



# APPLE PRESS

AUGUST 18-20, 2010

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

## Important Delivery Info

As in previous years we will close for the last week of August for a little break from August 29-September 4. 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.

## Perfect Peaches

It's hard to choose from them all, but I'd guess that one of people's favourite summer fruits are peaches. The texture of the fuzzy skin, the fragrance, the sensual shape, the watercolour shading, not to mention the experience of biting into your first perfectly ripened, juicy peach... oh my! What a fruit.

There are several hundred of varieties of peaches, all of which are divided into two main groups: clingstone and freestone (there's also semi-freestone, a hybrid of the two, but we usually talk about the two groups). The type you are most likely to see at the start of August are early red havens, a clingstone. Clingstones are so named because the flesh sticks to the pit. These are the first peaches ready. A few weeks after the clingstones start, we get freestones- we are just starting to move into freestone season now. In

freestone peaches, the flesh easily separates from the pit. This makes them great for preserving or making pies, because it's so easy to remove the flesh from the pit. However some people say that clingstone peaches make better canned peaches. They are often juicier, sweeter, and smaller than freestone peaches. Which you pick for your purpose depends on how much work you want to do and what satisfies you for your end result. Freestones tend to be sold on a larger retail scale than clingstones, as the latter tend to be used up in commercial canning.

Peaches also come in yellow fleshed and white fleshed. The white fleshed peaches are not very common. They are lower in acid than the yellow fleshed ones and tend to be sweeter, although I don't find they taste as peachy. There's also donut peaches, which have a flattened look with a depressed centre- yes, like a donut. These are more of specialty item as well.

The red haven peach is one of the most popular and is often the standard to which all other peaches are compared. It was developed in the 1950's through a breeding program, and it has spawned all sorts of other 'havens'- early red haven fairhaven, glohaven, cresthaven are a few. The haven peaches are generally freestones, except early red haven which is a semi-freestone. Because peaches bruise so easily, they are picked under-ripe to prevent damage from shipping.

The longer a peach stays on the tree, the sweeter and juicier it will be. If you can plant a fruit tree in your yard, a peach is an ideal choice from that perspective, because tree-ripened peaches are so good. However the flower buds are quite sensitive to cold and the blossoms are easily damaged by late spring frosts. A peach tree may do well in your area if it's in a protected location or espaliered (trained to grow flat) against a wall of your house for warmth.

To care for your precious peach, handle it gently to prevent bruising. You can soften the peach by leaving it at room temperature for 24-48 hours. Although we usually call this 'ripening', technically the peach is already as ripe as it will be, and we are just making the flesh softer, which brings out the scent, flavour, and juice. It won't get any sweeter, but it certainly will get more delicious.

## 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 18-20, 2010**

**This Week's Box**

The strawberries we ordered for the orchard boxes were not very nice, so we've put in blueberries instead. We're still riding the wave of the local and BC harvest, and every we've put into the boxes is either locally or BC grown. We're really hoping that the corn from Canyon City Farm will be ready for next week's boxes. Things are still behind a few weeks because of the cool and rainy late spring. It's hard to imagine that now with all the hot sunny days we've been getting, but even that early weather affects the plants through their whole life cycle. We're just now getting the first green beans from Grand Forks where they are a week or so ahead of us—usually the ones from around here have been ready for a few weeks. Next week we're getting some purple and Italian beans from Earthy Organics in Fruitvale. And speaking of purple, Mobetta Farm has some all blue potatoes now— you might have some of them in with your potato mix this week.

**Customer Appreciation Draw**

Kym Elder 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	Abbotsford, BC- PACS					☉	☉
Peaches	Cawston, BC- SOOPA/PACS	☉	☉	☉	☉	☉	☉
Melon- galia	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				☉		
Peppers- green	Cawston, BC- PACS	☉	☉	☉	☉		
Carrots- bunch	Creston, BC- KOGS	☉	☉	☉	☉		
Beets- bunch	Grand Forks, BC- FVOFA	☉	☉	☉	☉		
Beans- green	Grand Forks, BC- BOFA	☉	☉	☉	☉		
Onions- sweet	Oliver, BC- OCPP	☉	☉	☉	☉		
Chard	Grand Forks, BC- BOFA	☉	☉	☉	☉		
Spinach	Aldergrove, BC- OCPP			☉	☉		
Tomatoes	Cawston, BC- PACS					☉	☉
Lettuce	Aldergrove, BC- OCPP	☉	☉	☉	☉		

**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.

**Vanilla Scented Plums & Berries**

This sounds heavenly! Although it calls for blackberries, you could just use more plums, or try some peaches or other soft fruit. What doesn't taste great with fresh vanilla? I suspect the sugar is on the high side, so start with just a bit- a tablespoon or two- and adjust to taste. The sugar helps to bring out the juice so you do want some of it. Serve this over weekend pancakes, with angel food cake, yogurt, ice cream, breakfast granola... The recipe was made to be served with an orange polenta cake and ice cream from [www.epicurious.com](http://www.epicurious.com).

- 4 large firm but ripe plums (preferably Santa Rosa plums), halved, pitted, cut into 1/3-inch-thick wedges (the size we have you'll need to use about 6-10)
- 1 1/2 c fresh blackberries or other fruit
- 6 tbsp sugar or to taste
- 1/2 vanilla bean, split lengthwise

Combine fruits and sugar in medium bowl. Scrape in seeds from vanilla bean; add bean. Toss to coat. Let stand at room temperature until juices form, tossing occasionally, about 1 hour. Can be made 3 hours ahead. Cover and chill.

Makes: about 5 cups  
Source: [www.epicurious.com](http://www.epicurious.com)

“Butterflies are self propelled flowers.” ~R.H. Heinlein