



APPLE PRESS

JANUARY 5-7, 2012

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

Welcome Back!

We hope you had a great holiday and got to enjoy delicious food, the company of family and friends, and whatever else you got up to.

Deliveries this week are one day later than normal due to the holiday on January 2.

Annual Holiday Donation Program

We had a great year with the holidays donation program! We received \$2082.00 in cash donations and we able to help provide food for people throughout our delivery area. Thank you! We picked a name from all of the people who donated to win an extra special gift basket, and the winner is...

Valerie Ganzert! Congratulations!

Cool Cabbage

After all of that exuberant eating over the holidays, it's nice to take some time to tone things down a bit and eat more simply. Cabbage is a great veggie for this of year. It's very versatile and tastes great in cooked in soups, or raw in a slaw. It's also one of the few BC-grown above-ground storage vegetables available at this time of year.

Cabbage is a part of the cruciferous group of vegetables, named after their four-petaled flowers which resemble a cross. This group includes broccoli, cabbage, kale, cauliflower, kohlrabi, brussel sprouts, turnips, radish, cress, horseradish, rutabaga, and mustard. Due to their high nutrient content, they are well-documented as being important to decrease the risk of cancers and heart disease, two of the biggest health concerns of North Americans.

In addition to being packed with vitamins and minerals, these vegetables are excellent sources of a large variety of phytonutrients. Phytonutrients are nutrients that do not fit into the traditional vitamin and mineral categories. They are not considered essential as vitamins and minerals are however it may only be a matter of time before we realize that they are essential to our health. We are discovering new phytonutrients all the time, which shows that healthy fresh food choices are really the best ways to get all of the nutrients your body needs.

The most studied group of phytonutrients in the

cruciferous vegetables are the sulfur compounds. Sulfur helps to disinfect the blood and protect our cells from the harmful effects of pollution, and it helps the liver to produce enzymes which deal with harmful substances in our bodies.

Cabbage is high in indole-3-carbinole, or I3C. A recent study from the University of California at Berkeley found that it reduces the activity of an enzyme that is related to breast cancer. This study followed numerous others which showed I3C prevented the growth of both breast and prostate cancer in mice. I3C has also been found to help women's bodies regulate estrogen production, and helps to break down excess estrogen. Start experimenting with new ways to eat all of the cruciferous veggies. One thing to try is to cook them less. Many people literally get a bad taste in their mouth from them because often they are over cooked. This brings out the bitter flavour and smell from the sulfur. Don't boil these veggies- instead try them lightly steamed, sautéed, or roasted.

When cooking your cabbage, borscht is a great place to start, as it's a simple recipe using basic ingredients that creates a tasty result. Another way I enjoy cabbage is to slice it very thinly and use it raw in tacos, burritos, or wraps. Make a hearty slaw that will keep crisp in your fridge for several days. It's a good way to boost your raw food intake in the depth of winter when the cold weather can make lettuce salads less appealing. A basic slaw of thinly sliced or grated cabbage tossed with grated carrot can be dressed with a simple mix of olive oil, vinegar, salt, and pepper. To store your cabbage, keep it in a loose plastic bag or wrapped in a damp cloth in the veggie crisper. Even if a cabbage's outer leaves are dirty, wilted, or damaged, you can leave them on as they will protect the inner leaves. Only remove them if they show signs of decay or mould. Cabbage should keep for at least a month in your fridge intact. Once cut, it will deteriorate quickly, so wrap the remaining cabbage up and use it within a week or two.

When removing your leaves, don't discard the core. Although not often used, I like to snack on it while I'm cooking. It tastes really good and can also be chopped up and added to whatever you are making.

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 5-7, 2012

This Week's Box

The parsley did not arrive, so you have extra of other items instead. As we move into the heart of winter, we come towards the end of cold storage apples, so you may start to notice they have a waxy feel (they naturally produce their own wax as they store) and are a bit softer. Once the controlled atmosphere storage rooms are open, we'll be back to crisper apples, although they'll be at a slightly higher price. Apples at this time of year are perfect for baking with. Fill a loaf pan with apples chopped into eighths, tossed with cinnamon and a bit of maple syrup, dotted with butter and the dish filled about 1/3 of the way up with water. Cover and bake until tender. Baked apples make a delicious snack or addition to breakfast oats, yogurt, or desserts.

Storage Tips: Keep the apples in the fridge, ideally in a plastic bag to maintain their crispness. They will soften too fast if you leave them at room temperature. The pears will do best in the fridge as well.

Customer Appreciation Draw

Lori Simon wins an Endless Harvest goodie bag!



ITEM	AREA/CERT.	BASIC		GARDEN		ORCHARD	
		S	L	S	L	S	L
Apples- mixed	Cawston, BC- PACS	☉	☉	☉	☉	☉	☉
Pears- anjou red	Cawston, BC- PACS	☉	☉			☉	☉
Pears- bosc green	Cawston, BC- PACS		☉			☉	☉
Avocado	Mexico- BIO					☉	☉
Mandarins	California- CCOF					☉	☉
Oranges	California- CCOF	☉	☉			☉	☉
Grapefruit	California- CCOF	☉	☉			☉	☉
Lemons	California- QAI	☉	☉	☉	☉	☉	☉
Potatoes- red	Creston, BC- KOGS	☉	☉	☉	☉	☉	☉
Cabbage- green	Delta, BC- FVOFA	☉	☉	☉	☉		
Parsnips	Glade, BC- KOGS		☉	☉	☉		
Beets	Creston, BC- KOGS	☉	☉	☉	☉		
Carrots	Creston, BC- KOGS	☉	☉	☉	☉		
Squash- delicata	Creston, BC- PACS			☉	☉		
Onions- yellow	Nakusp, BC- KOGS			☉	☉		
Lettuce- leaf	California- QAI	☉	☉	☉	☉		
Mushrooms- crimini	Fraser Valley, BC- FVOFA	☉	☉	☉	☉		
Spinach	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; FVOFA- Fraser Valley Org. Producers Assoc.; SOOPA- Similkameen Okanagan Org. Producers Assoc.

Cabbage & Beet Slaw

Don't like caraway seeds? Me neither. How about cumin, thyme, or savoury instead? Instead of beets, you can use some grated carrots- no need to roast them first though. Put your beets in the oven when you are doing other baking, or make an evening of roasting them in the same go as some squash, garlic, and apples for later use.

2 medium beets, trimmed
 4 c thinly sliced cabbage
 1 1/2 tbspcider vinegar
 2 tsp Dijon mustard
 2 tsp grated orange peel
 1 tsp honey
 6 tbspcider oil
 1 tsp caraway seeds
 Chopped fresh parsley

Preheat oven to 375°F. Wrap beets in foil. Bake until tender when pierced with knife, 1 to 1 1/2 hours. Cool. Peel beets [optional]. Cut into 2 x 1/4 x 1/4-inch strips. Place in medium bowl. Place cabbage in large bowl. Combine cider vinegar, Dijon mustard, grated orange peel and honey in small bowl. Gradually beat in oil. Add caraway seeds. Pour enough dressing over beets to coat. Pour remaining dressing over cabbage and mix. Season both salads with salt and pepper. Arrange cabbage around edge of platter. Mound beets in centre. Garnish with parsley and serve.

Serves: 4 Source: www.epicurious.com

“Patience is also a form of action.” ~Auguste Rodin