



APPLE PRESS

FEBRUARY 3-5, 2010

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

Cara Cara Oranges & Tangelos

Cara cara oranges are a special mid-winter orange. They originated in Venezuela in 1976, when the orange was discovered as a mutation on a navel orange tree. It is thought to be a cross between a regular navel and a Bahia navel, however it's parentage is rather murky. What it has resulted in though is known: a delicious, sweet, pink-fleshed orange. The flesh looks similar to that of a ruby red grapefruit, and you can get a bit of grapefruit flavour when you taste it. They are often said to have a taste of cherries or raspberries, and I notice a rosy-floral aftertaste. They are quite sweet, low in acid, and very juicy. They are sometimes used in place of blood oranges (we are looking forward to those being ready soon); although the flavour and colour are definitely different, cara cara oranges are a good substitute when you want something beyond a regular orange.

Cara cara oranges were named for the ranch on which they were first found. Sometimes they are called red navel oranges. They began to be sold commercially in North America in the mid-1980's. They still tend to be considered a specialty citrus fruit, so they aren't as widespread as other oranges, although in the last couple years they have made more of a foray into the mainstream. Caras have a very short season, so make sure to enjoy them while we have them!

In the boxes this week we also have tangelos. How to tell them apart from the cara cara oranges? It's easy! The tangelos have a distinctive knob or neck on one end. Tangelos are a type of mandarin orange- they are a cross between a mandarin and a pomelo or maybe a grapefruit. The variety we have is the minneola, one of the more popular types. Sometimes they are called honeybell, because of their shape, however the proper name is minneola. They are easy to peel and have a sweet, sometimes honey-like flavour, with lots of juice, making them a great afternoon snack.

Coyowl Ranch Meat

Darlene Hergott of Coyowl Ranch came by last week with an order of her organic, grass-fed meat

for us. She makes the trip west from her southern-Alberta ranch every three to four months. We usually stock their ground beef and sausages; this time we added a variety of roasts, sirloin steak, beef short ribs, and even beef bacon. Some of these are limited quantity so now's the time to try them.

Coyowl Ranch is a certified organic farm through the Organic Crop Improvement Association (OCIA). The Hergott family has farmed organically for almost 20 years and has been certified organic for almost 10 years. The Ranch has about 100 head of cattle. Because of their strong beliefs in the humane and compassionate treatment of their animals, Coyowl takes their farming even further than most organic ranches. Coyowl closely monitors their animals and they have a slow, natural, and steady growth rate.

Conventional cows are raised to grow fast and get fat so they can go to market quickly. To do this they are given steroids and antibiotics. They are generally less than a year old when killed.

Coyowl raises their cattle for at least 1 1/2 yrs. All their cows are tame, calm, never handled inappropriately, and they are not branded. Coyowl believes that this humane treatment reduces the animals' stress leading to a healthier cow and healthier meat. The cows are humanely slaughtered and the meat is inspected to Provincial and Federal standards. Coyowl cows are killed immediately. They do not spend any time at a feedlot. Conventional meat is usually butchered within 24 hours of slaughter. To meet the Ranch's quality standards, the Coyowl animals are hung and aged for 2-3 weeks. This contributes greatly to the flavour and tenderness. grazed on Foothill grasses in the spring, summer, and fall, and are wintered close to home where they are fed organic hay. Coyowl cows never eat grains, which most conventional and even some organic cows do, although grains aren't a natural part of a cow's diet. This makes a healthier cow, and the meat is only 10% saturated fat, compared to up to 50% saturated fat found in conventional, grain-fed meat.

Coyowl does not use any steroids, hormones, herbicides, pesticides, or antibiotics on their farm or on their animals.

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 3-5, 2010

This Week's Box

Storage Tips: Keep the yams at room temperature. Putting them in the fridge will cause them to decay faster. They'll be quite happy just sitting on your counter until you are ready to use them. Remove the beet greens from the beet roots and store them separately in plastic bags. Use the greens as you would chard or kale. The centre ribs will bleed out their colour onto whatever else they are cooked with. They look nice thinly sliced into salads. This is likely the last of the BC-grown cabbage. It will keep, whole, for up to a couple months in your fridge. Leave the protective outer leaves on until you are ready to eat it. No need to wrap it up until it's been cut; once you'd started your way into it, wrap the cut end in plastic, or in a damp cloth. Cabbage is great thinly sliced in tacos or burritos. And of course with the beets and the cabbage this week, it's time to make borscht. Romaine lettuce keeps well if you wash it, then cut it into salad-sized pieces and keep it in your salad sinner or in a plastic bag for almost instant salad

