



NEWS LETTER

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Hi everyone!

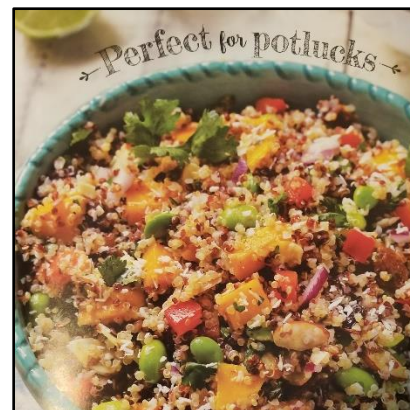
What a gorgeous summer we've had! Lots of hot days with some cooler breaks in between. Perfect for enjoying time outside and great for the garden! If you've got a crop of peas or tomatoes here's a wonderful new recipe to try! Just swap out the red peppers and edamame beans for your home grown tomatoes and peas!

California Quinoa Salad: Cook one cup quinoa per package instructions. You can mix it half and half white and red to add colour! Cool completely and add 1 cup diced mangoes (or peaches or nectarines), 3/4 cup edamame beans (or sliced snap peas or garden peas), 3/4 cup chopped red pepper (or your own tasty tomatoes), 1/2 cup sliced almonds, 1/3 cup raisins, 1/3 cup finely chopped red onion or shallots, 1/3 cup unsweetened coconut, and 3 tablespoons minced cilantro (or parsley if you're not a cilantro fan). For dressing combine 2 tablespoons olive oil, 2 tablespoons lime juice, 1 tablespoon balsamic vinegar, 2 teaspoons honey (or maple syrup). Toss together and season with salt and pepper to taste! Healthy and so YUM!

Source: *Yum & Yummer* by Greta Podleski

Want more great recipes! Make sure to enter this month's contest!

Cayden



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- [Moving up in a Buyer's Market](#)
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