

Aroostook Garden **ACORN**

Winter Squash

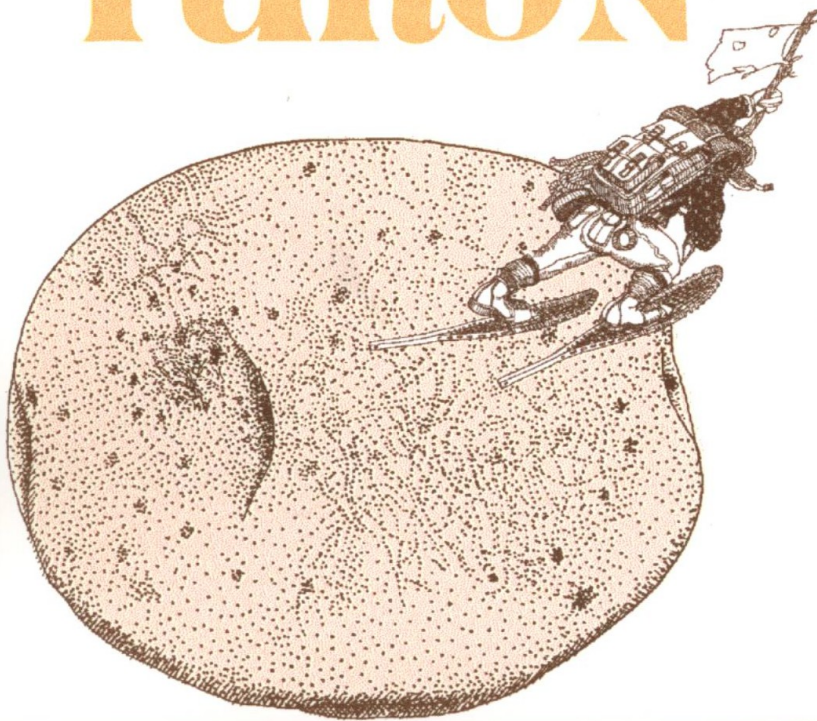
A powerhouse treat—an excellent source of beta-carotene, iron, potassium and dietary fiber. Divides nicely for two.

**Certified
Organic**



Aroostook Garden

YUKON GOLD



Light yellow and medium-dry textured, this potato is especially good baked, or in casseroles.

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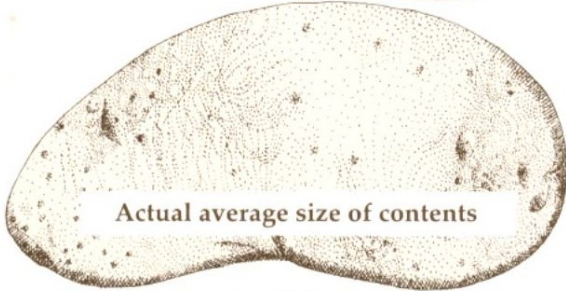


Variety:

Aroostook Garden CAROLA-YELLOW



A creamy-textured, yellow potato from Germany. Stays firm and colorful when steamed or boiled. Excellent for salads and casseroles.



Actual average size of contents

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Carola-yellow: A moist, firm-textured yellow potato; good for soups and salads.

Thin-Potato Salad

Thin-Potato Salad: A low-fat, hot potato salad

1 large Aroostook Garden onion	3 Tbsp vinegar
1 Tbsp olive oil*	1 tsp dried tarragon leaves
3 Carola-yellow potatoes	1 tsp salt
1 bay leaf	1/4 tsp black pepper

Remove top and bottom of onion and slice into strips 1/4 inch thick. Saute in olive oil until transparent. Wash, but don't peel potato; slice in half then in 1/4 inch semicircles. Add these to the onions with bay leaf, vinegar, tarragon, salt and pepper. Add enough water to just cover potatoes. Boil then reduce heat and cover. Simmer 30-45 minutes. Potatoes should be well-cooked. Stir gently to keep from sticking. Serves 4.

*Olive oil is preferred over other cooking oils in that it contains a high percentage of beneficial monounsaturated fats and has been shown to reduce blood levels of cholesterol in humans.

Potato Soup

Spicy Potato Soup: A low-fat, chase-the-chill soup

2 Tbsp olive oil*	2 tsp salt
1 cup chopped Aroostook Garden onions	1/2 tsp dill weed
1 cup Chantenay carrots	2 tsp paprika (or Cayenne to taste)
1 cup celery, diced	6 cups vegetable stock
5 Carola-yellow potatoes, diced	

Scrub potatoes (don't peel). Heat the oil in the soup pot and saute onion and potatoes until onions are transparent. Add stock with oregano, salt, dill, and paprika and bring to a boil. Add carrots and celery and simmer for 30 minutes, or until potatoes are tender. Serves 4-6.



Why Organic?

We are farmers and market gardeners in Maine who believe that in order for food to bring health to the consumer the food must be healthy by nature. No artificial growth stimulants, poisons, chemicals, dyes, radiation, or synthetic preservatives have been used in the process from seed to harvest to storage. Good, clean, rich soil; natural organic supplements and nutrients; pure water; hard work; the grower's foot prints, and the will of Nature have created what we sincerely believe are the finest, and purest foods available.

*Aroostook Organic Farmers
A non-profit, cooperative effort.*

Some suggestions for the use and preparation of this food are noted on the back of this label.