



APPLE PRESS

JULY 28-30, 2010

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

Amazing Apricots

Apricots have a 3-4 week season. There's quite a few varieties, divided into early, mid, and late season. Usually we get all of our apricots from Shirlee Mae in Cawston, however her trees were very much affected by a cold weather in the spring and most of her blossoms froze out. We're still hoping that we can get some from her, but in the meantime we have them coming from other Cawston sources.

Apricots, like peaches, are rather fragile and do not travel well. They are harvested a bit under-ripe so they survive travel and don't get bruised. Be gentle with yours, especially once they are ripe. The colour of the flesh is only part of the way to tell when they are ripe. When ready to eat, there should be no green background, instead it will be golden, yellow, or orange, and it may have a red blush or red speckles on the skin. The flesh will be quite soft— some people like to wait until the apricot is very squishy before eating it, and others prefer it firm. You can usually smell an apricot fragrance when it's ready to eat as well. Keep your apricots at room temperature to ripen, and then store them in the fridge if you aren't ready to eat them. They'll last for a few days once ripe. You can hold off the ripening by keeping them in the fridge for a week or so before putting them out to ripen, but apricots treated this way will sometimes lose some of their flavour. Do not wash your apricots until you are ready to eat them.

The parents of today's apricots were grown in China, found there about 4,000 years ago. After travelling to Persia and the Mediterranean, they were brought to North America by Spanish explorers in the 1700's. They were grown in large quantities even back then, in California. The Latin origin of their name means 'precious', so called because of their being among the first of the summer tree fruits to be ready, and I'm sure as well because of their golden colour. They are a drupe, a single stone fruit, like peaches, and they are a member of the rose family.

Apricots get their lovely golden glow from a high amount of beta carotene. They also have lots of vitamin C, E, and minerals including potassium and boron.

You can grill apricots by sliding chunks or

quarters onto a water-soaked wooden (or metal) bbq skewer. Brush then lightly with honey, cooking over low heat, and turning frequently until softened— these are great on their own, or served with fish, salad, or ice cream. Last week I added apricot chunks to a mixed veggie and tofu skewer. Brushed with bbq sauce and grilled until tender and slightly browned, they add a nice bit of sweetness to the savoury veggies.

Tidbits

Deliveries next week will be one day later than normal due to the holiday on Monday August 2. The office will be closed that day.

We are taking our annual one week break the week of August 29 to September 4. There will be no deliveries that week. Deliveries will resume the week of September 5-11 and will be one day later due to the holiday on September 6. We'll have more details on this closer to that date.

Last week we started not using the plastic bag that we were putting the newsletter in. We have been using the bag to protect the newsletter from moisture damage. Even though some of them are returned for reuse, we think it would be better to not use the plastic to begin with to reduce plastic usage. Is your newsletter still in fine shape when you get to it? It too wrinkled from the moisture in the boxes, or are you happy to trade off the wrinkles for lack of plastic? Please let us know, we always like to hear from you!

You can opt out of other plastic bags that come in your order. Already, by having your produce home delivered, chances are you're using less plastic than most people do when they shop in the store. We only package fragile or small items like blueberries or beans. However if you prefer, we can put more sturdy items like the beans straight into your box without a bag, and we can use a paper bag for little things like blueberries. Items that come to us in a plastic bag will still be a bag. You can let us know that you don't want plastic bags when you place an order on the website— check 'add' for the 'no plastic bags' option. Once you do that, we'll put a note on your file and consider it to be a permanent choice for you (so you don't have to remember to do it each order). If you don't order from our website, you can send us an email or call if you prefer to get no plastic.

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 28-30, 2010

This Week's Box

We're really excited that all of the food in the basic and garden boxes this week is BC grown, and all but a couple of the veggies are local!

The cherries we ordered did not come in—the season is wrapping up—so the orchard boxes have nectarines instead. Not a bad trade off really! The nectarines are a real treat as they are hard to grow organically so some years there's not many available. The fuzzy skin on peaches protects them from some insect damage; as nectarines are fuzzless, they are more susceptible to this damage. This is probably the last week for local lettuce as the heat is getting to be too much for them. Ruth from Glade Valley Garden says that she's started picking her heirloom cherry tomatoes, so we're hoping for some next week. They are sweet and delicious, and nice to look at with their variety of colours and sizes. The pink and brown colouring on the warba potatoes is their normal look. Vista bella apples are a bit tarter than their fall cousins, but just as tasty!

Customer Appreciation Draw

Teri Ward 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					☉	☉
Peaches	Cawston, BC– SOOPA	☉	☉			☉	☉
Apricots	Cawston, BC– SOOPA	☉	☉	☉	☉	☉	☉
Blueberries	Maple Ridge, BC– FVOFA	☉	☉			☉	☉
Apples– vista bella	Cawston, BC– SOOPA	☉	☉	☉	☉	☉	☉
Avocado	Mexico– IFOAM					☉	☉
Bananas	Mexico– USDA					☉	☉
Potatoes– warba	Delta, BC– OTCO	☉	☉	☉	☉		
Summer squash	Tarrys, BC– KMG	☉	☉	☉	☉		
Broccoli	Delta, BC– FVOFA	☉	☉	☉	☉		
Carrots– bunch	Glade, BC– KOGS	☉	☉	☉	☉		
Radishes	Tarrys, BC– KMG	☉	☉	☉	☉		
Mushrooms	Richmond, BC– FVOFA					☉	☉
Onions– green	Surrey, BC– FVOFA	☉	☉	☉	☉		
Chard	Grand Forks, BC– BOFA		☉	☉	☉		
Kale	Tarrys, BC– KMG	☉	☉	☉	☉		
Tomatoes	Coquitlam, BC– OCIA		☉	☉	☉	☉	☉
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.

Shaved Zucchini Salad with Parmesan & Pine Nuts

The colourful mix of squash– the weird and wonderfuls as grower Jeremy of Mad Dog Farm calls them– would look nice in this dish. Your ribbons might be shorted, but the colour will make up for it. You don't have 2lbs of zucchini in your box, however you can reduce the recipe, serve it over a bed of lettuce, or maybe add some other veggies like radish rounds.

1/3 c extra-virgin olive oil
 2 tbsp fresh lemon juice
 1 tsp coarse kosher salt
 1/2 tsp freshly ground black pepper
 1/4 tsp dried crushed red pepper
 2 lbs medium zucchini, trimmed
 1/2 c coarsely chopped fresh basil
 1/4 c pine nuts, toasted
 Small wedge of Parmesan cheese

Whisk oil, lemon juice, 1 teaspoon coarse salt, 1/2 teaspoon black pepper, and crushed red pepper in small bowl to blend. Set dressing aside.
 Using vegetable peeler or V-slicer and working from top to bottom of each zucchini, slice zucchini into ribbons (about 1/16 inch thick). Place ribbons in large bowl. Add basil and nuts, then dressing; toss to coat. Season to taste with salt and pepper. Using vegetable peeler, shave strips from Parmesan wedge over salad.

Serves: 6 Source: www.epicurious.com

“An impossibility does not disturb us until its accomplishment shows what fools we were.” ~Henry S Haskins