



APPLE PRESS

MOVEMBER 30- DECEMBER 2, 2011

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

Cool Kale

Kale is one of those veggies that people seem to shy away from. Poor kale-it's probably #1 on the Endless Harvest permanent substitution list! The kale we have this week is especially gorgeous and a favourite in the EH market. Give it a good smell... it smells like flowers! And the deep purple of the leaves gives it a beautiful look. How can you not like such a fragrant and pretty leaf? Kale is a very-good-for-you veggie. It's part of the cruciferous family, like cabbage, broccoli, and cauliflower, and so it has plenty of cancer and tumour fighting nutrients. Cruciferous veggies also help keep our heart and circulatory system strong and healthy. It is an excellent source of beta carotene and vitamin C, with one cup giving you almost your full recommended daily intake. It's very high in iron, and it has the nutrients, such as vitamin C and folic acid, that our body needs in order to be able to assimilate and use iron properly. Kale is a good source of B vitamins, E, and minerals calcium, magnesium, and potassium. In fact eating kale is almost like taking a multivitamin, it has so much good stuff in it!

Kale also contains many phytochemicals, nutrients that we are discovering have beneficial effects on our health. However, these nutrients have not yet been deemed 'essential', so they aren't usually put into supplements, nor talked about with the same importance as vitamins and minerals. Phytochemicals in food are one reason why, even if we take a multivitamin or other supplement, it's still vital to eat a wide range of healthy fresh fruits and veggies, so that we can get all of those other things that we don't fully understand the importance of yet.

Kale is usually considered a fall and winter vegetable. It thrives in the cold and will still be happy in the garden even covered in a layer of snow. In fact, the cold makes kale sweeter and tastier, so it often isn't harvested until after a few frosts.

Many people aren't quite sure what to do with this hearty green. It has a bit more 'body' than other leafy greens, so it usually takes a bit more cooking time. Kale doesn't shrink as much as other greens, only reducing its size by about a quarter, so keep that in mind what preparing

your dish.

I find kale is at it's best either in soup, in a Chinese-flavoured stir fry, or sautéed or steamed on it's own. Cook kale for about the same amount of time as you would broccoli or even carrots. It can also be used in long-cooking dishes like pilaf or a braised dish, or mixed in with veggies to roast in the oven. Try it sautéed with some onion, garlic, carrots, and red pepper. Seasoned with ginger and tamari or soy sauce and served over brown rice, this is a simple fall dish, easy on the digestive system. One of my favourite soups using kale has a base made from pureed roasted tomatoes, onions, and garlic. Roasted cubes of winter squash and carrots are added in, along with chopped kale and white beans.

Annual Holiday Donation Program

Thanks to everyone who has been contributing to our annual Holiday Donation Program! We're off to a roaring start this year so far.

We accept cash donations from you and use it to buy produce at wholesale prices, which is then given to local aid groups who use it for hampers and Christmas dinners. Everything is bought at wholesale prices, so your dollar buys more than if you bought the same food at a store, and we will endeavour to match your donations!

To donate, you can 'order' the value that you want to donate in our website. On the Produce List, we have an item set up called 'Holiday Donation' with a value of \$1.00. Enter the quantity you want for how much you'd like to donate. For example, to donate \$10.00, enter 10. The amount will then show up on your invoice. If you don't order on our website, if you pay by credit card you can contact us with the amount you want to donate. If you pay by cheque, you can include your donation money with your regular payment, along with a note detailing the amount you are donating. If you have a preference for the group you want it to go to, please let us know.

Any amount is helpful and goes far, as with the help of our suppliers and us matching, each dollar you give is multiplied!

And for further incentive, we will draw a name from all of the people who donate to win a big gift basket full of food!

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

MOVEMBER 30- DECEMBER, 2011

This Week's Box

This week's garlic is Sicilian gold. It's a locally-grown softneck, which isn't too common as it's the hardnecks that grown best in our climate. We have one more variety left until we are out- the chesnook red. We'll put that in the boxes in the next few weeks.

We're putting a mix in the boxes this week. Not sure which ones you have? Check out our Oct 26 newsletter on our website for a guide.

