



# Fruit Box

like they fell  
from heaven...  
cherry blossoms  
Issa



## Box Contents

### To be eaten first      May need ripening...

Chelan Cherries	Honey Blaze Nectarines
Flame Grape	Tommy Atkins Mango
Eureka Lemons	Flavorosa Pluots

**Note:** While it may be tempting to use one hand to pick up your vegetable box and the other hand to pick up your fruit box, please don't. Your fruit is very sensitive and even a gentle bump can cause bruising and shorten it's life.

### Ripening and Storage Techniques

**Chelan Cherries** are from Stemilt growers in WA. This sweet cherry resembles a Bing with firm, round, heart-shaped fruit. The red flesh is juicy with good flavor. It ripens about two weeks ahead of Bing. Cherries should be stored in the coldest part of the refrigerator. It is best not to wash them until you are ready to eat. If you don't plan to use them within 4 days, freeze them. I have always wanted to try to make a cherry sauce to drizzle over the chocolate beet cake in our cookbook, but I never manage to save enough cherries--maybe this year.

**Flame Grapes** are grown at the Rucker Homestead in Coachella, CA (in the Mojave desert). Flame grapes are a blend between the Thompson, Cardinal, and a few other varieties and are the second most popular table grape after its greener cousin, the Thompson seedless. It is round and deep red with a sweet-tart flavor and a crisp pop when eaten. Before storing, remove any spoiled grapes with broken skins or browning from the bunch. They should keep for a week to 10 days in the refrigerator.

**Eureka Lemons** are grown by Eco Farm in CA. The Eureka lemon is probably the most widely grown lemon variety in the world. It is a true 'bitter' lemon with a high juice and acid content. With correct plant nutrition, fruit should be thin-skinned and virtually seedless. Fruit tends to be borne in terminal clusters. Lemons will keep on the counter at room temperature for a maximum of two weeks, depending on the temperature and humidity, and will keep in the refrigerator in plastic bags for up to six weeks. See reverse for lemon ideas.

**Honey Blaze Nectarines** are grown by Ferrari Farms in CA. This almost "ridiculously" sweet yellow-fleshed fruit has set the record on sweetness at a full 30% sugar when fully tree ripened. Ripe nectarines should yield to gentle pressure along the "seam" and produce a sweet aroma. Ideally ripen at room temperature (not exceeding 78° F). Move to cold storage and eat within 1-3 days. Longer storage will diminish their juicy flavor. If you have excess: slice and sprinkle with lemon juice, put them in freezer bags, and pull out as you need for smoothies or cobblers.

**Tommy Atkins Mangoes** are grown by Salvador Parra Ahumada in Mexico. Tommy Atkins is the brightest mango, distinguished by its red, hard skin. It's shaped like a Haden, but is not as flavorful. Ideally, mangoes should be stored at temperature between 55° F and 65° F in a dry place. As with all tropical fruit, whole unripe mangoes should never be stored in the refrigerator. Unripe mangoes will ripen in two to three days when left on a counter-top. The Tommy Atkins variety may take up to five or six days. Once ripened, mangoes can be stored in the refrigerator, but should be consumed within a few days. See page two for tips on cutting mangoes.

**Flavorosa Pluots** are grown by Little Ooscar in CA. This plum apricot hybrid is characteristically more plum than apricot, and is more luscious than either of its parents. Dark purple skin, red flesh, rich flavor, and bursting juiciness is what makes the Flavorosa one of the most popular varieties. Pluots add colorful beauty and scrumptious taste to perk up fruit salads. They also make excellent compotes and preserves that can be used to accompany meat dishes. Try making a pluot and basil tart: I recommend grilling thin slices of pluot with a drizzle of honey for 6-10 minutes. Add basil and serve in a tart shell with a dollop of cr me fra che or whipped cream.

