



APPLE PRESS

FEBRUARY 24-26, 2010

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

Winter Citrus

In the middle of winter there's nothing like a dose of sunshine to keep us going until the spring comes. Citrus fruit from the southern states is a great way to get some if the sun doesn't shine on us, although we certainly have been getting a lot of sunshine lately! There's an abundance of citrus available right now; here's a description of the more common ones:

Grapefruit: There are several types of grapefruits, white, yellow, pink, and red. Grapefruits are very juicy with a strong, intense flavour. The white part, called the pith, quite bitter. The darker red the flesh is, the sweeter the grapefruit will tend to be. The varieties we offer most often are ruby pink and star ruby. The latter is darker red and sweeter. For the sweetest grapefruit, look for the less common rio red or star rio— anything with rio in the name tends to be the reddest and sweetest.

Kumquats: These are fun treats! They are the one citrus fruit that you eat whole, in fact the peel is sweeter than the insides, so make sure to eat it whole. They are very tart and sweet at the same time, and so addictive! You can eat them raw or cook them for only a minute to soften them up and mellow their flavour. Use kumquats in salads, salsas, or to make a sauce for chicken, fish, or a salad dressing.

Lemons: An old fruit from India, Egypt, and Iraq, these zingers are often used for medicine and as a prized treat. Lemon with honey, salt, or ginger is a traditional cold and gingivitis remedy. Lemons have a very tart and dry flavour, although they are juicy at the same time. Lemons are great to finish off a dish in need of more flavour: instead of adding more salt, try a squeeze of lemon to perk up your meal.

Limes: Tangy and fresh, these come from southeast Asia and Malaysia, and are very common in Mexico. Limes from Florida used to be pickled and saltwater and eaten as children's snacks. Historically, they have been used for indigestion, as a dewormer, and as an antiseptic. Like lemons, they will add more zip to your dish.

Oranges: These are probably the most popular citrus fruit, with navels and valencias being the most common varieties. Navel oranges have a dimple that looks like a bellybutton on one end, hence their name. They are an eating orange,

easy to peel and with few seeds. They have good flavour but usually aren't especially juicy. Valencia oranges are the juicier variety, and these are the type used most often for juicing, although they are great to eat as well. They tend to be quite sweet.

Cara cara oranges are a type of navel orange with pink flesh. They have a flavour reminiscent of ruby grapefruit but sweeter, with some floral notes. These were first discovered as a natural mutation in Venezuela in the mid 1970's.

Blood oranges are a wonderful orange that has a red blush to the skin and a deep ruby and orange flesh that gives them their name. They are quite flavourful, with a zingy, sweet, candy-like taste. Blood oranges are good to eat on their own, however their brilliant colour make them good to show off in meals. Their bright juice can be used as a base for salad dressings and marinades, and the peeled segments look lovely set off against salad greens.

Pomelo: These giants dwarf grapefruit as they get as big as a basketball! A common variety is called oro blanco, which usually looks like a large grapefruit and ranges around the size of a melon. They have a very thick skin, which needs to be peeled, so even though it looks big to start with, you'll have a smaller amount of edible fruit than you might expect. They have a flavour similar to grapefruits, but they aren't as bitter. A pomelo crossed with an orange created the grapefruit.

Tangelos: A cross between a grapefruit and tangerine that has been around since the late 1890's, this citrus is often grouped with mandarins. Minneolas are a popular variety; they have a knob, or neck, on one end which differentiates them from the other common variety, the Orlando. Both are juicy and sweet, with a mild flavour that to me has a touch of honey in it.

Tangerines: If you miss mandarin oranges, give one of these a try, as they are a type of mandarin. There is some confusion over these, as some say they aren't a botanical group, and sometimes they are called clementines. They have a sweet honey and floral flavour and tend to be seedy. They are easy to peel, and don't store well.

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

FEBRUARY 24-26, 2010

This Week's Box

Our supplier did not send all of our shallots, so the small basic boxes have onions instead.

Storage Tips: Keep the apples in the fridge in a plastic bag. They are nearing the end of their regular storage life. If you find them too soft for your liking, try cooking with them instead— make a pie of muffins, or try adding them, grated, to salad. We are awaiting the opening of the controlled atmosphere storage rooms, which will bring apples with fresh-picked flavour and texture, although at a slightly higher price.

