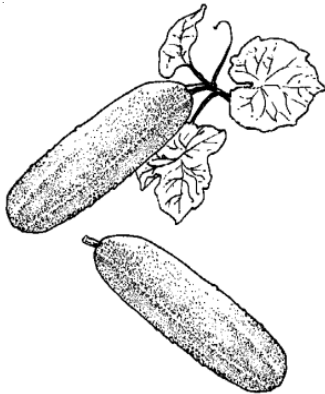


KIWI CUCUMBER SALAD*

1 large tomato seeded and cut into a 1/2 dice
1 cucumber peeled, seeded and cut into a 1/2 dice
2 green onions, chopped, greens only
A handful of cilantro, chopped
Kiwi Caribbean Sauce to coat
A pinch of sea salt

Mix all the ingredients together in a bowl. Serve with
grilled chicken or fish.

*Developed by Michael Dunkle at the
2004 Philadelphia Flower Show



KIWI COCONUT SHRIMP DIP

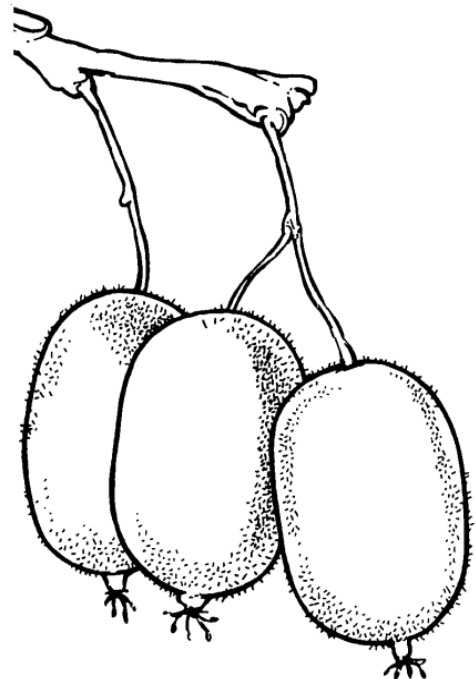
½ cup Kiwi Caribbean
1/3 cup cream of coconut

Mix together. Serve as a dip for shrimp or tofu.

For more information, please contact us at:
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www.taitfarmfoods.com



KIWI CARIBBEAN



KIWI CARIBBEAN CHICKEN & RICE

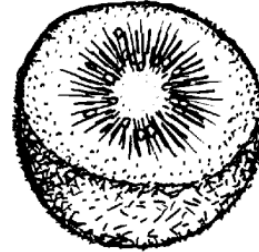
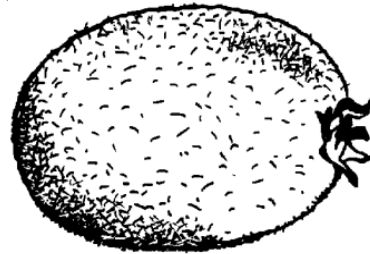
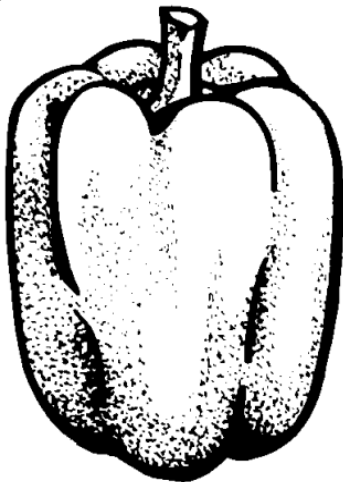
- 2 Tbs. oil
- 1 ½ cups chicken breast meat, cut in ½ inch cubes
- ½ cup green onions, sliced
- ½ cup red bell pepper, diced
- 3 cups of cooked rice (preferably basmati)
- ½ cup (or to taste) Tait Farm Kiwi Caribbean Sauce

Heat oil in a wok or skillet. Stir-fry the onions and peppers for 2 minutes. Add the diced chicken and stir-fry until the chicken is opaque. Add the cooked rice. Add the Kiwi Caribbean and stir well to combine. Serves 2.

CARIBBEAN BEANS

- 4 cups cooked black beans, rinsed well & drained
- 2 cups cooked pinto beans, rinsed well & drained
(or use all black beans)
- 4 scallions, sliced
- ¾ cups sweet red bell pepper, diced
- 1 - 1½ cups Tait Farm Kiwi Caribbean.....to taste
salt & pepper, to taste

Mix all ingredients together. Refrigerate over-night to allow flavors to meld.
Serves 6.



KIWI CARIBBEAN QUINOA SALAD

- 4 cups cooked quinoa
- 1/3 cup diced sweet red bell pepper
- 4 scallions, sliced
- 1 avocado, diced
- 1 medium tomato, diced
- ¼ cup of chopped parsley
- 2/3 cup Tait Farm Kiwi Caribbean

Mix all ingredients together and serve at room temperature or slightly chilled.

KIWI CARIBBEAN RICE AND SHRIMP SALAD

- 4 cups cooked white or brown basmati rice
- 2 Tbs. canola oil
- 2 cups cooked small shrimp
- 1 bunch of scallions, sliced
- 1 small sweet red bell pepper, diced
- ¾ cup (or to taste) Tait Farm Kiwi Caribbean Sauce
- Lettuce cups or hollowed out tomatoes

Add the oil to the cooked rice. Stir to coat well. Add the vegetables. Add the Kiwi sauce last. Combine well. Chill. Serve on lettuce or in tomato shells. Serves four for lunch.