2nd Delivery

1

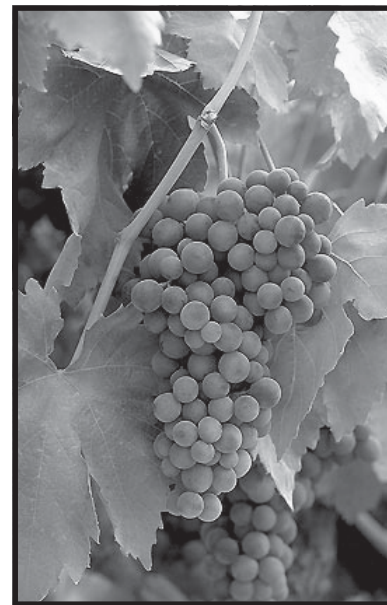
Late June/Early July

# Grower Profile

## Rucker Homestead

The Rucker Homestead began in 1955 when Roy Rucker won a piece of farmland in a U.S. Government land drawing for WW II veterans. He has been farming organically from the very beginning. The land, located in the arid Coachella Valley, came with certain challenging conditions. Roy put half the acreage into farming, and built a house. He is now farming 40 acres of organic citrus and grapes. Since the area is desert, farming meant the installation of a costly irrigation system and leveling the uneven ground. It was a real scramble for the Rucker family to secure the necessary financing to do all this before they were even allowed to obtain the title to the land. Although the land is naturally dry and porous, the Coachella Valley soil is rich in minerals deposited by an ancient sea. This rich soil, combined with warm daytime weather and cold winter nights, is key to producing very flavorful winter crops of grapefruit, tangerines, oranges, blood oranges, lemons and tangelos and as well as a springtime seedless flame grape. Today the farm is owned and operated by Roy and his son, Bruce.

This *Grower Profile* came from <http://www.veritablevegetable.com>



Flame grapes hanging from the vine

2nd Delivery

2

Late June/Early July

### "and the bluebird sings by the lemonade springs..."

When I learned that you are receiving 2 pounds of lemons in each box, my palate was overwhelmed: basil or rosemary lemonade, stirred lemon ice cream and cherries ([http://splendidtable.publicradio.org/recipes/sundaysuppers/jul\\_lemonice.html](http://splendidtable.publicradio.org/recipes/sundaysuppers/jul_lemonice.html)), lemon and basil sorbet, Moroccan preserved lemons, lemon curd, lemon chicken, marmalade, zucchini bread with lemon zest. I could keep going, but I'll stop here. I don't know if I have ever been afforded such a bounty of lemons ripe with so many possibilities.

#### Rosemary Lemonade

abbreviated version from

*Farmer John's Cookbook: The Real Dirt on Vegetables*  
serves 4 to 6

6 cups water  
10 sprigs of rosemary (or substitute basil, thyme, or anise hyssop)  
1 cup sugar or honey (or more to taste)  
3/4 cup freshly squeezed lemon juice

1. Bring water to boil in a medium pot, and reduce heat to a simmer. Add rosemary sprigs; cover and steep for 45 minutes. Strain and add sugar or honey. Stir until dissolved. Chill and serve.

#### Preserved Lemons

abbreviated from *World Food Cafe` Global Vegetarian Cooking*

Preserved lemons are one of the indispensable ingredients of Moroccan cooking, used in fragrant lamb and vegetables tagines, recipes for chicken with lemons and olives, and salads.

1 pound (4-6) lemons, plus juice of about 4 more lemons  
1/4 cup of salt

Cut the lemons into quarters and cover cut surfaces with salt. Put in a bowl with a weighted plate for 30 minute. Put lemons and juices into a clean jar, pour on lemon juice to moisten lemons and just cover them. Cover tightly and let sit at room temperature for about 3 weeks.

### tips for cutting a mango

In my search for the best method to cut a mango I discovered an NPR story about a man from Syracuse, NY who invented a gadget that can slice and remove the mango pit in less than a second. You can learn more or listen at the following link: <http://www.npr.org/templates/story/story.php?storyId=4790537>. I find that the below method works very well.

- ◆To remove the flesh from a mango, cut through the mango parallel to the seed, that is, on the flat side.
- ◆Use the knife to skim the surface of the seed, cutting over it. Repeat on the other side; you should then have 2 slightly concave halves of mango.
- ◆Using a sharp knife, carefully cut the flesh down to the skin but not through the skin, making strips in one direction and across, making cubes of mango.
- ◆Turn the mango inside out, forcing the flesh upwards to look like a blunt porcupine.
- ◆Slice the cubes of mango away from the skin. If you don't want cubed mango, remove the flesh from the seed in the same way, but peel the mango. Then cut the flesh into strips or slices.

The goal of your fruit box is to bring special, fresh, high quality, tree (or vine or bush) ripened, organic fruit together from orchards, groves, and farms across the country. Your fruit box is the result of a partnerships between Co-op Partners in Minnesota, the Harmony Valley Farm CSA in Wisconsin, and the Angelic Organics CSA in Illinois.