



APPLE PRESS

AUGUST 25-27, 2010

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

Important Delivery Info

This is our last week of deliveries before our one week 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.

Precious Plums

Although peaches usually get the most attention as far as summer fruits go, plums are right up there for being a delicious summer treat. I'd have to say they top peaches for me, because plums are really just at their best in the summer, while you can revisit the peaches of summer by freezing them for later use. A frozen plum is fine for baking with, but you miss the juice bursting out of the taut skin when you take your first bite (my trick for avoiding juice all over the place- nibble off a tiny bit of the skin then suck out some of the juice, then take a proper bite. You'll lower the pressure so you'll stay cleaner).

For me the key to enjoying a plum is waiting until it is properly ripe and soft. A plum can go from tart and firm to sweet and juicy in just 24 hours. Being patient with plums really pays off. When you get your plums, treat them as you do other BC soft tree fruit: handle gently, and leave them at

room temperature for 1-3 days to soften up and allow the juice and sugars to fully develop.

Usually with soft tree fruit, you'll want to feel the flesh give to a light press near the stem end, however with plums I prefer to wait past that level until the flesh feels quite soft, almost like it's mushy. That's when it's the sweetest and juiciest; a warm plum like this is heavenly. If you prefer to cook with your plums, you'll want to use them before that stage, when the flesh is still on the firm side.

We are at the height of plum season and there is a good variety available. There are over 2,000 types of plums, but as with most foods, we are limited to the types we can get. Plums are divided into two categories: European which are usually oval shaped, with blue and purple skins; and Japanese which are round and blue, purple, gold, green, or red skinned. One of the most popular plums is the Santa Rosa, a red skinned Japanese plum that is in abundance right now. Other tasty Japanese eating plums are shiro (or gold) plums, which are small and round, with yellow skin; elephant heart plum with speckled red skin and a pretty heart shape; the small cherry plums that are red skinned and look like large cherries; peach plums, yellow and red toned with speckles; and black friar plums, large and deep purple. Some plums are more suited to cooking than others. As with peaches, some plums are clingstone and some are freestone; with the freestone ones you can pop the pit out, however plums aren't labelled that way so it's up to you to find out. The European plums tend to be freestone, so look for oval blue and purple plums that are ready later in the season. Italian prune plums are a popular European plum, and are great for baking and preserving. Many people like them for fresh eating for both the flavour and the ease at being able to eat all the flesh off the pit- they are less messy than Japanese plums. I don't like them much for eating fresh, but I do love them for baking- they make a great plum pie or cobbler, where they turn bright red and resemble cherries.

Once we get back from our break, we'll be moving onto the Italian prune plums. Hopefully there will still be a few of the Japanese plums left to snack on!

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 25-27, 2010

This Week's Box

All sorts of colours in the boxes this week! The middle of August through September is one of the most delicious times of the year. For the whole month of August we've put nothing but BC and locally grown produce into all of the boxes! This week really says summer—eggplant, tomatoes, corn, beans, peaches, plums—so many colours and flavours.

The cantaloupe we ordered didn't come in with our order, so the orchard boxes have galia melon or more of other fruit.

Storage Tips: Eggplants are rather sensitive to the cold and moisture, so keep yours in a warmer spot in your fridge and dry. You could probably get away with keeping in a cool place in your house— it stores best at around 10°C, cooler temps cause chill damage. Moisture will cause it to deteriorate as well.

Keep your tomatoes at room temperature. Putting them in the fridge will cause the flavour to deteriorate. The corn obviously need to be in the fridge. For the best flavour, eat it today.

Customer Appreciation Draw

Graham Merth 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	☉	☉			☉	☉
Nectarines	Cawston, BC— SOOPA					☉	☉
Peaches	Cawston, BC— SOOPA/PACS	☉	☉	☉	☉	☉	☉
Melon— galia	Cawston, BC— SOOPA					☉	☉
Plums— mixed	Cawston, BC— SOOPA	☉	☉	☉	☉	☉	☉
Potatoes— new	Grand Forks, BC— BOFA	☉	☉	☉	☉		
Summer squash	Tarrys, BC— KMG	☉	☉	☉	☉		
Peppers— green	Cawston, BC— PACS		☉	☉	☉	☉	☉
Carrots— bunch	Creston, BC— KOGS	☉	☉	☉	☉		
Eggplant	Cawston, BC— PACS	☉	☉	☉	☉		
Beans— mixed	Grand Forks/Creston, BC—	☉	☉	☉	☉		
Corn	Cawston, BC— PACS	☉	☉	☉	☉	☉	☉
Radishes	Tarrys, BC— KMG	☉	☉	☉	☉		
Chard	Grand Forks, BC— BOFA			☉	☉		
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.

Grilled Marinated Eggplant

This sounds so good! I love grilled eggplant and the marinade will put it over the top. It gets high marks even from people who don't like eggplant (how is that possible, I wonder?). If you don't have parsley, try basil or rosemary, adjusting the amount for your personal taste. Try this as a side, appetizer, or in a sandwich on hearty bread with tomato, and mozzarella or swiss cheese.

1/2 c loosely packed fresh flat-leaf parsley leaves
 2 tbsps drained capers
 1 medium garlic clove, peeled and sliced
 1/2 tsp dried oregano
 1/4 tsp minced peperoncini or red pepper flakes
 1/4 c extra virgin olive oil
 Salt and freshly ground black pepper
 1 medium eggplant (3/4 lb), peeled, sliced about 1/3" thick
 3 tbsps balsamic vinegar

Finely chop the parsley with the capers and garlic. Add the oregano and peperoncini and chop everything together. Put the mixture in a bowl, stir in the oil, season with salt and pepper, and reserve.

Preheat an outdoor charcoal or gas grill or a grill pan until smoking hot. Put eggplant slices on the grill. Cook the eggplant until well marked, 3 to 6 min., then turn the slices over. Cook until tender, about 3 min. more. Remove the eggplant from the grill. Pour the vinegar into a shallow bowl. While still hot, dip each eggplant slice into the vinegar and set it aside on a plate. Continue grilling and dipping the eggplant until all the slices are cooked and seasoned.

Spoon 2 tablespoons of the parsley mixture onto a platter and spread it evenly with the back of a spoon. Arrange half of the grilled eggplant on the parsley in a single layer. Smear each slice of eggplant with more parsley. Place a second layer of eggplant on top and spread the remaining parsley on it. Cover the dish with plastic wrap and set aside to marinate at room temperature for about 2 hours (or refrigerate for longer). Serve at room temperature.

Serves: 4 as a side Source: www.epicurious.com

“Half our life is spent trying to find something to do with the time we have rushed through life trying to save.” ~Will Rogers