



Apple Press

JANUARY 6-8, 2010



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

This is the last week of deliveries before our two week break- we'll see you in the new year!

Welcome Back!

It's great to be back after our holiday break! We hope you had an enjoyable holiday with your friends and families. We all had a fairly busy time- Fawn, Ashleigh and Chris all moved houses, Chris entertained his visiting sisters for 'Sistmas', Aron had some downtime with his partner and young daughter in their new house (lots of moving going on in Ymir lately!), and Velvet went on a short family tour to Princeton and the Okanagan.

Annual Holiday Donation Program

We had \$1369.00 in donations come in this year thanks to all of you! This included a couple generous donations from some Beaver Valley organizations. If you are interested in your social group or workplace participating next year, please let us know. You can specify where you would like the donation to go or leave it up to us. We sent out food to:

- Castlegar: Legion hampers, soup kitchen Christmas dinner
- Fruitvale: Community Chest hampers
- Nelson: Food Cupboard hampers, Salvation army hampers, Family Place hampers, Kootenay Christian Fellowship Christmas dinner, Women's Centre
- Slocan: Community Centre hampers
- Trail: Salvation Army hampers, the Sanctuary Christmas dinner, Transition House

Congratulations to Lorna Whitcutt who won our draw for a goodie bag of delicious food!

Healthy New Year!

It's almost inevitable that a fair portion of us examine ourselves at this time of year, regardless of whether we make resolutions. Food and health tends to be a common consideration- I know it is for me! Here's a some ideas that I like to use when I think my diet needs a kick in the pants:

1. A three week ban on junky food: Sweets can be addictive- sugar gives us an instant energy boost but it results in a later energy crash. Salty, crunchy foods can be easy filler. For me, a ban works well because it breaks the habit

and reliance on the sugar and salt. Stock up on healthy snacks like dried fruit and raw nuts, and always carry a small bag of them, along with some water, so you are ready when you get hungry and thirsty.

2. Have cooked brown rice and soup in the fridge: If you prepare yourself, you can make it easy and fast to eat healthy food. A big pot of soup can feed me for a few days and I don't have to think about if I have time to make dinner. Brown rice is great to have at the ready: cook up some vegetables in less than 10 minutes, add the rice to heat it and some sauce and you are done.
3. Eat less processed foods: The more a food is tampered with, the less healthy it tends to be, and the more expensive it is. Processed food is packed with salt, sugar, preservatives, and all sort of other unneeded ingredients. Fill your kitchen with basic ingredients, use them to make your own prepared foods, and you'll be eating healthier and saving money.
4. Eat more fresh vegetables: Research shows that the majority of us don't eat enough fruits and veggies, and yet eating more of them can drastically and quickly improve our health. 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.
5. Get outside and be more active: Make it a habit to go for a walk every day and look at the beauty around you. Sign up for a fitness class or schedule your own fitness time first thing in the morning before anything gets in the way to distract you. Get up to the one of the ski hills to bask in the sun when there is an inversion. Physical activity and sunshine releases endorphins that help us feel better and being out in the fresh air and sun can do wonders to see us through the winter blahs.
6. Enjoy what you eat: Taking the time to make a good meal and really savouring it is an important part of being healthy and living well. Too often we eat on the go or gulp something down mindlessly. Make a point of adding at least one more slow and conscious meal to your week.

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

JANUARY 6-8, 2010

This Week's Box

Canyon City Farm is on holidays until this week, so we'll have their carrots and beets back next week.

We weren't able to wrap up the year as smoothly as we had hoped— you may have noticed that we have been without our delivery truck for the last while. It was at our mechanic's, Bill's Motor Inn, for an extended... errr... holiday. Just as we got it back in time for the Dec 16-18 deliveries, we had a 5 hour power outage in Ymir which fried our main computer and both of our printers! Yikes! Thanks to the quick action at Lang's Business Systems we salvaged our hard drive, and with a borrowed printer, we limped out of the year. Everything appears to be working properly now— we have our truck, a new printer, and our back up computer on full duty— so we are hoping we've covered all of our drama bases for a while. Thanks for your patience with recent late deliveries, missing newsletters, and random oddness! We're pretty sure it will be smooth sailing now... that's how it works, right?

Customer Appreciation Draw

Seasonn Holmes wins an Endless Harvest goodie bag!



ITEM	AREA/CERT.	BASIC		GARDEN		ORCHARD	
		S	L	S	L	S	L
Pears— bosc	Cawston, BC— SOOPA	⊗	⊗			⊗	⊗
Apples— orin	Cawston, BC— SOOPA	⊗	⊗	⊗	⊗	⊗	⊗
Apples— spartan	Cawston, BC— SOOPA	⊗	⊗			⊗	⊗
Grapefruit	California— GOCA					⊗	⊗
Lemon	California— QAI	⊗	⊗	⊗	⊗	⊗	⊗
Oranges	California— GOCA	⊗	⊗			⊗	⊗
Bananas	Mexico— USDA					⊗	⊗
Kiwi	California— CCOF					⊗	⊗
Mandarins	California— CCOF					⊗	⊗
Mango	Mexico— USDA					⊗	⊗
Avocado	Mexico— IFOAM					⊗	⊗
Potatoes— yukon	Fraser Valley, BC— OTCO	⊗	⊗	⊗	⊗	⊗	⊗
Leeks	California— CCOF		⊗	⊗	⊗		
Carrots	Creston, BC/California	⊗	⊗	⊗	⊗	⊗	⊗
Beets	Creston/Fraser Valley, BC	⊗	⊗	⊗	⊗		
Parsnips	Glade, BC— KOGS	⊗	⊗	⊗	⊗		
Peppers— green	Mexico— QAI		⊗	⊗	⊗		
Broccoli	California— CCOF	⊗	⊗	⊗	⊗	⊗	⊗
Cabbage— green	Delta, BC— BCCO	⊗	⊗	⊗	⊗		
Garlic	California— CCOF	⊗	⊗	⊗	⊗		
Lettuce	California— QAI	⊗	⊗	⊗	⊗		
Parsley	California— CDFA	⊗	⊗	⊗	⊗		
Spinach	California— 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; USDA— US Dept. of Agriculture certified organic; BAC— Bio Agra Certified; FVOFA— Fraser Valley Org. Producers Assoc.; SOOPA— Similkameen Okanagan Org. Producers Assoc.

Beet & Cabbage Borscht

Mmmmm, borscht— so tasty and so good for you with all that beets and cabbage. Add more veggies if you'd like, such as carrots, celery, and more potatoes.

3 tbsp olive oil
 3/4 lb russet potatoes, peeled, chopped
 2 1/2 c chopped green cabbage
 1 large onion, chopped
 8 c (or more) vegetable broth
 6- 2" diameter beets, peeled, chopped
 1 c drained canned chopped tomatoes
 1 tbsp fresh lemon juice
 sour cream
 chopped fresh parsley
 lemon wedges

Heat oil in heavy large pot over medium-high heat. Add potatoes, cabbage and onion and sauté until cabbage softens, about 5 minutes. Add 8 cups broth, beets and tomatoes. Bring soup to boil. Reduce heat and simmer until vegetables are tender, about 30 minutes.

Optional: working in small batches, puree 4 cups of soup in blender; return to remaining soup in pot. If desired, add more broth by 1/2 cupfuls to thin soup. Add lemon juice; season with salt and pepper.

Ladle soup into bowls. Top with dollop of sour cream; sprinkle with parsley. Serve, passing lemon wedges separately.

Serves: 4

Source: www.epicurious.com

"Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instil in us." ~Hal Borland