



# APPLE PRESS

AUGUST 11-13, 2010

Endless Harvest Market: 7012- 1st Ave., Ymir Mail: Box 96 Ymir, BC V0G 2K0 tollfree: 1-866-825-4646

Lots of news from last week that bears repeating for those of you who didn't get an order.

## August is Eat Local Month!

A few years ago, Community Food Mattes organized an eat local campaign and challenge to encourage everyone to look at where their food comes from and to try to eat more local food. Although there's no official challenge this year, we still love to recognize August as Eat Local Month at Endless Harvest. To start off, all of the food in all of our boxes this week is locally or BC grown! The orchard boxes are the trickiest to make all BC grown except for in August when the orchards are pumping out the most delicious fruit around. Although I wouldn't exactly call the Cawston-Keremeos area 'local', it's still a relatively nearby location to source the types of BC tree fruit that don't grow abundantly here. What we would give for a Kootenay peach orchard... it's not quite as doable as we'd like it to be, because we can get late frosts here which damage the tender blossoms resulting in no fruit. However it's something that our friends over in Cawston can do very well, luckily for us! For the rest of the month, we'll endeavour to keep all the produce in all the boxes either locally or BC grown to take advantage of all of the delicious food we can get from our talented and persistent farmers. We hope you enjoy the bounty!

## Fruit Cases

Are you primed to do some preserving? We have some fruit for you! The fruit that we put in the boxes is #1 grade unless noted. The #2 grade fruit is ideal for preserving- this grade means it has some cosmetic damage like small scars, it might be slightly mis-shapen, or it might be a bit small. This does not affect the quality in any other way, however because of the lower price, it makes it the best pick for buying in bulk to preserve. It's just fine to eat fresh too! This week, we have #2 nectarines in the boxes, so that gives you an example of what #2 grade tree fruit is like.

- blueberries 5lb box- \$30.00
- blueberries 10lb box- \$52.00. Because of the heavier weight in the 10lb boxes, some of the blueberries might be a bit squished.
- peaches for preserving aren't quite ready yet.

Most people prefer to use the freestones, as the flesh easily separates from the pit. Freestones are ready a few weeks after the clingstones start (we have clingstones now). If you'd like a case of #2 clingstone peaches, the 20lb box is \$36.75.

## Important Delivery Info

Deliveries this week are one day later than normal due to the BC Day holiday on Monday August 2. Deliveries will return to their regular days next week. Velvet is gone dancing from Thursday August 5 to Tuesday August 10- I'll return your messages and emails once I get back.

As in previous years we will close for the last week of August for a little break from August 29-September 4. August is the slowest month of the year for us, with so many folks on holidays, or with sporadic summer schedules, or with your own gardens producing. We take this opportunity to have a little downtime ourselves, to rejuvenate us and prepare for our busy fall and winter season. Our Market will be open limited hours during this time. We appreciate the opportunity to have this short break- thank you very much and we look forward to seeing you again in September! Deliveries the first week of September, the 5th to the 11th, will be one day later than normal due to the Labour Day holiday on Monday September 6, and the office will be closed on that day.

How the break will work: If you aren't sure, please call our office and we'll go over your schedule with you. For everyone- no deliveries August 29-September 4.

~Biweekly deliveries: If you receive a delivery the week of August 18-20, your next delivery will come September 9-11, and will be one day later than usual as noted above. If you receive a delivery August 25-27, your next delivery will come September 15-17. If you would like an extra delivery either the week before or after the break, please let us know.

~As Needed deliveries: Your deliveries will come according to when you place your orders, however there will be no deliveries August 29-September 4.

## Order Info

### Box Contents

To find out what's coming each week, visit our website or call our office. We update the list every Saturday.

### Substitutions

You can make up to two subs per box by your order deadline. You can do unlimited permanent subs and we'll keep those items out for you automatically.

### Order Deadlines

All changes to your order, including cancellations, must be in by:

- Wed. delivery- Mon. noon
- Thurs. delivery- Mon. noon
- Fri. delivery- Tues. noon

### Box Types & Prices

- Basic- a balanced mix of fruit and veggies
- Garden- mostly veggies
- Orchard- mostly fruit
- Small box- \$33
- Large box- \$43
- Add-on- \$8- extra fruit &/ or veggies (you specify)

### Delivery Info

Please wipe out your box once you unpack it to keep the box clean. Place it outside, with your payment and newsletter bag for pick up on the morning of your delivery day.

This week's newsletter by Velvet, the organic goddess.



