



APPLE PRESS

AUGUST 5-7, 2010

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

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 misshapen, 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.

-apricots #2 22lb box- \$27.75

-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.

-nectarines #2- 20lb box- \$36.00

-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 that you are not scheduled for, 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 5-7, 2010

This Week's Box

Oh summer! Some weeks it feels like there isn't enough time to eat all of the local and BC food that's around! My favourite vegetable right now is the basic green cabbage. It keeps well in the fridge, I can add it to almost anything (especially burritos, I eat a lot of those!), plus it tastes great raw. And the core is a good crunchy snack while you're cooking. What's your current favourite vegetable? Maybe these sweet nugget potatoes from Mobetta Farm in Grand Forks? We have two varieties- yukon gold and chieftans, which are red skinned. Mobetta also sent over some rainbow chard. The garlic scapes are from Earthy Organics in Fruitvale. We had them a couple weeks ago too. They are the fresh tops of the garlic that the plant sends up to set seed. Farmers cut the tops to encourage the plant to spend more energy making bigger cloves and bulbs- there's a tip for you gardeners out there! Use them anywhere you'd use garlic- they are extra tasty in potato salad- try them in the recipe below.

Customer Appreciation Draw

Betty Zarikoff wins an Endless Harvest goodie bag!



ITEM	AREA/CERT.	BASIC		GARDEN		ORCHARD	
		S	L	S	L	S	L
Apples- vista bella	Cawston, BC- SOOPA	☉	☉			☉	☉
Blueberries	Maple Ridge, BC- FVOFA					☉	☉
Peaches	Cawston, BC- SOOPA	☉	☉	☉	☉	☉	☉
Nectarines- #2	Cawston, BC- SOOPA	☉	☉			☉	☉
Apricots	Cawston, BC- SOOPA					☉	☉
Plums- gold	Cawston, BC- SOOPA	☉	☉	☉	☉	☉	☉
Potatoes- nugget	Grand Forks, BC- BOFA	☉	☉	☉	☉		
Summer squash	Tarrys, BC- KMG	☉	☉	☉	☉		
Broccoli	Delta, BC- FVOFA	☉	☉	☉	☉		
Carrots- bunch	Glade, BC- KOGS	☉	☉	☉	☉		
Turnips- bunch	Tarrys, BC- KMG			☉	☉		
Sprouts	Salmo, BC- KOGS					☉	☉
Radishes	Tarrys, BC- KMG		☉	☉	☉		
Parsley	Tarrys, BC- KMG	☉	☉	☉	☉		
Kale	Tarrys, BC- KMG		☉	☉	☉		
Chard- rainbow	Grand Forks, BC- BOFA	☉	☉	☉	☉		
Lettuce- butterleaf	Aldergrove, BC- OCCP	☉	☉	☉	☉		
Garlic scapes	Fruitvale, BC- KOGS	☉	☉	☉	☉		
Tomatoes	Fraser Valley, 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.

Grilled Potato & Summer Squash Salad

No grill basket? Me neither. How about laying the potatoes on the rack from your toaster oven and placing that on the grill? Expect it to turn black though. Or thread your taters onto skewers to grill. No red pepper? Nothing a few mushrooms or some grated carrot or broccoli stalk (added after the veggies are grilled) can't help out with. Time to grill!

3 tbsp fresh lemon juice
 2 tbsp minced shallot
 1 tbsp plus 2 tsp chopped fresh marjoram
 1 tsp finely grated lemon peel
 1/4 c plus 3 tbsp extra-virgin olive oil
 1 lb small fingerling potatoes unpeeled, halved lengthwise- the nuggets will work fine, just cut in half
 1 lb assorted summer squash cut on diagonal into 1/3" thick slices
 1 large red bell pepper, cut into 1" wide strips

Whisk lemon juice, shallot, 1 tablespoon marjoram, and lemon peel in small bowl. Gradually whisk in 1/4 cup oil. Season vinaigrette with salt and pepper. Prepare barbecue (medium heat). Place potatoes in large saucepan; add enough cold salted water to cover. Boil just until almost tender, about 4 minutes. Drain. Transfer potatoes to medium bowl. Add 1 teaspoon marjoram and 1 1/2 tablespoons oil; sprinkle with salt and pepper and toss to coat. Combine squash and bell pepper in large bowl; add remaining 1 teaspoon marjoram and 1 1/2 tablespoons oil. Sprinkle with salt and pepper; toss to coat. Arrange potatoes in single layer in grill basket. Grill until tender, 5 minutes per side. Transfer to large bowl. Grill squash and bell pepper until tender, turning occasionally, 10 minutes. Transfer squash to bowl with potatoes. Cut bell pepper into 1-inch pieces; add to vegetables. Add vinaigrette; toss. Season with salt and pepper. Serve warm or at room temperature.

"Do good by stealth, and blush to find it fame." ~Alexander Pope