Storage Tips: The bosc pears are ready to eat and so delicious! Shirlee Mae has a few more left that we'll have over the next few weeks, then we'll be on to anjou pears full-time. Enjoy the bosc in cooking and baking as they maintain their shape very well. I was reading Eat, an online food magazine yesterday, and they asked a bunch of chefs what their favourite way is to use pears. Most of them said poached. I've never poached a pear, but these bosc would be ideal for that. As the bronze beauties are ready to eat, they'll keep best in the fridge. The green can be ripened on your counter.

Customer Appreciation Draw

Tiffany Snauwaert wins an Endless Harvest goodie bag!



ITEM	AREA/CERT.	BASIC		GARDEN		ORCHARD	
		S	L	S	L	S	L
Apples- mixed	Cawston, BC- PACS	☼	☼			☼	☼
Pears- Asian	Cawston, BC- PACS		☼			☼	☼
Pears- anjou	Cawston, BC- PACS					☼	☼
Pears- bosc bronze	Cawston, BC- PACS	☼	☼	☼	☼	☼	☼
Pears- bosc green	California- QAI	☼	☼			☼	☼
Limes	Mexico- CCOF	☼	☼	☼	☼	☼	☼
Grapes- red	California- CCOF					☼	☼
Oranges	California- CCOF	☼	☼			☼	☼
Avocado	Mexico- BAC					☼	☼
Potatoes- red	Creston, BC- KOGS		☼	☼	☼		
Onions- red/yellow	Nakusp, BC- KOGS	☼	☼	☼	☼		
Carrots	Creston, BC- KOGS	☼	☼	☼	☼	☼	☼
Broccoli	California- CCOF		☼	☼	☼		
Squash- spaghetti	Cawston, BC- PACS	☼					
Squash- buttercup	Cawston/Creston, BC- PACS				☼		
Beans- green	California- CCOF	☼	☼	☼	☼	☼	☼
Lettuce- leaf	California- QAI			☼	☼		
Kale	California- CCOF	☼	☼	☼	☼		
Garlic- Sicilian	Wyndell, BC- KMG	☼	☼	☼	☼		
Cilantro	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; FVOA- Fraser Valley Org. Producers Assoc.; SOOPA- Similkameen Okanagan Org. Producers Assoc.

Salt & Vinegar Kale Chips

We've had a kale chip recipe before but with all the kale we've had this fall, maybe we need a new way to use it. I sure love kale chips and I really like the salt and vinegar ones. Be careful when baking that you don't burn them, although I find it's almost inevitable that a few will be burned. On our Facebook page, someone posted that chard makes great chard chips, so that's something to try as well. This recipe was sent in by one of our customers, Jean Merritt, who found it online. Thanks Jean! If you have a favourite recipe you'd like to share, send it in and we'll see about including it in a newsletter. We especially like to get recipes that make something new of standard veggies, and that turn less popular veggies into delicious dishes.

- 1 bunch kale
- 1 tbsp oil, divided
- 1 tbsp sherry vinegar (balsamic can be subbed in)
- 1 pinch sea salt, or to taste

Preheat an oven to 300°F.

Cut away inner ribs from each kale leaf and discard; tear the leaves into pieces of uniform size. Wash torn kale pieces and spin dry in a salad spinner or dry with a towels until they're very dry. Put the kale pieces into a large resealable bag (or use a bowl if you don't mind getting your hands oily). Add about half the olive oil; seal and squeeze the bag so the oil gets distributed evenly on the kale pieces. Add the remaining oil and squeeze the bag more, until all kale pieces are evenly coated with oil and slightly 'massaged.' Sprinkle the vinegar over the kale leaves, reseal the bag, and shake to spread the vinegar evenly over the leaves. Spread the leaves evenly onto a baking sheet. Roast in the preheated oven until mostly crisp, about 35 minutes. Season with salt and serve immediately.

Makes- ~4 cups Source: www.allrecipes.com via Jean Merritt

"The sorrow which has no vent in tears may make other organs weep." ~Henry Maudsley