## IN THIS WEEK'S BOX

AUGUST 11-13, 2010

### This Week's Box

The apricot harvest hasn't been the best this year. Because pollination was so light in the spring, there aren't many available. This means that just about whatever the farmers are able to harvest is being sold as #1 grade. The apricots we have this week don't look as lovely as what we are used to getting, however they should taste just as nice. Any discolouration should not affect the fruits' inner beauty.

I find plums taste best when they are allowed to get quite soft- you can feel that there's lots of juice inside as the skin seems to get more taut over the flesh. You might think they are bruised but they are really just full of juice. The gold shiro plums may have some discolouration on the skin because the yellow easily turns brown from even the lightest touch. Keep the arugula dry and in your fridge. It is a very fragile green which will decay from moisture. Remove the tie and keep it in a plastic bag. Try to use it up this week- try it in salads or added to eggs, sandwiches, or pasta.

### Customer Appreciation Draw

Carmen Ambery wins an Endless Harvest goodie bag!



ITEM	AREA/CERT.	BASIC		GARDEN		ORCHARD	
		S	L	S	L	S	L
Apples- vista bella	Cawston, BC- SOOPA	☉	☉	☉	☉	☉	☉
Apples- early gold	Cawston, BC- SOOPA					☉	☉
Blueberries	Maple Ridge, BC- FVOFA					☉	☉
Peaches	Cawston, BC- SOOPA	☉	☉			☉	☉
Apricots	Cawston, BC- SOOPA	☉	☉			☉	☉
Plums- gold shiro	Cawston, BC- SOOPA	☉	☉	☉	☉	☉	☉
Plums- santa rosa	Cawston, BC- SOOPA					☉	☉
Potatoes- nugget	Grand Forks, BC- BOFA	☉	☉	☉	☉		
Summer squash	Tarrys, BC- KMG	☉	☉	☉	☉		
Broccoli	California- DCEA	☉	☉	☉	☉	☉	☉
Carrots- bunch	Glade, BC- KOGS			☉	☉		
Beets- bunch	Grand Forks, BC- FVOFA			☉	☉		
Beans- broad	Grand Forks, BC- BOFA	☉	☉	☉	☉		
Cilantro	Nakusp, BC- KOGS	☉	☉	☉	☉		
Arugula	Nakusp, BC- KOGS	☉	☉	☉	☉		
Kale	Tarrys, BC- KMG		☉		☉		
Onions- green	Surrey, BC- FVOFA	☉	☉	☉	☉		
Lettuce- leaf	Aldergrove, BC- OCPP	☉	☉	☉	☉		
Mushrooms	Abbotsford, BC- FVOFA					☉	☉

### Certifiers

KOGS- Kootenay Organic Growers Soc.; KMG- Kootenay Mtn Grown; QAI- Quality Assurance International; CCOF- California Certified Organic Farmers; OTCO- Oregon Tilth Certified Organic; USDA- US Dept. of Agriculture certified organic; BAC- Bio Agra Certified; FVOFA- Fraser Valley Org. Producers Assoc.; SOOPA- Similkameen Okanagan Org. Producers Assoc.

## Zucchini, Potato & Cilantro Soup

This delicious sounding soup is a great way to use up any zucchini your neighbours may have passed along to you. For an extra depth of flavour, try using pureed chipotle peppers instead of the jalapeno pepper. Top with diced fresh tomatoes, avocado, or a drizzle of thinned plain yogurt.

- 3 tbsp butter
- 1 tbsp (or more) chopped jalapeño pepper with seeds
- 1/4 tsp (generous) fennel seeds
- 1 (7- to 8-oz) potato, peeled, cut into 1/2" cubes
- 16-18 oz zucchini (about 1lb or 4 medium), trimmed, cut into 1/2" rounds
- 1 c chopped green onions
- 2 1/2 c low-salt veggie or chicken broth
- 1/2 c (packed) fresh cilantro
- 1 tsp (or more) fresh lime juice

Melt butter in heavy large saucepan over medium-high heat. Add jalapeno and fennel seeds; stir 30 seconds. Add next 3 ingredients; sauté 2 minutes. Add broth and bring to boil. Reduce heat to medium-low, cover, and simmer until vegetables are tender, about 15 minutes.

Purée soup in batches in blender, adding cilantro and 1 teaspoon lime juice to first batch. Return puree to same pan. Season to taste with salt, pepper, and more lime juice, if desired. Rewarm, if necessary, and serve.

Serves: 3-4 Source: [www.epicurious.com](http://www.epicurious.com)

“Deep summer is when laziness finds respectability.” ~Sam Keen