

# ONE WORLD SPOKANE

July 2010



“Shipping is a terrible thing to do to vegetables. They probably get jet-lagged, just like people” - Elizabeth Barry

## Recipes

### Thai Slaw

Cabbage, shredded  
Carrots, grated  
Turnip greens, chiffonade  
Ginger, minced  
Curry paste  
Lime juice  
Rice wine vinegar  
Sesame oil

Take a spoonful of the curry paste and thin it out with the lime juice, vinegar, oil and a touch of water. Once the desired consistency is reached, toss in the vegetables & mix

### Watermelon Limeade

Watermelon, peeled, seeded, chunked and pureed  
Lime, zested and juiced  
Honey, agave nectar or raw sugar  
Combine equal parts melon and lime. One quart of fruit can be stretched out with three quarts of water. Sweeten to your desired level and enjoy on those blistering days! (add a sprig of that mint from the garden)

## WHAT'S NEW [WWW.ONEWORLDSPokane.COM](http://WWW.ONEWORLDSPokane.COM)

One World Cafe welcomes Chef Andrew Larson.

Andrew is part of Project Hope and partner of Riverfront Farms in the West Central Neighborhood. He is a graduate from INCA and has worked in many local restaurants. His passion is for Local food. He is excited to be preparing food from local gardens and the p.e.a.c.h. community farm.

Starting July 12th, One World Cafe will be open for lunch on Mondays 11 to 3.

And look for our CSL (Community Supported Lunches) coming soon. A healthy lunch delivered to you.

Having a party or headed to the lake this summer? One World is happy to announce that our deli case will be

stocked and operational by July 1st. A variety of fresh salads, deli items, beverages etc will be available for take out anytime between 10am until 4pm Monday through Wednesday or 10am until 8pm Thursday through Saturday. Most food items will be sold by weight.

One World continues with nutrition and cooking classes for adults, seniors and kids this summer. Check the website for more information. Classes will run from from 6 to 8 pm Weds

Don't forget the p.e.a.c.h. One World community farm stand located at the garden every Thursday from 4 to 7. Low income discounts. EBT cards

## Volunteers of the Month

### A Tale of Two Davids

**David Tremaine** has been landscaping and planting the garden. It's looking fantastic. Thank u David!

**David Braun** has overseen the Cob Oven project in the back patio across from the garden. We invite you to check it out. Great job !

## Groups

One World Cafe is happy to host two wonderful local groups.

The Spokane Holistic Chamber of Commerce meets the 1st Thursday of each month at noon. The Shrinking Violet Society meets the 2nd Saturday each month at 11.30