



# APPLE PRESS

JANUARY 11-13, 2012

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## Eating More Fruit & Veggies

For many of us, with the festive feasting season behind us and new year just starting, we're thinking about how we've been eating and if there's any improvements we can make. Some version of health improvement is among one of the top resolutions that people make. One of the easiest and most beneficial ways to improve our health is simply to add more fresh fruits and vegetables to our diet. Research shows that the majority of us don't eat enough fruits and veggies, and yet eating more of these can drastically and quickly improve our health. Both the Canadian Cancer Society and the Heart and Stroke Foundation say that eating more produce is one of the most effective forms of prevention of these diseases.

Here are a few tips to help you eat your fruits and veggies:

1. When filling your plate with dinner, look at the size that each type of food takes up. Slightly increase the percentage of vegetables, and decrease the percentage of other foods. It doesn't have to be a lot- even 10% if a great start. And figure out what a 'serving' is. For most fruits and vegetables, a serving is a small handful, not too much really, and easy to incorporate into your meal.

2. Try eating a larger variety of colours. Increasing the different colours in your diet- provided that the colours are naturally found in that food- will automatically increase the amount of fruit and veggies that you eat, as they have the widest variety of colours. Eating by colour can also be a fun way to get kids into eating more veggies: try making a game for both kids and adults to see how many different colours you can get into a meal, or make meals based on only one or two colours. The bonus about this is that colourful food is aesthetically pleasing, so we'll be more likely to find the meal appetizing.

3. If you want to eat a treat, eat a fruit or vegetable first, then eat maybe half of the of the treat afterwards. The fruit or veggie will fill you up, and provide some fibre to help prevent a sugar rebound from sweet treats. Or eat the fruit first then wait 15 minutes- you may find your craving has passed. Figure out what fruits and

veggies can sub in for common treats. Cooked apples, winter squash, and yams are sweet; kale chips are crunchy and can be salty; carrot sticks are crunchy and sweet.

4. Talk about it with your friends and family. Many people are interested in healthier eating. Share ideas that you find helpful, and get some in return. Exchange recipes to give your meals more variety. Applaud each others' innovative tips and successes.

5. Make sure your fridge is filled with lots of fresh vegetables. If you have the vegetables there, you are more likely to eat them; if your fridge is empty, you won't have any to eat. Figure out ways that work with your lifestyle to keep your kitchen stocked. Keep a few bags of pre-chopped frozen veggies on hand for quicker meals, or for when your fresh stock gets low. Get a slow cooker and get into the habit of using it so you come home to a warm, healthy, and delicious meal. Spend an afternoon or evening cooking and putting meals away in the fridge or freezer so you can have prepared food at the ready.

6. Track your eating to make sure you are getting in enough fruits and veggies each day. Make a scorecard for each person in your house with places to check each time you have a serving with the goal total for each day. Keep it on the fridge or carry it with you (is there an app for that?) Each time you eat, check the appropriate boxes for what you have eaten. Using the scorecard it's easy to see exactly what you are eating, where you can improve, and what you can eat less of.

These are just a few of the ways you can eat more fruits and veggies- I'm sure you can come up with more that will work well for you and your family. Remember that whatever changes you try, follow them for at least three weeks to ensure that they become easy-to-do habits. Keep an idea in your mind about why you are making these changes. Make small steps daily, and go easy on yourself if you flounder. And most importantly, make sure to enjoy what you eat.

Need more help or reasons to eat your veggies? Visit these websites:

-Health Canada: [www.hc-sc.gc.ca/fn-an/index-eng.php](http://www.hc-sc.gc.ca/fn-an/index-eng.php)  
-5 to 10 A Day Program: [www.5to10aday.com](http://www.5to10aday.com)

## 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

JANUARY 11-13, 2012

### This Week's Box

The yu choy didn't arrive at our supplier's, so we've subbed in baby bok choy instead.

I have to say I'm pleasantly surprised by some of the prices this week. After the holidays and weather driving up the price of greens, lettuce and chard have returned to prices we haven't seen for quite a while. There's a few surprises too with red peppers and green beans at summer prices. Enjoy the mid-winter bargains!

