

# Go Organic! for Earth Day Newsletter

July 2009

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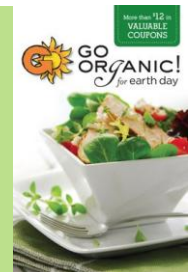
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Dear Andrea,

Summer is in full swing, which means great weather, longer days, and plenty of delicious, in-season foods. This issue provides some activities to make the most of your summer days, and tips on how to grow and create some seasonal specialties on your own!

## → Keep clipping for organic savings

Although Earth Day passed us by a few months ago, you can continue to use your Go Organic! for Earth Day coupons to support the well-being of both yourself and the environment. Each coupon book is packed with over \$12 of money-saving coupons that may be used through August 31st on all of your favorite organic brands!



To find participating grocery stores near you, visit the Go Organic! for Earth Day [store locator](#).

## → Get off the couch and into the great outdoors!



Take advantage of midsummer heat and relaxed schedules by planning some outdoor family fun! Biking paths and hiking trails provide multiple ways to get outdoors and get moving! Visit [Trails.com](#) to find the best outdoor destinations near you.

## → Dig up some great ingredients

Fresh produce is a key element in creating delicious meals for you and your family. Think you lack the time or attention span for growing your own colorful summer fare? [Mom-a-Licious](#), the official website of Go Organic! for Earth Day spokesperson Domenica Catelli, can get you growing your garden full of Italian herbs and vegetables. To get the details, check out the link to the [article](#), and then browse the rest of the site to get delicious recipes to use your freshly picked goods!



## → How does your city rank?

Ever wondered how your city stacks up environmentally against the rest of the United States? Earth Day Network has created the Urban Environment Report, a ranking of the environmental performance of 72 cities, taking into account over 200 factors such as air and water quality, toxic waste levels, and recreation opportunities. Visit the Earth Day Network [website](#) to view the Urban Environment Report and to find your city's green-factor.



## → Make your own sorbet



On hot summer evenings, few desserts taste more refreshing than juicy sorbet. It takes just five ingredients and a little freezing time to whip up this fruity treat.

### R.W. Knudsen Pomegranate Sorbet

#### Ingredients:

3/4 cup cane sugar

1/2 cup water

2 cups R.W. Knudsen Family® Organic Just Pomegranate Juice

1 cup R.W. Knudsen Family® Tangerine Spritzer

1 tablespoon grated orange or tangerine peel

#### Directions:

1. Combine sugar and water in a saucepan.
2. Stir over medium heat until sugar dissolves.
3. Bring to a boil.
4. Remove from heat and cool completely.
5. Stir in pomegranate juice, tangerine spritzer, and grated peel.
5. Transfer mixture to an ice cream maker and process according to the manufacturer's instructions.
6. Freeze until firm.

Scoop sorbet into chilled wine glasses, garnish with an orange peel, and enjoy!

For additional recipes, visit [R.W. Knudsen](#) on the web.



Have a fabulous July and remember to celebrate Earth Day everyday!

Sincerely,

The Go Organic! for Earth Day Team

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