



Apple Press

JANUARY 20-22, 2010

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

Winter Eating

We have now moved into the heart of winter. Although the days are getting longer and we've had some nice sun lately, the temperatures are cold, and many animals will be tucked away in their winter homes for another couple months. Even though humans don't hibernate, often we feel like it in the winter: staying inside more, going to bed earlier, sleeping later, and storing more fat. Our bodies are slowing down and turning inwards, to reflect the season that causes most living things to do the same. Some people find this season quite challenging, while others enjoy it. There's a number of things we can do to make winter easier for ourselves as we wait for spring to awaken us.

It's important to keep our bodies warm. Put on that extra sweater and warm slippers. It's common sense to bundle up when we go outside so our skin isn't cold, but we also need to keep our insides warm. It's better to eat and drink more warm and hot foods, and reduce our intake of cold drinks and food, as well as raw food. Soups and stews are the order of the day: warm foods that have been slow cooked and are easier to digest. Try making a big pot of soup to keep in your fridge, for quick and easy hot lunches and dinners.

Traditional Chinese medicine relates winter to water and our kidneys. It's important to keep the kidneys healthy, as they are one of the organs that deals with water in our body. To support the kidneys, it's good to eat whole grains such as millet, oats, quinoa, and brown rice, roasted nuts, and beans. Salty foods like miso, seaweed, and soy sauce are helpful as well- but don't take that as a reason to eat more salt in general, as we tend to have more salt in our diet than we need as it is. Bitter foods are important too, such as turnips, celery, and cabbage.

Ayurveda, the traditional medicine of India, looks at ways to counteract winter's dryness and its effect on our body, as well as ways to stoke our internal fire, called 'ojas'. By stimulating our ojas, we'll digest our food better, keep our energy up, strengthen our immune system, and have a healthier season. Cold drinks and raw food will reduce our ojas, as they bring coldness to the centre of our body when our body is trying to

keep our centre warm. Heavy, sweet foods- you know, those foods you ate a lot of over the holidays- also reduce our ojas, and tax the digestive system as they are harder to digest. Light, naturally sweet foods like cooked fruit, winter squash, and grains are better choices to satisfy your sweet tooth.

Exercise is another important consideration for winter health. It can be so easy in the winter to avoid going outside, yet that is exactly what we need to do. Exercise gets our blood moving, warms us up, and stimulates the release of endorphins, natural hormones that help us to feel good. Find a physical activity you like to do, either inside or outside, to keep your body and mind happy. Try to spend sometime out in nature every day if possible. Being out in the sunshine feels good, and the contact of sun on our skin is the way that we produce vitamin D. The beauty of the snow-covered trees and mountainsides is a treat for the eyes and I find it promotes a general feeling of well being. It's interesting that many people will make New Year's resolutions to improve their health, and often that includes exercise, which is exactly what is best for us in these long winter months.

Both Chinese medicine and Ayurveda say that if we don't take steps to balance the effects of winter, we will be more prone to colds, depression, and excessive weight gain. This will only make winter more difficult for us to bear. Make sure to treat yourself right over the next couple months and you may find that winter, if it isn't already, becomes one of your favourites times of the year.

New Website

Websites are like renos it seems, they always take longer than you think they will. Our website launch is delayed until sometime in March. That means there's still some time to let us know if there's some features you'd like to see. We think we've got everything covered but the more brains and experiences the better. We're particularly excited about the new photo feature for our local farms and suppliers. In the meantime you can get a glimpse into farm life on our Facebook page at www.facebook.com/endlessharvest.

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 20-22, 2010

This Week's Box

Most of the lettuce that we received this week was too poor quality due to bugs, so we were unable to include it in the boxes. The green onions were also problematic. We have enough for the garden boxes, but the remainder have extra of other veggies.

