamin B6, vitamin E, protein, omega-3 fatty acids and potassium, to name a few others. It is also low in calories and has zero cholesterol. Have I mentioned how easy it is to prepare? Here's a simple, tasty way to introduce it into your diet.



Collards cooked to perfection. Photo by Amy Waldrip



Simmer collards for 5-10 minutes until leaves are tender. Photo by Amy Waldrip

Ingredients:

- 1 bunch Collard Greens (available year-round from Wild Rose Farm, Blue Lake)
- 2 tsp. olive oil
- 2 garlic cloves
- 1 lemon
- Freshly ground salt & pepper
- Red chili pepper flakes (optional)

Preparation:

- Wash collards and cut leaf away from thick stem. Compost stems (or use them as chicken feed!)
- Take cut leaves and stack on top of each other, then roll up like a burrito.
- Slice "burrito" into 1/2 inch slices, set aside.
- Mince 1-2 garlic cloves, set aside.
- Bring a quart of water to a boil in a skillet.
- Add 1 teaspoon sea salt and cut greens to skillet.
- Simmer uncovered 5-10 minutes, until the leaves are tender.
- Drain and press out any excess water.
- Dry skillet, add 2 teaspoons of olive oil and heat on medium high. Add cooked collard greens, heat through for around 5 minutes, stirring occasionally.
- Add freshly minced garlic, freshly ground salt, pepper and red pepper flakes. Squeeze fresh lemon juice to taste and serve immediately.



Roll leaves like a burrito & cut in 1/2" slices. Photo by Amy Waldrip