Keep the baby bok choy in the fridge in a plastic bag. The little roots on the parsnips are fine— you can leave them on or trim them off. Chop the greens off the beet roots and store the greens and roots separately. Thinly slice the greens into ribbons and add to salad. Roast the roots when you are otherwise using the oven, then later make beet salad with goat cheese, orange segments, toasted nuts, and vinaigrette.

ITEM	AREA/CERT.	BASIC		GARDEN		ORCHARD	
		S	L	S	L	S	L
Apples— orin	Cawston, BC— SOOPA	☉	☉	☉	☉	☉	☉
Apples— fuji	Cawston, BC— SOOPA	☉	☉			☉	☉
Grapefruit	California— GOCA					☉	☉
Oranges— valencia	California— QAI	☉	☉			☉	☉
Tangelo— minneola	California— QAI					☉	☉
Lemons	California— QAI	☉	☉			☉	☉
Kumquats	California— CCOF	☉	☉	☉	☉	☉	☉
Kiwi	California— CCOF					☉	☉
Pears— anjou	Cawston, BC— PACS					☉	☉
Oranges— blood	California— CCOF					☉	☉
Avocado	Mexico— IFOAM					☉	☉
Potatoes— russet	Delta, BC— OTCO		☉	☉	☉		
Shallots	Surrey, BC— FVOFA		☉	☉	☉		
Onions— red/yellow	Cawston, BC— PACS	☉					
Peppers— red	Mexico— USDA	☉	☉	☉	☉		
Peppers— green	Mexico— CCOF			☉	☉		
Carrots	Creston, BC— KOGS	☉	☉	☉	☉	☉	☉
Broccoli	California— CCOF	☉	☉	☉	☉	☉	☉
Bok choy— baby	California— QAI	☉	☉	☉	☉		
Beets— bunch	California— QAI	☉	☉	☉	☉		
Lettuce— red leaf	California— QAI	☉	☉	☉	☉	☉	☉
Chard	California— QAI	☉	☉	☉	☉		
Peas— snow	Mexico— USDA	☉	☉	☉	☉		
Parsnips	Glade, BC— KOGS		☉		☉		

Customer Appreciation Draw

Kenny Konrad wins an Endless Harvest goodie bag!



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.

Crunchy Vegetable Egg Rolls

I made these for a Chinese pot luck- they are tasty and easy to make, and can be frozen before baking. I used a slightly different filling; feel free to experiment. Mine included red pepper, crimini mushrooms, and mung bean sprouts, with lots of green onions. Other options are bok choy, broccoli (try grated stalks), onions, tofu, and snow peas. Make a plum sauce by simmering 1/2c plum or apricot jam or jelly with 1/4 rice vinegar and 1/3c finely chopped green onions for 5 minutes. Or mix equal parts soy sauce and rice vinegar with a dash of toasted sesame oil and hot red pepper flakes.

2 tsp toasted sesame oil
 3 tbsps chopped green onions
 1 tbsps finely chopped garlic
 1 tbsps finely chopped peeled ginger
 3 c thinly sliced cabbage
 4 fresh shiitake mushrooms, stemmed, caps thinly sliced
 2 small zucchini, grated
 1 carrot, grated
 4 tsp soy sauce
 Egg roll wrappers

Preheat oven to 375°F. Spray heavy baking sheet with vegetable oil spray. Heat 1 teaspoon sesame oil in heavy large wok or skillet over medium-high heat. Add green onions, garlic and ginger; stir-fry 1 minute. Add spinach, mushrooms, zucchini and carrot; stir-fry until vegetables are crisp-tender and spinach wilts, about 3 minutes. Add soy sauce and stir to coat vegetables, about 30 seconds. Transfer mixture to colander and drain off liquid while cooling completely.

Place egg roll wrappers on work surface. Spoon about 1/3 cup of filling in 1x4" rectangle at one end of wrapper. Fold in short sides, then roll up tightly. Arrange seam side down on prepared sheet. [Optional— for extra crispness brush with oil, a mix of half toasted sesame, half vegetable.] Continue until all filling is used. Bake until wrappers are crisp, lightly browned, and filling is heated through, about 10 minutes. Turn once for even browning. Transfer rolls to serving plate. Serve warm with dipping sauce.

Makes: 10-15

Source: www.epicurious.com

"I am not a has-been. I am a will be." ~Lauren Bacall