



Harmony Valley Farm

Fruit Share Newsletter

October 18, 2012

A few notes from our fruit buyer, Rick: "A lot of mayhem has surrounded this week's fruit order. East Coast fruit failure has caused a huge increase in demand for Northwest fruit that doesn't usually exist. The increase in demand is being met with a shortage of trucks available for transportation. The fact that we buy only a few pallets compared to bigger retailers makes it difficult, and now even more difficult, to get a truck to deliver our pallets to us. In addition, the West coast has been dealing with triple digit heat that has affected some of their fruit production. Due to this chaos, our fruit box shaped up a little differently than originally planned." You'll see some new items, some familiar but all just as delicious as you can imagine. It's amazing what goes into getting our fruit into our own hands!

Pippin Apples (EP) Lakeside, CA

One of the oldest apples in the United States, this variety came from a chance seedling in a swampy area of New York. Today, most of these apples are grown in the west in California, Oregon and Washington. These apples, light green in color, look similar to a Granny Smith apple but are more sweet than they are tart. It is said that when first picked off the tree, there is a rich, sweet-tart apple taste with hints of spice and pine, which mellows out in cold storage. While these apples may have a bit of russetting (brownish, roughened area on the skin), they remain outstanding in flavor. This is a great cooking apple because of its firm flesh – making it ideal for pies, tarts and turnovers. With fall setting in so nicely, these apples would be ideal for some homemade hot apple cider as well. This is one treat that we have become a fan of here on the farm. Just process our apples in a juicer and warm on the stove with spices. Add water to suit your taste in sweetness and texture. Like most apples, these should be stored in the refrigerator and should last several weeks.

Hosui Asian Pears (EP) Columbia Gorge, OR

The Hosui pear is a large pear, gold in color and usually has some brown russetting color on it. This pear is quite juicy and aromatic. It has a storage period of about six weeks! Asian pears are sometimes called 'apple pears' because of their crisp and juicy apple-like consistency. Unlike most pears, Asian pears are extremely firm when ripe with a very strong, sweet aroma (more noticeable at room temperature). To ripen your pears, store them in a cool, dark place. Asian pears will keep up to three months in the refrigerator and two to three weeks at room temperature (the Hosui pear is an exception, as mentioned above). Avoid pears that are wrinkled and soft. Because of the firm flesh, these pears go nicely on top of salads and can also be used in place of apples in several different recipes. You can also slow cook the pears to make a sweet sauce or sauté them with cinnamon and serve atop pork chops.

Biodynamic Limes (EN) Beck Grove, CA

These limes come from Beck Grove, a 100% organic citrus grove located in northern San Diego County. If you think these limes are extra fresh, it's because they are! These shipped the same day that they were picked to ensure optimal quality when they arrive in your hands. Limes should be stored in the refrigerator in a mesh or breathable bag. Try to use the limes within a week or two or they will begin to dry out and lose flavor. Don't freeze full limes but you can freeze shredded zest and the juice for up to four months. Limes

Eat Right Away:

Brown Turkey Figs

May Need Ripening:

Hosui Asian Pears

EP: Ethylene Producer

ES: Ethylene Sensitive

EN: Ethylene Neutral

Ready to Eat:

Pippin Apples

Braeburn Apples

Pomegranates

Limes

Thompson Grapes

This is the FINAL Summer Fruit Delivery!

All future fruit deliveries will be for FULL and WINTER Fruit Shares only!

are commonly used in tropical drinks such as margaritas and daiquiris and are also commonly used for making key lime pie. Limes have a great zest for marinades and salsas. The zest is the shavings or strips of the outer lime layer (not the white pith underneath). They also are great for squeezing atop many Latin American, Asian and Mexican dishes such as curry, stir-frys, guacamole, chicken fajitas and many more!

Pomegranates (EN) Sutherland, CA

Pomegranates are a fun and interesting fruit that can be a little intimidating to some people the first time they see it! Pomegranates have a thick, leathery, purplish and inedible skin and are about the size of an apple. The seeds are enclosed in a translucent, bright-red pulp. Pomegranates are most commonly used for their seeds and juice. After separating the seeds from the skin of the pomegranate, add the seeds to salads or yogurt or bake the seeds into a crisp with other fruits such as apples or pears. Pomegranate juice can be used to marinate different meats, or reduced into syrup and added to cocktails and smoothies. Pomegranates keep well stored at room temperature for 1-2 weeks.

To juice a pomegranate, first roll it on the countertop, applying gentle pressure with the palm of your hand until you hear the subtle crackling sound stop. Then cut the pomegranate in half and juice it on a citrus reamer. Another option is to put the seeds in a strainer and set over a bowl and crush gently with the back of a ladle or wooden spoon.

If you want to extract the seeds, cut the fruit into four pieces and carefully fold back the outer skin to open up the little pouches of seeds. The seeds can be a decorative touch to ice cream or cheesecakes! Be forewarned – pomegranate juice will leave a stain so don't wear your favorite white party dress or leisure suit when preparing a pomegranate!

Biodynamic Thompson Grapes (EN) Marian Farms, CA

Biodynamic refers to Marian Farms' practices of using farm-made compost, cover cropping and seed saving. Coming from the Fresno, CA area, these grapes are thin-skinned, sweet and juicy. Perfect for snacking one-by-one, these grapes are also a great addition to fruit salads and yogurts and a fun, crunchy treat when served frozen. Store grapes in the refrigerator and enjoy a cluster of grapes here and there when you are looking for a sweet treat. You'll notice these grapes have more of a golden hue to them than most green Thompsons. This is a normal characteristic. These are delicate grapes, so go through the bag when you receive them. Remove any soft grapes and eat within a few days.