**Storage Tips:** The Asian and bosc pears are ready to eat. Store them in the fridge if you want to keep them a bit, but they'll be best eaten within 5 days or so. Asian pears don't get soft when ripe, they are ready to eat when they are picked. Leave the avocado at room temperature to ripen. The skin will turn darker green and the flesh will give to a light press near the stem end. Don't wait too long after it's ready, or it will turn brown inside. The same goes for the pears. Keep the apples in the fridge, best in a plastic bag to maintain moisture and crispness.

### Customer Appreciation Draw

Tina DeJong wins an Endless Harvest goodie bag!



ITEM	AREA/CERT.	BASIC		GARDEN		ORCHARD	
		S	L	S	L	S	L
Apples- gala	Cawston, BC- PACS	☉	☉			☉	☉
Apples- fuji	Cawston, BC- PACS		☉			☉	☉
Pears- bosc bronze	Cawston, BC- PACS	☉	☉			☉	☉
Pears- Asian	Cawston, BC- PACS	☉	☉			☉	☉
Avocado	Mexico- BAC	☉	☉	☉	☉	☉	☉
Limes	Mexico- Org Cert	☉	☉	☉	☉	☉	☉
Oranges	California- CCOF					☉	☉
Kiwi	California- CCOF					☉	☉
Tangelo	California- GOCA					☉	☉
Potatoes- red gold	Nakusp, BC- KOGS	☉	☉	☉	☉		
Leeks	Nakusp, BC- KOGS			☉	☉		
Onions- yellow	Nakusp, BC- KOGS	☉	☉	☉	☉		
Peppers- red	California- CCOF	☉	☉	☉	☉	☉	☉
Broccoli	California- CCOF	☉	☉	☉	☉		
Bok choy	California- QAI		☉	☉	☉		
Beans- green	Mexico- OTCO	☉	☉	☉	☉	☉	☉
Cilantro	Mexico- CCOF	☉	☉	☉	☉		
Chard- green	California- 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; PACS- Pacific Agricultural Cert. Soc.; BAC- Bio Agri Certified; FVOFA- Fraser Valley Org. Producers Assoc.; SOOPA- Similkameen Okanagan Org. Producers Assoc.

### Apple Sharlotka

This traditional Russian recipe is a great way to use the apples that are starting to get a bit soft. Pears will work too. Some reviewers suggest adding 1/2-1 tsp of baking powder to the flour to add some air to the batter, and adding cinnamon to the batter instead of otopop. Others say they toss the apples with the batter then put them into the pan together. Brown sugar can sub in for white, and whole wheat or spelt flour will probably work too. If you don't have a springform pan, you can reduce the recipe to fit a pie plate.

Butter or nonstick spray, for greasing pan  
 6 large, tart apples, such as Granny Smiths [sweet apples work too, reduce the sugar if desired]  
 3 large eggs  
 1 c granulated sugar  
 1 tsp vanilla extract  
 1 c all-purpose flour  
 Ground cinnamon, to finish  
 Powdered sugar, also to finish

Preheat oven to 350°. Line the bottom of a 9" springform pan with parchment paper. Butter the paper and the sides of the pan. Peel, halve and core your apples, then chop them into medium-sized chunks. (I cut each half into four "strips" then sliced them fairly thinly — about 1/4-inch — in the other direction.) Pile the cut apples directly in the prepared pan. Meanwhile, in a large bowl, using an electric mixer or whisk, beat eggs with sugar until thick and ribbons form on the surface of the beaten eggs. Beat in vanilla, then stir in flour with a spoon until just combined. The batter will be very thick. Pour over apples in pan, using a spoon or spatula to spread the batter so that it covers all exposed apples [You may want to shake the pan to encourage the batter to spread all the way around]. Bake in preheated oven for 55 to 60 minutes, or until a tester comes out free of batter. Cool in pan for 10 minutes on rack, then flip out onto another rack, peel off the parchment paper, and flip it back onto a serving platter. Dust lightly with ground cinnamon. Serve warm or cooled, dusted with powdered sugar. It would be delicious with a dollop of barely sweetened whipped or sour cream.  
 Serves: 10-14      Source: www.smittenkitchen.com

"When your dreams turn to dust, vacuum." ~Author Unknown