



The Cornucopia

“The Horn Of Plenty”

Volume 3, Issue 27

Week of Sept 10, 2007

P.O. Box 189 Ivanhoe CA 93235 559-798-0557 www.familyfarmfresh.com

Expected produce for next week's basket—subject to change based on **availability**.

The **apple** is the pomaceous fruit species *Malus domestica* in the rose family (yes, you read correctly they are from the rose family). It is one of the most widely cultivated tree fruits. The centre of the fruit contains five carpels arranged in a five-point star, each carpel containing one to three seeds.

Apples don't have fat, cholesterol or sodium, which may help you maintain heart health and a healthy weight. They do have lots of fiber - both soluble and insoluble kinds. Fiber may help promote heart health and maintain regularity. Apples also contain small amounts of potassium, which may promote heart health and help maintain healthy blood pressure.



Picture of an apple cut side-ways to show the seeds

Raspberry Citrus Bars

- | | |
|---------------------------------------|-----------------------------|
| 1 cup butter or margarine, softened | 3/4 cup confectioners sugar |
| 2 1/4 cups all-purpose flour, divided | 4 eggs |
| 1 1/2 cups sugar | 1/3 cup lemon juice |
| 2 tablespoons grated orange peel | 1 teaspoon baking powder |
| 1 1/2 cups unsweetened raspberries | |

In a mixing bowl, cream butter and confectioners sugar. Add 2 cups flour; beat until combined. Press mixture into a greased 13in. X 9 in. X 2 in. baking pan. Bake at 350 for 20 minutes or until lightly browned.

Meanwhile, in a mixing bowl, beat the eggs, sugar, lemon juice and orange peel. Add the baking powder and remaining flour; mix well. Sprinkle raspberries over the crust. Pour filling over the berries. Bake for 30-35 minutes or until lightly browned and filling is set.

Cool on a wire rack. Store in the refrigerator

Taste of Home Magazine, August/September 2001 Ruby Nelson, Mountain Home, Arkansas

This week's fresh produce came from these family farmers:

- Oranges**—McKellar Farms, Ivanhoe
- Leeks, Cherry Tomatoes, & Squash** —KMK Farms*, Kingsburg
- Tomatoes**—Francis Romero*, Reedley
- Apples, Pears, Grapes, Peaches & Plums/Pluots**—ML Farms, Lemon Cove
- Potatoes**—T&D Willey, Madera
- Raspberries**—Irene Mendoza, Hollister

Summer Sweet Oranges *

Tomatoes *

American Eggplant *

Lettuce *

Asian Pears *

Daikon Radish

Squash *

Grapes *

Plums

Apples—Fuji or Gala

Red Sweet Peppers (similar to Bell Peppers)

Cherry Tomatoes *

NOTE: The asterisk (*) indicates an item to be placed in the Mini baskets. All items will be in the Light and Family.

If you wish to make changes to your basket please notify us

by 8am Friday

September 14th

by calling our automated phone system ANY time of day.

559-798-0557

Press 1 for Family Farm Fresh

Press 3 for Changes

Or email:

pam@familyfarmfresh.com

Or online:

www.FamilyFarmFresh.com

*These farmers crops and farms are registered and certified with the Tulare County Ag Commissioner and are inspected regularly at the farm.

Produce Storage Tips—please rinse all produce with cold water before using

- Once you've pawed through the basket and sampled a few of the grapes, put those [Summer Sweet Oranges](#) in the refrigerator. They will store for a long, long time. They are perfect for juicing or making smoothies.
- Rinse the [Grapes](#) under cold running water and cover them with a paper towel or plastic. Decide if you're going to leave them out on the drain-board for everyone to eat tonight or stick them in the fridge for later. You might even decide to freeze them for a nice cool snack for later. Freeze them single layer until frozen then stick them in a baggie to put back in the freezer.
- Put the [Apples](#) in the coldest part of the refrigerator. Now check the stone fruit: Put the [Peaches](#) and [Nectarines](#) in the fridge now also. The variety of peaches we currently have doesn't soften when ripe. If you're unsure, slice into it. If it's not ripe leave it out on the counter for a bit longer. The nectarines should 'give' a little when you test them. The light green [Kelsey Plums](#) are **soft** when ready. Have a paper towel handy as they are very juicy! Or maybe you got some [Flavor Rich Pluots](#) in your basket. They will also 'give' a little when ripe. With their beautiful dark purple color it's quite a surprise to bite into the unexpected golden flesh.
- The [Summer Squash](#) is still in abundance. The farmers are picking it at just the right size. If yours is long and green (or yellow), then it's Zucchini. Small round ones with scalloped edges are called Patty Pan. Crookneck squash is exactly as it sounds, they have a small crook in their neck.
- Inspect the [Cherry Tomatoes](#) and [Tomatoes](#). Find the ones that are just right and plan on using them in the next day or two. These tomatoes are perfect for a turkey sandwich. There has been controversy about whether or not to refrigerate tomatoes. The "specialists" say NOT to put them in the fridge as it robs the tomatoes of their flavor and texture. Well, I'm not a specialist. I put it to the test. My personal opinion is this: the ones that are ready 'right now' either get used tonight or put them in the fridge to use in the next day or two. Take them out one-hour before using to allow them to warm up to room temperature before using.
- The item in the basket that looks like a green onion on steroids is a [Leek](#). It's a cousin of the onion and can be substituted in any dish. Cut off the roots, slice it lengthwise from top to bottom, and run under cold water with green end facing down to remove dirt from leaf layers. Then store in a plastic bag in the refrigerator.
- By now you should have found the [Red Potatoes](#). They can be placed on the counter out of direct sunlight in a cool spot. Not next to the stove.
- Are there any [Raspberries](#) left in the basket? If so, just pop them in the fridge. The container they are in is perfect. If the top is missing, just wrap them with a paper towel before you stick them in the fridge.

The Produce storage tips will soon be available ONLINE only. If you do not have access to the internet and you have storage questions, please feel free to contact me. —Pam

Featured fresh breads for the week— \$4.25

- Whole Wheat Bread (loaves, rolls, or buns)
- Sourdough Bread (white) (loaves only)
- Rustic Rye Bread
- Lemon Poppy seed Muffins (dzn)

Customized and Special orders are available.

If you would like to place a bread order, please contact us know **before 4pm THURS Sept 13th.**

Lori uses **NO** shortening in her breads, **ONLY** Organic Extra Virgin Olive Oil. The amount of olive oil ends up to being approximately 2 Tbsp per loaf. If you are slicing it into 12 slices, you are only getting 1/2 teaspoon per slice.

EXTRA items like cheese, eggs, olive oil, etc. are available. Visit our website www.FamilyFarmFresh.com to see the complete list.



The featured fresh cheese for the week is **Luanne's Pick**. If you have a request, please contact Pam before Friday.

Fruit-only & Veggie-only baskets are available.
Call or email Pam pam@familyfarmfresh.com

Please note

A Service Fee will be charged on all past due accounts

Our Mission is to grow, select and deliver to your door nature-fresh, delicious, nutritious fruit, vegetables and farm products grown with pride by Valley Family Farmers—Guaranteed to please.