



APPLE PRESS

DECEMBER 14-16, 2011

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

Holiday Delivery Schedule

Every year we take a little break around the holidays. Because of the days the holidays fall on, we are only closing for one week this year. There will be no deliveries the week of Dec 25-31.

Deliveries the first week of January will be one day later than normal due to the stat holidays that falls on Monday Jan 2.

For the every other week folks:

-if you receive a delivery Dec 14-16, your next delivery will be Jan 5-7 (one day later)

-if you receive a delivery Dec 21-23, your next delivery will be Jan 11-13.

Please let us know if you have any questions about the schedule. Thanks!

Marvellous Mandarins

Mandarins are a type of citrus fruit. Although we often consider a mandarin to be a type of orange, and we call them mandarin oranges, that might not be correct. Research using DNA has determined that an orange is more likely to be a type of mandarin than the other way around.

Mandarins originated in China over 3,000 years ago. Most mandarins are grown in there, however California-grown mandarins are common here, especially for organic fruit.

In North America, our mandarins usually fall into two of four categories: satsumas or common mandarins. The other two types, Mediterranean (or willowleaf) and king, are less common.

However, some people put mandarins into three groups: mandarin, satsuma, and tangerine.

Satsumas were developed in Japan about three hundred years ago. This is one of the most popular types of mandarins in North America, as it is very sweet, easy to peel, and seedless.

Clementines are a type of common mandarin. The name clementine is often interchanged with tangerine. Clementines have a spicier flavour than satsumas, and their skin isn't as easy to peel.

Some sources say a tangerine does not exist botanically. It's thought that tangerines were so named because years ago mandarins were exported into the Moroccan port of Tangiers before being sent on to the rest of Europe.

Nowadays, tangerine is most often used to refer to mandarins that have a reddish skin and seeds.

When choosing mandarins, look for a shiny, firm

skin, without any dull or soft spots. The colour of the skin does not indicate ripeness, and they will not ripen any further after picking. Some years mandarins will have more green on them than others; this is due to a lack of cold temperatures at night which is needed by the fruit to turn orange. It does not affect the flavour or quality of the fruit. So far this year's mandarins have a bright orange colour.

Mandarins do not keep as long as regular oranges. They store longest in the fridge in a loose plastic bag to maintain their moisture, where they will last for several weeks. You can keep them at room temperature, however not for as long, generally up to a week. Most people will eat them before they go bad though! Mandarins do taste best at room temperature, as that brings out their flavour and juice. If you buy a box, keep it in the fridge, only taking out as much as you will eat in a few days.

Mandarins have a similar nutritional breakdown as oranges do. They are particularly high in vitamin C and bioflavonoids, although they are not as high in these as oranges are. However, we probably eat more mandarins than we do oranges so we make up for it! Bioflavonoids are concentrated in the white part, or pith, of citrus fruit. It tends to be bitter, but the juicy sweetness of mandarins makes it more palatable.

Bioflavonoids have antiviral, anti-inflammatory, and antiallergenic properties, and so are good to eat more of during the upcoming cold and flu season.

Annual Holiday Donation Program

Our holiday donation program is going great! As of Dec 14, we've received over \$1400.00 from you! A short recap on how it works: We accept monetary donations from you and use it to buy produce at wholesale prices which is used to provide fresh organic produce and healthy food to local aid groups, who use it for hamper programs and Christmas dinners.

, so your dollar buys more than if you bought the same food at a store, and we will endeavour to match your donations! Every person who donates gets entered into our draw for a big gift basket of delicious produce and groceries! See the last two newsletters or our website for more details.

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 in the box, for pick up on the morning of your delivery day.

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



IN THIS WEEK'S BOX

DECEMBER 14-16, 2011

This Week's Box

Look at all the BC produce we have in the basic and garden boxes this week! Everything but the mandarins and the chard, and most of it is even local. It's so great to be able to enjoy the BC harvest in the middle of December!

Janet Spicer wants everyone to know that the dark green tops of her leeks are edible. We usually discard that part, but Janet says with the right preparation, they are delicious. Chop them into small pieces then add them to a dish where they'll get a long cooking time. I think they'd be excellent in the dish below either with or instead of the shallots, tucked down in between the potatoes. You can also use them to make vegetable or meat stock along with other veggies.