Brown Turkey Figs (EP) Maywood Farms, CA

The Brown Turkey fig has a rusted red to purple skin with slightly pale green shoulders. The fruit will often crack upon ripeness, exposing its flesh at its stem end. Its flesh is rose colored with amber-toned edible seeds. The edible seeds are numerous and generally hollow. The overall flavor of a ready-to-eat Brown Turkey fig is decadently sweet, providing flavors of hazelnuts and confectionaries. Figs should be washed well and stored on a paper towel in the refrigerator for up to three days. Eat figs immediately because once ripe, they don't last long. They may be frozen or dried for up to six months. Aside from being eaten as is, figs pair nicely with nuts and cheeses. Figs should be eaten at room temperature, not chilled, for optimal flavor and enjoyment.

Note: You may see a little bit of surface mold starting to form on the outside of your figs. We have taken care to handle the figs carefully and sort them, but the mold can develop quickly once the figs are ripe. Do not automatically throw the fig away. Carefully and gently wash the fig or peel away the outer surface. These are so delicious you won't want to waste a single one! Eat within 1-2 days.

Braeburn Apples (EP) Phil Foster, CA

The thin, yellow skin of this apple has a red/orange blush. The flavor of this apple is sweet and just slightly tart with subtle hints of pear and cinnamon. These apples are great for roasting with root vegetables or sautéing and serving atop of pork. In addition, these apples hold their shape really well and are great chopped up and baked into muffins, bread or pancakes. Of course, you can always enjoy the apple raw, cut into slices or just biting right into it. You can also slice the apple and add it to sandwiches and salads.

Produce Plus

Delicata Squash, 15 pounds - \$15
Spaghetti Squash, 15 pounds - \$15

Limited Quantities Available
email csa@harmonyvalleyfarm.com
or call 608-483-2143 x 2

Twin Cities: Please order by 5pm on Monday, October 22nd
Madison and Local: Please order by 5pm on Wednesday, October 24th

Italian Sausage with Brown Lentils and Sautéed Pears

By Chef Chelsea Brannan

Serves 6

2 cups brown lentils (14 ounces)
4 cups boiling water
¾ cup extra-virgin olive oil
2 carrots, diced
1 red onion, diced
3 garlic, minced
1 ½ cups celeriac root, medium diced
1 ½ cups sweet potato, small diced
1 ½ cups beef stock
Salt and pepper
3 to 5 Tbsp cider vinegar
3 Tbsp fresh oregano, mince
1 pound Italian sausage
2 to 3 small pears, cored and cut into eighths



Photo by Chef Chelsea

- In a large heatproof bowl, cover the lentils with the boiling water and let stand for 30 minutes. Drain.
- In a large saucepan, heat 2 tablespoons of the olive oil. Add the diced carrots, onion, garlic, celeriac, sweet potato and cook over medium heat, stirring occasionally, until softened. Add the lentils and 1 ½ cups of stock and season with salt and pepper. Cover and cook over low heat until the lentils are just tender and the liquid is absorbed, about 20 minutes. Stir in scant ½ cup of the olive oil, the cider vinegar, oregano and season with salt and pepper to your taste.
- In a large skillet, heat the remaining 2 tablespoons of olive oil. Add the Italian sausage and cook over medium heat, turning occasionally, until browned and cooked through. Add the sausage to the lentils and pour over any accumulated juices. Portion out in bowls and set aside.
- Return the skillet to high heat. Add the pears and cook, turning once, until lightly browned, about 2 minutes. Top the bowls with lentils with pears and serve right away.

Bacon, Apple and Cheddar Open-Faced Sandwiches

By Chef Chelsea Brannan

1 baguette – ends removed, sliced in half lengthwise then in half again cross wise
Olive oil
½ pound applewood smoked bacon, cut into ½ inch dice
½ medium onion, cut into ½ inch dice
½ medium celeriac—peeled and cut into ½ inch dice
1 tsp thyme
2 garlic cloves, minced
2 apples—peeled, cored and cut into ½ inch dice
1 tsp ground fennel seeds
¼ tsp ground nutmeg
1 Tbsp fresh lemon juice
1 tsp finely grated lemon zest
2 tsp honey
Salt and freshly ground pepper
4 slices Sharp Cheddar Cheese

- Preheat oven to 350°F. Place baguette slices on baking sheet rub with olive oil and set aside.
- Heat a large skillet; add the bacon and cook over moderate heat until almost crisp. Transfer the bacon to paper towels to drain. Pour off all but 3 tablespoons of the fat from the skillet.
- Add the onion to the skillet and cook over moderate heat until softened. Add the diced celeriac, thyme, garlic and apple. Cover and cook over moderately low heat, stirring occasionally, until softened, about 8 minutes. Add the fennel seeds and nutmeg and cook, stirring, until fragrant, about 1 minute. Stir in the lemon juice, lemon zest and honey. Remove from the heat, season with salt and pepper. Stir in the bacon and top each portion of bread with equal amount of mixture. Top with a slice of cheese and toast in oven just long enough to melt cheese. Serve hot and enjoy!