



# APPLE PRESS

JANUARY 27-29, 2010

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

## Cool Kumquats

If you haven't tried a kumquat before, you are in for real taste treat! Kumquats are a small fruit that looks like a tiny, oval orange. They are commonly considered to be a citrus fruit, although in the early 1900s they were separated into their own genus (fortunella). You will still often find them referred to as being part of the citrus family.

Before biting into your kumquat, it's important to know that you eat the peel— it's the sweetest part. The juicy flesh inside is quite tart, so taking a bite of both peel and flesh balances out the flavours. At first, you may find it too tart, but eat on. The more you eat, the more you will like them— they are addictive! Take little bites, or pop the whole thing into your mouth for a taste bud wakeup. There are seeds inside, which are edible but they can be on the bitter side, although I find the tart of the flesh overpowers them.

Kumquats are thought to be of Chinese origin: references to them are found in Chinese literature from over 900 years ago. Our kumquats are grown in California, where their season runs from January to June, peaking in March and April.

You can cook kumquats, which will take some of the tartness away. Halve or quarter your kumquats, or slice them into thin rounds, and sauté for 30 to 60 seconds over medium heat in a lightly oiled skillet. They will soften and can be pureed and seasoned to make a delicious sauce or dressing. Cooked kumquats are good to add to salads or to a main dish. They have an affinity for chicken, pork, fish, and Oriental flavours. They are excellent in a stir fry: I like to add them to stir fried veggies with ginger and soy sauce. Make a sweet sauce by simmering kumquat rounds with equal parts sugar and water (1/2 cup or more of each for about 20 kumquats) for 15 minutes they make a delicious sweet sauce to serve with dessert. The more sugar and water you use, the more syrup you'll have. Using less will leave you with sticky kumquat pieces that make a tasty snack on their own.

Kumquats are an ideal snack, as they are nutritious, perfectly snack sized, and provide a satisfyingly strong flavour. They are very high in vitamin C and flavonoids. The bonus with

kumquats is that, like in other citrus, some nutrients are in the peel; however unlike other citrus, you do eat a kumquat peel, so you can get all those extra phytonutrients. A handful (about 100 grams) gives you two-thirds of your RDA of vitamin C. They are also high in fibre and various B vitamins.

## Super Shallots

Shallots are a member of the allium (onion) family, although they are not as popular in North America as their onion and garlic cousins. Sometimes they are described, flavour-wise, as a combination of onion and garlic, or as having a sweet flavour. They can be spicy too. Small shallots tend to be milder than large; and cooking will mellow their spice and bring out their sweetness. They can have red, bronze, purple, white, or grey skins. Inside the skin you may find one of several cloves with layers like onions have. Shallots are thought to have originated in Southeast Asian, migrating to the Mediterranean and later North America. They are a popular in Southeast Asian and French cuisines. In Thai and Vietnamese cooking, they are often sliced thinly and fried, then used to garnish a dish. If you've ever had pad Thai and thought it was missing something, it might have been wanting some fried shallots. They are so delicious! Thinly slice or finely chop them, then fry in oil until golden brown. Remove to a paper towel to drain, then sprinkle over your dish. Very tasty!

In French cooking, shallots can be used to make a simple vinaigrette by coming finely chopped shallots with dijon mustard, oil, vinegar, salt, and pepper. They are also often paired with white wine, cream, and butter in food.

When cooking shallots, preserve their delicate flavour by cooking them slowly over lower heat. They brown easily and can turn bitter if cooked too quickly.

Store shallots as you would onions and garlic— in a cool, dark, dry location. They have a high moisture content, so they will not keep as long as those two though. This can cause them to bruise easily as well.

Now, how have you been saying shallot as you have been reading this? There's two ways to say it: sha-lot' (rhymes with a lot) or sha'-lit.

## 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 27-29, 2010

### This Week's Box

We've had a few people tell us their mango hasn't ripened properly, being brown inside when it has just ripened. If that's happened to you, let us know so we can give you a credit.

