



APPLE PRESS

MARCH 3-5, 2010

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

Beautiful Blood Oranges

Blood oranges have orange skin, often with a red blush, and red flesh. Sometimes the flesh is marbled with both red and orange; other times the flesh will be a deep red almost the colour of blackberries. Regardless, blood oranges look beautiful and taste delicious, with a flavour that's sharp and sweet.

Although they seem like they might be a newer fruit, blood oranges have been cultivated since at least the mid 1800's. They originated in Sicily, and they are popular through Italy and Spain. In North America, they are mainly grown in California and Texas.

There are two main varieties of blood oranges that we get here: moro and tarocco. The moro tends to have the deepest coloured skin and flesh. It has a very strong flavour and scent. The tarocco is generally the most sweetest, and juiciest. Some sellers rename their blood oranges to moro oranges or sangria oranges because the name 'blood', accompanied by the brilliant red juiciness of the interior, isn't thought to be that appetizing. On the other hand, kids might find them more interesting and fun to eat because of the odd name. We like to stick with the traditional blood.

The red of blood oranges comes from a phytonutrient called anthocyanin. This pigment is found in red fruits like cherries, grapes, raspberries, and blackberries, as well as vegetables including red cabbage and eggplant. It is not found in any other citrus fruit. The depth of the red colour is affected by temperatures when the oranges are growing. Hot days and cold nights tend to produce the deepest colouring. Anthocyanins are also in the leaves of some trees and shrubs, and red flowers. Numerous studies have found that this pigment is a strong antioxidant, helping to protect us against degenerative diseases as well as cancer and bacterial infections.

The peel of blood oranges tends to be thinner than that of a regular orange, although it does depend on the variety. Smaller ones usually have a thinner peel, which can make them harder to peel. The peel isn't very bitter since it doesn't have as much of the white pith as regular oranges, so you can eat it.

Store your blood oranges at room temperature for

a short time, or in the fridge for a couple weeks. Blood oranges are a great snack on their own. I like to eat them as they are or in salads- their colour looks so nice against salad greens. The juice of the blood orange will perk up any juice blend, and can be used in salad dressings too. Be aware that the red juice can stain.

Produce Picks

I really like these purple top turnips. Every salad I make now includes grated raw turnips. Their white colour looks great with grated carrots and beets. They have a pungent flavour that adds a little kick to your greens. They are good in soup too, but I think their best place is in salad. Try a slaw with half grated apples and half grated turnip, seasoned with balsamic vinegar, olive oil, salt, and pepper. Tasty!

Meadowbrook Farms in Salmo is back in full production with the warmer, longer, and sunnier days. Starting next week we'll be offering their mesclun and spicy salad greens. The mesclun is a mix of baby lettuces, while the spicy has baby kale, mustard, and arugula. Visit our Facebook page at www.facebook.com/endlessharvest to see pictures from our farm tour there last summer.

New Products

This week we introduce a few new items:

-Jerseyland Organic Dairy is now making a low fat vanilla yogurt

-Knudsen spritzers are back. They have a new formula made with less fruit juice sweeteners and a smaller size, now 311 ml with shiny new labels. They are now in 4-packs.

-Lundberg rice chips in wasabi flavour.

-Que Pasa products- made in Vancouver, we now have the yellow salted chips in a larger 600g kraft paper bag. We've also picked up the fritas del sol flavour in the 200g bag. They are described as being made with sun-ripened corn, which gives them a sweet and buttery taste. Try their jarred salsas too in either chipotle, a smoked jalapeno, and Mexicana, a regular salsa. Mmmmm!

-Sobaya organic Japanese soba noodles, a mix of wheat and buckwheat. Great as a base for Asian salads, soups, and stir fries.

-Soken instant ramen- just add veggies for a quick and easy dinner.

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

MARCH 3-5, 2010

This Week's Box

The controlled atmosphere (CA) apples are coming out of storage. These special storage rooms have specific humidity and temperatures levels, as well as lowered oxygen, which preserves the just-picked qualities of the apples. The rooms are opened one at a time, and all the apples are boxed up and sold before the next room is opened. This week the ambrosia and gala apples are from the CA rooms. Once released, CA apples don't keep as long as freshly picked apples, so if you need to keep yours for longer than a week, it's best to store them in the fridge in a plastic bag to maintain their crispness. Fuji apples are one variety that has great storage properties even without being put in the CA rooms. Their skin thickens with time to keep them firm (by preventing moisture loss), and their flavour develops nuances with age.

