



# APPLE PRESS

JULY 7-9, 2010

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

## 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.

## Green Snakes

What are those spiralling green snakes in your box this week? They are garlic scapes, also called garlic tops or greens. This is the part of the garlic plant that grows above ground. The spear shaped end opens up into a flower and makes seeds that look like tiny garlic cloves. Garlic growers cut the scapes off to prevent the garlic plant from flowering. This makes it put more energy into growing big, fat, flavourful garlic bulbs. If you peel open the spear-shaped end, you'll find some very tiny flower buds. These scapes come from Earthy Organics in Fruitvale, where they were grown by Jeanine and John.

For a long time garlic scapes were tossed into the compost as waste, which was a waste of a delicious garlicky delight, as the whole scape, including the flowering tip, is edible. Over the past decade, scapes have snaked their way onto menus of creative restaurants. It's a great way to get fresh garlic flavour as we wait for the bulbs to mature. Farmers love the fact that they can turn the tops into a cash crop, rather than into compost- value-added! I much prefer using the scapes over last year's dried out garlic bulbs. If

you eat them raw, you'll find they are just as garlicky as a clove of garlic. Use scapes almost anywhere you'd use garlic or green onions, keeping in mind that the flavour will mellow when they are cooked. They are great added to eggs, potatoes, pasta sauce, roasted veggies, stir fries, pizza, and salads, either raw or lightly cooked. You can mince them, chop them finely, or into long pieces. I find the curls are easiest to cut with scissors. Try some long pieces sautéed in butter, with salt (what isn't delicious that way?). They make excellent pickles.

Store the garlic greens in a plastic bag in the fridge. They'll keep for up to a month.

## Cherries Jubilee!



These cherries come from Vialo Orchard in Cawston. We had some of their excellent cherries last year and we're happy to be able to get them again.

Thankfully it looks like we are fully into sunny weather for a good while so that's

great for the cherry growers. Cherries need dry and sunny weather as they ripen up. Sweet cherries are very high in vitamin C, B vitamins, potassium, and boron. Boron is a mineral that works closely with calcium and magnesium to maintain strong and healthy bones. Cherries are an excellent source of flavinoids, which give them their deep red colour. Flavinoids play a part in many body processes, including working with vitamin C to keep the immune system healthy, and keeping capillaries strong. They also keep cells healthy and reduce the common signs of aging. One flavinoid found in cherries, quercetin, has been found to help prevent heart disease.

Cherries can help reduce inflammation too, with a nutrient called anthocyanin. This blocks inflammatory enzymes in our bodies. Eating about 20 cherries can have similar anti-inflammatory effects as taking aspirin for pain. Store cherries carefully to prevent spoilage. Make sure they are kept dry. They keep best in an open shallow dish in the fridge. If you've ever snacked on a cherries left in your car on a hot day, you'll know that warm cherries seem to be more flavourful and juicy, so you can leave some at room temperature for a short time.

## 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 7-9, 2010

### This Week's Box

The BC zucchini we were expecting wasn't available, and the local harvest wasn't quite big enough to meet our needs, so the basic boxes have tomatoes instead of the zucchini.

The cucumbers didn't grow very quickly with the cool weekend (we had to have a fire to warm our place up Friday night, what's up with that?!), so Mad Dog Farms gave us some mini-cucs instead. If you ordered cucumbers, you may find a small collection of smaller cucumbers instead. The bok choy has had a bit of a rough go, so you'll find some holes in the leaves. Some of them were left by the hail storm Mad Dog Farm had in June, and others are because it was cold when some of the leaves were coming out so it damaged them.

Keep the potatoes in the fridge, ideally in a bag. These new potatoes have very thin skins which don't offer the inner flesh any protection. This variety is called warba- they are one of the first ready and are quite tasty. The peeling skin and pinky-red spots are part of their charm.

### Customer Appreciation Draw

Marilyn Ayers 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	☼	☼			☼	☼
Grapes- red	California- CCOF	☼	☼			☼	☼
Cherries	Cawston, BC- SOOPA	☼	☼	☼	☼	☼	☼
Strawberries	California- Org Cert					☼	☼
Kiwi	New Zealand- IFOAM	☼	☼			☼	☼
Avocado	Mexico- IFOAM					☼	☼
Bananas	Mexico- USDA					☼	☼
Potatoes- white	Delta, BC- OTCO	☼	☼	☼	☼	☼	☼
Zucchini	Tarrys, BC- KMG			☼	☼		
Bok choy	Tarrys, BC- KMG	☼	☼	☼	☼		
Celery	California- Org Cert	☼	☼	☼	☼	☼	☼
Onions- green	Tarrys, BC- KMG	☼	☼	☼	☼		
Garlic scapes	Fruitvale, BC- KOGS	☼	☼	☼	☼		
Chard	Argenta/Salmo/Surrey, BC		☼	☼	☼		
Tomatoes	Coquitlam, BC- OCIA	☼	☼	☼	☼		
Kale	Tarrys, BC- KMG	☼	☼	☼	☼		
Peas- snap	Tarrys, BC- KMG	☼	☼	☼	☼		
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.

### Cherry Chipotle BBQ Sauce

I love bbq sauce, chipotle peppers, and cherries, so this sounds delicious. Instead of cherry preserves, puree some of your fresh cherries (pitted). You may want to adjust the sugar. You might be able to get away with freezing this if you can't use the full 2 cups- or just halve it.

1 c ketchup  
 1/2 c cherry preserves  
 2 tbs fresh lemon juice  
 2 tbs mild-flavoured (light) molasses  
 2 tbs golden brown sugar  
 1 tbs Worcestershire sauce  
 1 tbs soy sauce  
 1 tsp finely grated lemon peel  
 1 to 2 canned chipotle chiles in adobo, minced,  
 plus 1 tbs adobo sauce from can  
 1 tsp liquid smoke  
 1 tsp onion powder  
 1 tsp unsweetened cocoa powder

Bring ketchup, cherry preserves, lemon juice, molasses, brown sugar, Worcestershire sauce, soy sauce, lemon peel, chiles, adobo sauce, liquid smoke, onion powder, and cocoa powder to simmer in medium saucepan, stirring often. Reduce heat to medium-low and simmer 10 minutes, stirring often. Season sauce to taste with salt and pepper. Sauce can be made up to 1 week ahead. Cover tightly and refrigerate.

Makes: 2 cups      Source: [www.epicurious.com](http://www.epicurious.com)

"Summer set lip to earth's bosom bare, And left the flushed print in a poppy there." ~Francis Thompson