



Weekly Produce Newsletter

JUNE 21ST 2010

The produce contained in this box has been carefully grown and nurtured by a local family farm. We know you will see and taste the difference. Each plant has been lovingly cultivated, grown, and harvested at peak ripeness for a bounty of flavor that can only be achieved when product is local. Enjoy!!

LOCAL PRODUCE IN STOCK LOCAL PRODUCE



***Lee Farms** is located in Warren County Missouri. Rusty Lee, his wife and son, live on the farm-- integrating the growing of diverse vegetable crops with conventional grain crops, and livestock. Through diversification, the Lee Family is realizing their dream of maintaining their families' farming heritage. "The pride that comes from cultivating land, some of which has been farmed by our family for more than 100 years, is equaled only by our feelings for the crops we raise."*

***Thies Farms** is located in St. Louis County Missouri. Dave Thies and his brother Darrell, are the fifth generation of the Thies family to operate the farms and greenhouses. Their father Ed is still active on the farms. The Thies family farm is celebrating 120 years of growing at two locations consisting of 130 acres. Thies farm is fondly known as "The Farm in the City."*

OLE TYME PRODUCE • (314) 436-5010 • WWW.OLETYME.COM



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Is Now..



**We're changing our name to *Sunny Street Café*.
Enjoy the same great food, people and service.**

**Sunny Street Café...
A Bright Spot for Breakfast and Lunch**

Visit one of our three Missouri locations

Wildwood

Dierberg's Town Center
2480 Taylor Rd
Wildwood, MO 63040
636-273-4070 (p)

Wentzville

Dierberg's Crossing
1814 Wentzville Pkwy
Wentzville, MO 63385
636-639-7473 (p)

Arnold

Dierberg's Commons
850 Arnold Commons Drive
Arnold, MO 63010
636-287-9191 (p)



The same great food and service you love in our restaurants are now available at your next catered event!
Whether it's a small gathering or a large function, Sunny Street Café™ can do it all





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HEALTH MATTERS

Homemade Fresh Salsa: A Bowl of Good Health

Summertime is here and there's no better time for making homemade salsa using garden fresh tomatoes, onions and cilantro. This heart healthy recipe combines the best of ingredients to produce the perfect salsa. See how some of the best summer produce can also be great for your health:

Tomatoes: Tomatoes are loaded with lycopene, the nutrient responsible for giving them their bright red color. In studies lycopene has been shown to help lower high blood pressure and cholesterol levels. It has also been shown to help fight the signs of aging and help fight against certain cancers especially prostate and colon.

Garlic: Garlic has often been called nature's "cure-all". It has been touted to help aid in ailments from acne to high-cholesterol. In studies it has been shown to help boost the body's immune system, help to lower cholesterol, and help to control blood pressure.

Cilantro: Cilantro has been around for centuries, dating back to ancient Greece. It has been shown to help eliminate heavy metals in the blood, aid in nausea and digestion, and help to lower cholesterol levels.

Hot Peppers: Hot Peppers contain capsaicin, which has been shown to help lower cholesterol, boost immunity, and to reduce inflammation.

Recipe:

4-5 large tomatoes

½ cup red onion, chopped

½ cup green pepper, chopped

3-4 assorted jalapeno or serrano peppers, finely chopped

½ cup fresh cilantro, finely chopped

1 tsp each sea salt & pepper

2 tbsp lime juice

3 cloves garlic, chopped

¼ tsp each cumin and turmeric

1 tbsp vinegar

1/8 tsp paprika

1/8 tsp cayenne

¼ tsp red pepper flakes

½ tsp sugar

Finely chop all ingredients add spices and stir. For a more perfect mix, add all ingredients into food processor and chop together. Serve with all natural blue corn tortilla chips. If you are a master of spice, feel free to add a little habanera pepper to the mix but make sure to have a glass of water handy, your mouth will be on fire!

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THEY'RE HERE!!



Specialty Melons

Melons are in the same gourd family as squashes, cucumbers and pumpkins. In fact, they have a very similar structure to squash with thick flesh and an inner seed-filled cavity. So what's the difference between melons and squashes? It's really the way that they're used. Squashes are considered vegetables and generally need cooking; while melons are usually consumed raw as fruits and are known for their sweet and juicy flavor.

While there are a few varieties of melons that are now available year-round, summertime still brings the best selection and peak of sweetness for this fruit. Starting in May and continuing through September, there are some specialty melons that come in interesting shapes, sizes, colors and tastes.

IN STOCK



Casaba

Tough, wrinkled rind is a deep, rich yellow when ripe. Flesh is mild, very juicy and creamy white in color.



Crenshaw

Mostly smooth, golden yellow rind with a sweet, rich aroma when ripe. Thick orange flesh has a rich, distinctive flavor.



Juan Canary

Rind is smooth, firm and a deep, rich canary yellow when ripe. Its white flesh is very sweet and succulent.



Santa Claus

Rind is smooth with mottled dark green and light green stripes when ripe. Flesh is shades of light green, juicy and very sweet.

**As a special value, Ole Tyme will pack a mixed variety case
With at least one each of our specialty melons**

**BE SURE TO ASK ABOUT OUR
SUPER SWEET "KISS" MELONS**