Storage Tips: Keep the turnips in a plastic bag in the fridge. They'll last for weeks. Yams belong on the kitchen counter, not in the fridge.

Customer Appreciation Draw

Jody Fors wins an Endless Harvest goodie bag!



ITEM	AREA/CERT.	BASIC		GARDEN		ORCHARD	
		S	L	S	L	S	L
Apples- ambrosia	Cawston, BC- SOOPA	☉	☉			☉	☉
Apples- gala	Cawston, BC- SOOPA	☉	☉	☉	☉	☉	☉
Grapefruit	California- GOCA					☉	☉
Oranges- valencia	California- QAI					☉	☉
Oranges- blood	California- CCOF	☉	☉			☉	☉
Tangelo- minneola	California- QAI	☉	☉	☉	☉	☉	☉
Mango	Peru- CCOF					☉	☉
Kumquats	California- CCOF					☉	☉
Kiwi	California- CCOF					☉	☉
Bananas	Peru- IMO					☉	☉
Avocado	Mexico- IFOAM		☉			☉	☉
Yams	California- OCIA	☉	☉	☉	☉		
Onions- red	Cawston, BC- PACS	☉	☉	☉	☉	☉	☉
Turnips	California- QAI	☉	☉	☉	☉		
Peppers- red	Mexico- USDA				☉		
Cauliflower	California- USDA	☉	☉	☉	☉	☉	☉
Carrots	Creston, BC- KOGS		☉	☉	☉		
Broccoli	California- CCOF			☉	☉		
Celery	Mexico- OTCO	☉	☉	☉	☉		
Spinach	California- USDA	☉	☉	☉	☉	☉	☉
Lettuce- romaine	California- QAI	☉	☉	☉	☉		
Parsley	California- QAI	☉	☉	☉	☉		
Onions- green	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; USDA- US Dept. of Agriculture certified organic; BAC- Bio Agra Certified; FVOFA- Fraser Valley Org. Producers Assoc.; SOOPA- Similkameen Okanagan Org. Producers Assoc.

Roasted Tofu with Spinach

If you don't have the mushrooms (crimini will work too), sub in other veggies instead. Thinly sliced carrots, chopped onions, cubed turnips and yams are all good options. With it's Asian flavours, this would be good served over brown rice or soba noodles, sprinkled with toasted sesame seeds and finely chopped green onions. Spice it up with a dash of hot sauce.

- 6 tbsp soy sauce
- 6 tbsp rice wine vinegar
- 3 tbsp extra virgin olive oil
- 2 1/2 tbsp honey
- 2 1/2 tbsp minced gingerroot
- 2 cloves garlic, minced
- 3/4 lb shiitake mushrooms, wiped clean and stems removed
- 1 lb firm tofu, rinsed, patted dry, and sliced 1/2 inch thick
- 1 quart spinach leaves, washed and chopped

Preheat the oven to 375°F.

In a bowl whisk together the soy sauce, vinegar, oil, honey, ginger, and garlic. Place the mushrooms in a bowl and add enough of the marinade to evenly coat them. Toss to combine.

Arrange the tofu in a single layer in a small baking dish. Pour the remaining marinade over the tofu. [For the most flavour, marinate tofu at least one hour, or over night. You can also press the tofu slices between two plates with a large bowl of water overtop for an hour to extract water from the tofu so it soaks up more marinade.]

Transfer the tofu to the oven and roast for 20 minutes. Spread the mushrooms out on one or two baking sheets and transfer to the oven. Continue roasting the tofu and the mushrooms until the tofu is nearly dry and well browned and the mushrooms are tender and golden, about 10 to 15 minutes.

Arrange the spinach on serving plates. [Spinach can be wilted if you prefer.] Drizzle with some of the remaining marinade from the tofu pan. Divide the tofu slices among the plates and top with some of the mushrooms.

Serves: 2-4 Source www.epicurious.com

"We learn more by looking for the answer to a question and not finding it than we do from learning the answer itself." ~Lloyd Alexander