



APPLE PRESS

DECEMBER 7-9, 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!

Delicious Red Delicious

The red delicious is an interesting apple. It's been grown in North America for commercial sale since about 1870. The name makes it sound like it's a wonderful apple. It looks like the perfect apple- so red and shiny. But unfortunately many people don't think so. Too many of us have eaten a red delicious in the middle of winter that is soft and mealy and we say, oh these are terrible apples, I don't like red delicious! Poor red delicious, it's not its fault. The problem is that we don't treat them properly. So we're going to change that!

Melissa and Seth at Vialo Orchard in Cawston grow our red delicious apples, as well as golden delicious, spartans, galas, and ambrosias. Melissa says that red delicious is one of her favourites. And since she has those other very popular and tasty apples to chose from, she must know the secret to a good red delicious!

First off, red delicious are not great storage apples- that's out first issue: you can't eat a red delicious apple in the middle of winter- or spring, yuck!- and expect anything good. Nor can you eat them right from the tree- they need time to mature. Melissa prefers to eat them in early December, when the starches have fully converted to sugar (after being kept cold then brought out to soften). The apple is a bit softer than when first picked, but it is very sweet. In addition, if you polish their pretty speckled red skin it makes them a very festive apple for December.

Keeping reds on the tree for a couple frosts makes it sweeter, but it is a fine line between frost and freezing, which will destroy the crop, so most times they are picked after just one frost if any. After picking, the red delicious needs time to sweeten and soften up. They need to sit at room temperature for 2-4 weeks. The warmth helps their sweetness come out, but too long and they get too soft. One clue is to watch for the background colour- which is green even though the apple is red- to turn yellow or white. It's easiest to see the green in the bottom dimples and the speckles. The other clue is to watch for the dull, powdery skin to turn waxy. You want to catch it just as it turns waxy, which is the breaking point between ripe and over-ripe; between just right and maybe too soft. However for your own preference you might prefer it to get fully waxy- it will be softer but also sweeter. These reds are ready to eat now- they are still crisp but also sweet. Keep them in the fridge if you aren't ready to eat them, but you'll want to enjoy them within the week. Did we change your mind about how good they can be? We hope so!

Annual Holiday Donation Program

Every year lots of you take part and help us provide fresh organic produce and healthy food to local aid groups, who use it for hamper programs and Christmas dinners.

We accept monetary donations from you and use it to buy produce at wholesale prices, 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 full details about the program.

As of the end of last week, we've already received \$1176.00 in donations from you! Wow! Last year by this time we had received \$540.00 so that's really exciting! Our recipients expect demand to be up this year so that's very helpful. Our produce wholesaler, Pro Organics, will be giving us 10% off the donation produce, and we've already received 30 cases (1200lbs) of apples and pears from our grower Shirlee Mae and our supplier Direct Organics in Cawston.

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 7-9, 2011

This Week's Box

The winter squash is storing well this year, so it's best to use yours right away. We've heard from 3 growers that this has happened— we think it's from early frost which effects the maturity of the squash.

Storage Tips: The bosc pears are ready to eat now, so keep them in the fridge or eat them right away. Remember that pears ripen from the inside out, so don't let them sit too long before you eat them. Keep the parsnips wrapped up and in the fridge. The oxygen makes them go brown— they are still fine to eat they just don't look as nice. To keep them white, submerge chopped pieces into water with a bit of lemon juice or vinegar added. Keep the collards in a plastic bag in the fridge. Use them as you would kale. They go especially well with smoked pork, and are good when braised. The persimmon is the fuyu variety, which is easier to ripen than the other types. Leave it at room temperature until it gets softer, similar to a peach. They are sweetest when they start to get mushy— eat immediately when ready.

Customer Appreciation Draw

Beth Lloyd wins an Endless Harvest goodie bag!



ITEM	AREA/CERT.	BASIC		GARDEN		ORCHARD	
		S	L	S	L	S	L
Apples— gala	Cawston, BC— PACS	☉	☉			☉	☉
Apples— red delicious	Cawston, BC—	☉	☉	☉	☉	☉	☉
Pears— anjou red	Cawston, BC— PACS					☉	☉
Pears— bosc bronze	Cawston, BC— PACS					☉	☉
Pears— bosc green	Cawston, BC— PACS	☉	☉			☉	☉
Grapefruit	California— CCOF					☉	☉
Grapes— red	California— CCOF					☉	☉
Oranges	California— CCOF	☉	☉	☉	☉	☉	☉
Persimmon— fuyu	California— CCOF					☉	☉
Potatoes— red gold	Nakusp, BC— KOGS	☉	☉	☉	☉		
Parsnips	Glade, BC— KOGS	☉	☉	☉	☉		
Peppers— green	California— CCOF			☉	☉		
Broccoli	California— CCOF	☉	☉	☉	☉	☉	☉
Yams	California— OCIA		☉	☉	☉		
Squash— buttercup	Creston, BC— PACS	☉	☉	☉	☉	☉	☉
Collards	Washington— WSDA	☉	☉	☉	☉		
Lettuce— romaine	California— QAI	☉	☉	☉	☉		
Onions— green	Mexico— CCOF	☉	☉	☉	☉		

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; FVOA— Fraser Valley Org. Producers Assoc.; SOOPA— Similkameen Okanagan Org. Producers Assoc.

Roasted Root Veggies with Ancho-Honey Glaze

This recipe originally called for a mix of parsnips, turnips, and rutabagas. Since we don't have all of those, I've altered it to be root veggies. Make sure to use the parsnips as their sweetness with work well with the chile glaze. Try other sweet veggies too like carrots, winter squash, yams, and potatoes. A nice addition for colour and texture would be some ribbons of collards added halfway through the roasting.

2 tbsp butter, melted, divided
 2 tbsp honey
 1 1/2 tbsp fresh lemon juice
 1 garlic clove, minced
 1 tsp chopped fresh thyme
 1/2 tsp ground ancho chiles (or other hot peppers) or to taste
 1/2 tsp ground cumin
 1/8 tsp ground cinnamon
 Pinch of cayenne pepper or to taste
 2-2.5 lb root vegetables
 1 1/2 tbsp extra-virgin olive oil
 Coarse kosher salt

Prep your veggies: peel if desired, then chop into about 1" pieces.
 Stir 1/2 tablespoon melted butter, honey, lemon juice, garlic, thyme, ground chiles, cumin, cinnamon, and pinch of cayenne pepper in small bowl to blend. Season to taste with salt. Let glaze stand at least 45 minutes to allow flavors to blend. Do AHEAD: Can be made 2 hours ahead. Let stand at room temperature.
 Preheat oven to 400°F. Line large rimmed baking sheet with parchment paper. Spread root veggies evenly on prepared baking sheet. Drizzle remaining 1 1/2 tablespoons melted butter and olive oil over; sprinkle with salt and pepper and toss to coat well. Roast until vegetables are soft and browned in spots, tossing occasionally, about 50 minutes.
 Pour glaze over vegetables; toss to coat evenly. Roast until glaze is absorbed and vegetables are browned, tossing occasionally, about 15 minutes longer. Serve warm.

Serves: 6 Source: www.epicurious.com

"It takes courage to grow up and become who you really are." ~e.e. cummings