



APPLE PRESS

JANUARY 18-20, 2012

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

Citrus Sunshine

In the middle of winter there's nothing like a dose of sunshine to keep us going until the spring comes. And citrus fruit from the southern states is a great way to get some if the sun doesn't shine on us. There's an abundance of citrus available right now; here's a description of the more common ones. Some are ready now, some will be available within the next month... something new to look forward to in the season that sees us eating more storage crops.

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, is quite bitter. The darker red the flesh is, the sweeter the grapefruit will tend to be. Look for the varieties rio red and rio star for a sweet fruit. Ruby red are a popular mid-red coloured grapefruit.

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. Their short season is starting soon so make sure to give them a try.

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. very, very tart and dry flavour, although it's 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 are quite sweet.

Blood oranges aren't quite ready yet, but they will be shortly. They 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, very sweet, candy-like taste. Blood oranges are good to eat on their own, however their brilliant colour makes 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 gave rise to the grapefruit.

Tangelos: We have these in the boxes this week. 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 (this is what we have); 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. Honey tangerines tend to be seedy; murcott tangerines don't have as many seeds. Murcotts are actually a cross between a regular tangerine and an orange, which gives them the benefit of less seeds and being easier to peel. They have a sweet honey and floral flavour.

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 18-20, 2012

This Week's Box

Storage Tips: The purple viking potatoes have some surface marks, this is normal for this variety. They have a pretty purple and pink marbled skin which makes up for it! Keep the garlic at room temperature. The spinach should be stored in a plastic bag. Ideally, remove the tie first as it will cause decay around the stems. Don't wash it until you are ready to eat it. It's best not to wash lettuce before you are ready to eat it, however romaine is little more forgiving. Chop the romaine, wash and dry it, then keep it in a plastic bag in the veggie crisper. This gives you instant salad greens for when you need a quick dose of fresh greens. Parsnips go brown when exposed to air, so keep them tightly wrapped up. They'll keep for several months in the fridge, however you will notice some browning as time goes on. The apples need to be kept in the fridge. Mid-winter cold storage apples are best for baking and cooking. Keep citrus fruit in the fridge, or at room temperature for a short time.

Customer Appreciation Draw

Jayne Hadikin wins an Endless Harvest goodie bag!



ITEM	AREA/CERT.	BASIC		GARDEN		ORCHARD	
		S	L	S	L	S	L
Apples- gala	Cawston, BC- PACS	☉	☉	☉	☉	☉	☉
Apples- spartan	Cawston, BC- PACS		☉			☉	☉
Pears- anjou	Cawston, BC- PACS					☉	☉
Avocado	Mexico- BAC					☉	☉
Lemon	California- QAI	☉	☉	☉	☉	☉	☉
Oranges	California- CCOF	☉	☉			☉	☉
Grapefruit	California- QAI					☉	☉
Tangelo	California- GOCA	☉	☉			☉	☉
Pomegranate	California- CCOF					☉	☉
Potatoes- purple viking	Nakusp, BC- KOGS	☉	☉	☉	☉		
Leeks	Nakusp, BC- KOGS	☉	☉				
Parsnips	Glade, BC- KOGS	☉	☉	☉	☉	☉	☉
Carrots	Creston, BC- KOGS	☉	☉	☉	☉	☉	☉
Broccoli	California- QAI			☉	☉		
Garlic	Nakusp, BC- KOGS	☉	☉	☉	☉		
Beans- green	Mexico- OTCO	☉	☉	☉	☉		
Lettuce- romaine	California- Org Cert	☉	☉	☉	☉		
Spinach	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.

Curried Parsnip Apple Soup

Parsnips and apples are often found together in recipes. The curry powder counters their sweetness with some spice. Add some hot pepper flakes if you want to crank it up a bit more. You can saute the apple peels in a smaller amount of oil if you want to, or try garnishing it with toasted nuts.

- 1 tbsp unsalted butter
- 1 tbsp olive oil
- 1 c chopped onion
- 1 1/2 tbsp curry powder
- 6 c low-salt vegetable or chicken broth
- 1 1/2 lbs parsnips, peeled, cut into 1" pieces
- 2 medium apples
- 1 c plain whole-milk yogurt, whisked to loosen
- 1 c corn oil

Melt butter with olive oil in heavy large pot over medium-high heat. Add onion and sauté until translucent, about 3 minutes. Add curry powder; stir 30 seconds. Add broth and parsnips. Bring to boil. Reduce heat to medium-low; simmer uncovered until parsnips are soft, about 30 minutes. Remove from heat; cool 15 minutes. Working in batches, puree soup in blender until smooth. Return to pot. (Can be made 1 day ahead. Cover and chill.) Using vegetable peeler, remove apple peel in long strips; reserve. Quarter, core, and coarsely shred apples. Stir apples and yogurt into soup. Heat corn oil in medium skillet over medium-high heat. Slice reserved apple peel lengthwise into very thin strips. Fry peel in oil until golden and crisp, about 30 seconds. Transfer to paper towels to drain. Sprinkle peel with salt. Warm soup over medium heat, stirring occasionally (do not boil). Season with salt. Divide soup among 6 bowls. Garnish with fried apple peel.

Source: www.epicurious.com Serves: 6

"When I have money, I get rid of it quickly, lest it find a way into my heart." ~John Wesley