Storage Tips: Keep the delicata squash at room temperature. Too much cold or heat makes it decay faster. The winter squash this year isn't storing well, so I'd eat it soon. The skin of the delicata is thin enough to eat. Try cutting it into rounds and roasting them on a baking sheet, maybe with a pilaf filling.

Customer Appreciation Draw

Nicole Thomas wins an Endless Harvest goodie bag!



ITEM	AREA/CERT.	BASIC		GARDEN		ORCHARD	
		S	L	S	L	S	L
Apples- ambrosia	Cawston, BC- PACS	☉	☉			☉	☉
Apples- red delicious	Cawston, BC- PACS	☉	☉			☉	☉
Apples- gala	Cawston, BC- PACS		☉			☉	☉
Pears- anjou red	Cawston, BC- PACS					☉	☉
Pears- bosc green	Cawston, BC- PACS	☉	☉	☉	☉	☉	☉
Avocado	Mexico- BIO					☉	☉
Mandarins	California- CCOF	☉	☉	☉	☉	☉	☉
Oranges	California- CCOF					☉	☉
Persimmon- fuyu	California- CCOF					☉	☉
Potatoes- russet	Nakusp, BC- KOGS	☉	☉	☉	☉	☉	☉
Leeks	Nakusp, BC- KOGS	☉	☉	☉	☉	☉	☉
Parsnips	Glade, BC- KOGS		☉	☉	☉		
Beets	Creston, BC- KOGS	☉	☉	☉	☉		
Carrots	Creston, BC- KOGS				☉		
Squash- delicata	Creston, BC- PACS	☉	☉	☉	☉		
Shallots	Wyndell, BC- KMG	☉	☉	☉	☉		
Chard- green	California- Org Cert	☉	☉	☉	☉		
Mushrooms- crimini	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; PACS- Pacific Agricultural Cert. Soc.; BAC- Bio Agri Certified; FVOFA- Fraser Valley Org. Producers Assoc.; SOOPA- Similkameen Okanagan Org. Producers Assoc.

Crispy Potato Roast

This looks really pretty, like a dish of potato chips on end, with the tops deeply browned and crispy. It looks like a great Christmas dinner option- festive it up with minced red peppers or sun-dried tomatoes, and chopped green onion or leek greens. Smitten Kitchen suggests that you play around with the dish size to see what fits best with the potatoes you have by arranging them in the dish, then once you decide you can butter the dish and carry on. If you don't care as much about presentation, you can eyeball it.

- 3 tbsp butter, melted
- 3 tbsp extra-virgin olive oil
- Coarse salt
- 1/2 to 1 tsp red-pepper flakes (optional)
- 4 lb russet potatoes, peeled (you can sub in some yellow and red-gold too)
- 4 shallots, peeled
- 8 sprigs thyme
- Garnishes (optional): Bits of goat cheese, crumbles of bacon and/or bits of crisped pancetta

Preheat oven to 375°. In a small bowl, combine butter and oil. With a sharp knife or mandoline, slice potatoes crosswise very thinly. Figure out what baking dish you'd like to use; Martha [Stewart] suggests a 9-inch round baking dish (a deep dish pie pan would fit this bill) though I think you could go an inch bigger, an oval 1 1/2 to 2 quart dish might also be pretty. Once you've picked the dish that seems the best fit for your slices, pour a tablespoon or so of the butter/oil mixture in the bottom and spread it evenly. Sprinkle the oil mixture with a few pinches of coarse salt and red pepper flakes, if using; this will allow you to season both the top and underside of the potatoes. Arrange your potato slices vertically in the dish. Thinly slice shallots with your mandoline and slide shallot slivers between potato wedges, distributing them as evenly as possible. Brush with remaining oil/butter mixture. Generously season your dish with salt; go easier on the red pepper flakes, if using. Bake 1 1/4 hours, then arrange thyme sprigs on top and bake until potatoes are cooked through with a crisped top, about 35 minutes more. If casserole seems to brown too fast, cover it with foil to slow it down. Add any garnishes, if using, and serve immediately.

Serves: 8 Source: www.smittenkitchen.com

Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul. ~John Muir