



APPLE PRESS

JULY 21-23, 2010

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

Dill-ightful Dill

Dill is such a delight to the senses with its lovely fragrance and pretty fern-like leaves. It seems to be the perfect herb for early summer, cool and earthy. The dill we have this week comes from Jeanine and John at Earthy Organics in Fruitvale, the same farm that brought us the garlic scapes last week.

The name dill comes from a Norse word, dilla, which means to soothe or calm. It has been found to contain a calming agent- it has been used as a sedative- and it also helps to calm digestion. It is a great herb for people to use who have intestinal gas. Dill water can be given to colic-y children. Dill is part of the Umbelliferae family, along with parsley, carrots, and celery. They are so named because of the flowers they send up which spread out to form umbrella-like clusters of flowers. In ancient Roman and Greek times, it was considered to be a sign of luck and prosperity. Roman gladiators rubbed their skin with the leaves before fighting to help keep them calm. Dill is mentioned in old Egyptian texts, and was found in the tomb of the pharaoh Amenhotep II who ruled around 1400BCE. It has been used to protect against witchcraft, and as an ingredient in love potions.

Dill is a good source of iron, calcium, and other minerals, although we don't usually eat it in large enough portions to compare with vegetable sources. Some of its volatile oils have antibacterial effects. They have also been found to stimulate milk flow in nursing mothers. It's best to eat dill fresh, as dried dill leaves don't have anywhere near the flavour or scent. Dill is a natural partner for lemon. It goes well with mild cheeses, like a soft goat cheese, and is delicious mixed into a sour cream or yogurt based dip. To make a dip with yogurt, drain yogurt in a colander lined with a few layers of cheesecloth. Put the colander into a bowl and leave it to drain at least a few hours or overnight. This will thicken the yogurt. Mix in a small amount of lemon juice, some finely grated lemon zest, and fresh dill, salt, and pepper to taste. Try making pesto with dill instead of basil. Swirl the pesto into soup, use it to dress fish or eggs, or mix it into a salad dressing, using a bit more oil and some mild vinegar like a white wine vinegar,

along with lemon juice.

Delivery Notes

Do you have a garden? We have options for you! The orchard box gives you lots of delicious fruit and during the summer we put only 2 types of veggies in it, both of which are ones you are not likely to be harvesting at that time. It's the ideal garden-mate. The custom box lets you choose everything you receive, so you can get just the veggies you are missing, or load up on fruit. You can also order only groceries if you prefer. Please let us know if you want to change your default box to either of these so you don't miss out on any of our tasty organic food!

The hst is here. All applicable items now have 12% hst included in their prices. It only applies to items that were previously subject to gst. These are household supplies, salty snacks like chips, sweets such as chocolates, and sodas. Basic groceries, including produce and other staples, are not subject to the new tax.

If you have a cooler place for our driver to leave your order, such as a shaded porch, garage, or inside a basement door, please let us know.

Local Farm Report

This will probably be our last week of sugar snap peas- it's just too hot for them now, and they are getting too big and starchy. Crisp green beans will soon be ready to replace them. Canyon City Farm in Creston says that their beans are a few weeks behind schedule. Randy thinks it's due to the cool, wet spring we had. Other crops are slow too. Gary up in Argenta at Tipiland was eager to get his carrots out early, but now he thinks they seem a bit slower too- they aren't maturing as quickly as he thought they would. This could well be our last week of cherries. At Vialo Orchard in Cawston, Seth said they only harvested 20% of their regular load. This week are cherries are from just up the road from him, Mennel Orchard- these are lapin cherries. Hopefully we'll be able to squeeze one more week in. Ruth at Glade Valley Garden brought us some amazing raspberries this week. We're hoping that she'll have enough to sell bulk. She isn't quite sure yet as the harvest has just started- we'll keep you posted!

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

JULY 21-23, 2010

This Week's Box

BC fruit is fully underway! This is our first week of apricots and peaches– yum! Shirlee Mae, our usual apricot grower in Cawston, was hit hard by blossom freeze-out, so her harvest is much lower than normal. We hope we'll get some of her beauties because she grows the loveliest apricots around. These ones are pretty nice though! Make sure that you leave your apricots and peaches at room temperature to ripen. If you bit into them now they will be too hard and tangy. A few days or more on the kitchen counter will soften them up nicely. The stem end should give to a light press and there should be no more green tone on the skin, if there is any when you get yours. The first peaches are clingstones. They are not the type usually used for preserving as the flesh clings to the pit, making it hard to slice. However some people think that clingstones stay firmer and make a nicer canned peach. If you are interested in #2 clingstones for canning, please let us know. Otherwise we'll have #2 peaches and apricots later in the season.