This is probably the last month of storage winter squash, so we'll have it in the boxes each week for the rest of the month. Keep your winter squash at room temperature for best storage— cool, hot, and humid environments make it decay faster. If you find your squash develops a soft spot, simply cut it off and use the squash right away. You can cook winter squash now, then cube or puree it and freeze for later use. We still have acorn, buttercup, butternut, and festival/ carnival squash available if you'd like to stock your freezer with these favourites. Regular storage apples are coming to the end of their life, so it's best to keep them in the fridge in a plastic bag to maintain moisture and crispness.

Customer Appreciation Draw

Chris McLean wins an Endless Harvest goodie bag!



ITEM	AREA/CERT.	BASIC		GARDEN		ORCHARD	
		S	L	S	L	S	L
Pears- anjou/bosc	Cawston, BC- SOOPA	⊗	⊗			⊗	⊗
Apples- goldens	Cawston, BC- SOOPA	⊗	⊗	⊗	⊗	⊗	⊗
Apples- gala	Cawston, BC- SOOPA	⊗	⊗			⊗	⊗
Grapefruit	California- GOCA					⊗	⊗
Oranges	California- GOCA	⊗	⊗	⊗	⊗	⊗	⊗
Bananas	Mexico- USDA					⊗	⊗
Kiwi	California- CCOF	⊗	⊗			⊗	⊗
Tangelo	California- GOCA					⊗	⊗
Mango	Mexico- IBBA					⊗	⊗
Avocado	Mexico- IFOAM					⊗	⊗
Potatoes- red		⊗	⊗	⊗	⊗	⊗	⊗
Onions- red/yellow		⊗	⊗				
Onions- green				⊗	⊗		
Carrots	Creston, BC- KOGS	⊗	⊗	⊗	⊗		
Parsnips	Glade, BC- KOGS	⊗	⊗	⊗	⊗	⊗	⊗
Winter squash	Cawston, BC- SOOPA	⊗	⊗	⊗	⊗		
Peppers- yellow	Mexico-		⊗	⊗	⊗		
Celery	California-	⊗	⊗	⊗	⊗		
Broccoli	California- CCOF	⊗	⊗	⊗	⊗	⊗	⊗
Cabbage- red			⊗		⊗		
Chard/Kale	California- QAI		⊗	⊗	⊗		
Lettuce	California- QAI			⊗	⊗		
Cucumber	Mexico-	⊗	⊗	⊗	⊗		

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.

Carrot Muffins

Wondering what else to do with carrots? We'll have them for a while still, so try this recipe. It sounds like it will take some tweaking if you want to personalize it- try half whole wheat flour, up the spices perhaps adding allspice and nutmeg, reduce the sugar and make half of it brown. Some reviewers added pineapple chunks instead of raisins. I think some grated orange zest would be tasty in there too. I'm wondering about using some parsnips for part of the carrots... hmmm...

2 c all-purpose flour
 2 tsp baking soda
 2 tsp cinnamon
 1/4 tsp salt
 1 1/4 c sugar (or less)
 1/2 lb carrots (approx.)
 1/2 c pecans
 1/2 c raisins
 1/4 c sweetened flaked coconut
 3 large eggs
 1 c vegetable oil
 2 tsp vanilla
 1 tart apple

Preheat oven to 350°F. and oil eighteen 1/2-cup muffin cups (or 12 larger cups). Into a large bowl sift together flour, baking soda, cinnamon, and salt and whisk in sugar. Coarsely shred enough carrots to measure 2 cups and chop pecans. Add shredded carrots and pecans to flour mixture with raisins and coconut and toss well. In a bowl whisk together eggs, oil, and vanilla. Peel and core apple and coarsely shred. Stir shredded apple into egg mixture and add to flour mixture, stirring until batter is just combined well. Divide batter among muffin cups, filling them three fourths full, and bake in middle of oven until puffed and a tester comes out clean, 15 to 20 minutes.

Cool muffins in cups on racks 5 minutes before turning out onto racks to cool completely. Muffins keep in an airtight container at room temperature 5 days.

Makes: 12-18 muffins
 Source: www.epicurious.com

"There is no distance on this earth as far away as yesterday." ~Robert Nathan