Customer Appreciation Draw

Melanie McKenzie wins an Endless Harvest goodie bag!



| ITEM | AREA/CERT. | BASIC | | GARDEN | | ORCHARD | |
|--------------------|---------------------|-------|---|--------|---|---------|---|
| | | S | L | S | L | S | L |
| Apples- braeburn | Cawston, BC- SOOPA | | | | | ☉ | ☉ |
| Apples- fuji | Cawston, BC- SOOPA | ☉ | ☉ | | | ☉ | ☉ |
| Grapefruit | California- GOCA | | | | | ☉ | ☉ |
| Oranges- cara cara | California- QAI | ☉ | ☉ | | | ☉ | ☉ |
| Oranges- navel | California- QAI | | ☉ | ☉ | ☉ | ☉ | ☉ |
| Bananas | Mexico- USDA | | | | | ☉ | ☉ |
| Kiwi | California- CCOF | ☉ | ☉ | | | ☉ | ☉ |
| Tangelo | California- QAI | ☉ | ☉ | ☉ | ☉ | ☉ | ☉ |
| Mango | Mexico- IBBA | | | | | ☉ | ☉ |
| Avocado | Mexico- IFOAM | | | | | ☉ | ☉ |
| Lemon | California- QAI | ☉ | ☉ | | | ☉ | ☉ |
| Yams | California- COFA | ☉ | ☉ | ☉ | ☉ | | |
| Onions- red | Cawston, BC- PACS | ☉ | ☉ | ☉ | ☉ | ☉ | ☉ |
| Carrots | Creston, BC- KOGS | ☉ | ☉ | ☉ | ☉ | ☉ | ☉ |
| Beets- bunch | California- QAI | ☉ | ☉ | ☉ | ☉ | ☉ | ☉ |
| Cabbage- green | Delta, BC- BCCO | ☉ | ☉ | ☉ | ☉ | | |
| Parsnips | Glade, BC- KOGS | | ☉ | ☉ | ☉ | | |
| Peppers- red | Mexico- QAI | | | | ☉ | | |
| Chard | California- QAI | ☉ | ☉ | ☉ | ☉ | | |
| Mushrooms- crimini | Richmond, BC- FVOFA | ☉ | ☉ | ☉ | ☉ | | |
| Lettuce- romaine | California- QAI | ☉ | ☉ | ☉ | ☉ | | |
| Beans- green | Mexico- QAI | ☉ | ☉ | ☉ | ☉ | | |

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.

Cara Cara Orange and Beet Salad

Show off the cara cara oranges with this recipe. You might not think it at first, but olives and oranges go well together- something in their flavour is similar, yet at the same time the orange's juicy sweetness contrasts the olive's saltiness. Try serving this on a bed of steamed beet greens.

- 2 small beets (or 1 medium)
- 3 tbsp extra-virgin olive oil, plus more for drizzling
- 2 tsp hot pickled peppers, chopped
- 2 tbsp capers in brine
- 1/4 c olives (any hard, green olives), pitted and sliced
- 2 tbsp red onion, minced
- 1/4 c flat-leaf parsley, roughly chopped
- 2 tsp red-wine vinegar
- 2 cara cara oranges, peeled with pith removed
- Salt and freshly ground black pepper

Preheat oven to 350°. Place the beets in a small baking pan. Season with salt and pepper and drizzle with olive oil. Add a little bit of water to the bottom of the pan to keep beets moist. Cover pan with foil and roast for approximately 1 1/2 hours depending on the size of the beets. Remove pan from oven and let the beets cool. Peel and slice thinly and then cut slices into quarters.

In a small bowl, make beet salsa by combining the roasted beets, pickled peppers, capers, olives, onion, and parsley with the vinegar and 3 tablespoons of the olive oil. Season with salt and pepper.

Slice each orange into 4 or 5 rounds and arrange in a single layer on chilled plates. Season with salt and pepper and drizzle with olive oil. Spoon the beet salsa over the oranges and serve. Serves 2.

Serves: 2

Source: Franny's resaurant via www.nymag.com

"Who covets more, is evermore a slave." ~Robert Herrick