Customer Appreciation Draw

Fée Lapalme-Leblanc wins an Endless Harvest goodie bag!



ITEM	AREA/CERT.	BASIC		GARDEN		ORCHARD	
		S	L	S	L	S	L
Cantaloupe	California– Primus	☉	☉			☉	☉
Oranges– valencia	California– QAI	☉	☉			☉	☉
Grapefruit	California– GOCA						☉
Apricots	Cawston, BC– SOOPA	☉	☉	☉	☉	☉	☉
Cherries	Cawston, BC– SOOPA	☉	☉	☉	☉	☉	☉
Blueberries	Maple Ridge, BC– FVOFA					☉	☉
Raspberries	Glade, BC– KOGS					☉	☉
Kiwi	New Zealand– IFOAM					☉	☉
Avocado	Mexico– IFOAM					☉	☉
Bananas	Mexico– USDA					☉	☉
Potatoes– warba	Delta, BC– OTCO	☉	☉	☉	☉		
Summer squash	Tarrys, BC– KMG	☉	☉	☉	☉	☉	☉
Onions	California– CCOF	☉	☉	☉	☉	☉	☉
Cabbage– green	Surrey, BC– FVOFA	☉	☉	☉	☉	☉	☉
Beets– bunch	Surrey, BC– FVOFA	☉	☉	☉	☉		
Cucumber	Tarrys (KMG)/Salmo, BC			☉	☉		
Dill	Fruitvale, BC– KOGS	☉	☉	☉	☉		
Chard	Grand Forks, BC– BOFA	☉	☉	☉	☉		
Kale	Tarrys, BC– KMG		☉	☉	☉		
Beans– green	Delta, BC– OTCO	☉	☉	☉	☉		
Lettuce– crisphead	Tarrys, BC– KMG	☉	☉	☉	☉		

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.

Vegetable Couscous with Goat Cheese & Beets

This recipe might be good with quinoa too. If you don't have a ramekin, simply mound the couscous onto your serving plates and garnish as suggested. You could make this ahead as a cold salad; keep it covered until it's time to serve so it doesn't dry out.

- 1 tsp chopped fresh dill
- 1 tsp finely chopped fresh chives
- 1/8 tsp black pepper
- 1 (4-oz) piece soft mild goat cheese from a log
- 2/3 c water
- 1/2 tsp salt
- 4 tbsp olive oil
- 1/2 c couscous (3 oz)
- 1/4 c diced red onion
- 1/2 c diced zucchini
- 1/2 c diced red bell pepper
- 1/4 c fresh corn kernels
- 1 small beet (about 2" dia.), trimmed
- 1 tbsp Sherry vinegar

Stir together dill, chives, and pepper on a plate, then roll cheese in herb mixture to coat sides (not ends). Wrap cheese in plastic wrap and chill.
 Bring water, salt, and 1 tbsp oil to a boil in a 1-quart saucepan. Stir in couscous, then cover pan and remove from heat. Let stand, covered, 5 min.
 Heat 1 tbsp oil in a 12" skillet over moderate heat. Cook onion, stirring, 1 min. Add zucchini, bell pepper, and corn; cook, stirring, until zucchini is bright green, about 3 min. Season with salt and pepper and transfer to a bowl.
 Fluff couscous and stir into vegetables, then season with salt and pepper.
 Peel beet and cut half of beet into very thin slices (less than 1/8" thick), then stack slices and cut into thin matchsticks. Rinse, pat dry, then transfer to a bowl. Whisk together vinegar, 2 tbsp oil, and salt and pepper to taste. Add 1/2 tbsp dressing to beets; toss to coat.
 Fill ramekin with couscous, pressing it firmly into mold with a rubber spatula. Invert ramekin onto a salad plate and carefully unmold. Make 3 more on 3 more plates. Top each with some of the beets. [You might want to serve each mound on top of a pretty beet leaf.]
 Unwrap cheese and cut crosswise into 4 equal slices with a lightly oiled knife. Arrange 1 slice alongside each couscous mound and spoon remaining dressing around mounds.

Serves: 4 Source: www.epicurious.com

“Pleasure is the flower that passes; remembrance, the lasting perfume.” ~Jean de Boufflers