The winter squash is reaching the end of it's storage life, so make sure to use it right away. We've sorted through ours to remove any soft ones, however if you get one, please let us know.

The price of California greens is quite high right now, likely due in part to the storms they are having. Hopefully they will come down soon.

**Storage Tips:** Keep the kumquats in the fridge in their plastic bag. The moisture will keep them fresh. Make sure to eat the skin as noted on the front of the newsletter! That's the sweet part. The apples will be best kept in a plastic bag in the fridge as well. They are nearing the end of their storage, so that will keep them fresher and crisper. Keep the turnips in a bag in the fridge, where they will last for weeks.

### Customer Appreciation Draw

Marg Burgess wins an Endless Harvest goodie bag!



ITEM	AREA/CERT.	BASIC		GARDEN		ORCHARD	
		S	L	S	L	S	L
Apples- braeburn	Cawston, BC- SOOPA	☉	☉			☉	☉
Apples- spartan	Cawston, BC- SOOPA	☉	☉			☉	☉
Grapefruit	California- GOCA					☉	☉
Oranges	California- GOCA	☉	☉			☉	☉
Bananas	Mexico- USDA					☉	☉
Kiwi	California- CCOF					☉	☉
Tangelo	California- GOCA					☉	☉
Mango	Mexico- IBBA					☉	☉
Avocado	Mexico- IFOAM	☉	☉	☉	☉	☉	☉
Kumquats	California- GOCA	☉	☉	☉	☉	☉	☉
Potatoes- yukon	Delta, BC- OTCO	☉	☉	☉	☉		
Onions- yellow	Cawston, BC- PACS		☉	☉	☉		
Onions- green	California- CCOF	☉	☉	☉	☉		
Shallots	Cawston, BC- PACS	☉	☉	☉	☉		
Turnips	California- CCOF	☉	☉	☉	☉	☉	☉
Winter squash	Cawston, BC- SOOPA	☉	☉	☉	☉	☉	☉
Peppers- yellow	Mexico- QAI	☉	☉	☉	☉		
Peas- snow	California- OTCO	☉	☉	☉	☉		
Broccoli	California- CCOF	☉	☉	☉	☉		
Lettuce	California- QAI	☉	☉	☉	☉	☉	☉

### 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.

### Braised Turnips with Poppyseed Breadcrumbs

This Algerian treatment of turnips would work well with other root veggies too. If you don't have fresh parsley- or even if you do- add some dried herbs like thyme or savoury cooked in with the breadcrumbs and poppyseeds, or stick with Algerian flavours using cumin. Some finely chopped pinenuts (more traditional), almonds, or walnuts might be nice in there too, to compliment the earthy flavour of the turnips.

3 tbsp unsalted butter  
 2 lbs medium turnips, peeled and cut into 1-inch-thick wedges  
 1 1/2 c water  
 1 tbsp fresh lemon juice  
 2 tbsp extra-virgin olive oil  
 1 garlic clove, minced  
 1 c fine fresh bread crumbs from a baguette  
 1 tbsp poppy seeds  
 1 tbsp chopped flat-leaf parsley

Melt butter in a 12-inch heavy skillet over medium heat, then add turnips, water, lemon juice, and 1/2 teaspoon salt and bring to a boil. Reduce heat to low and simmer, covered, 30 minutes. Increase heat to medium and stir turnips, then briskly simmer, uncovered, until all of liquid has evaporated and turnips are glazed and just tender, 20 to 35 minutes (they should be cooked through but still retain their shape).  
 Make bread crumbs while turnips cook: Heat oil in a large heavy skillet over medium heat until it shimmers, then cook garlic, stirring, until pale golden, about 1 minute. Add bread crumbs and poppy seeds and cook, stirring frequently, until golden, 4 to 5 minutes. Stir in parsley and salt to taste. Just before serving, sprinkle bread crumbs over turnips.

Serves: 4  
 Source: www.epicurious.com

"It is the greatest of all mistakes to do nothing because you can only do little - do what you can." ~Sydney Smith