



Fruit Box

*Little Jack Horner sat in the corner
Eating his Christmas pie,
He put in his thumb and pulled out a plum
And said "What a good boy am I!"*



Box Contents

To be eaten first

Gala Apples
Star Ruby Grapefruit
Flame Grapes
Persian Limes

May need ripening...

Hass Avocados
Dapple Dandy Pluots
StarKrimson Pears

Ethylene Table (see reverse for details)

EP: Ethylene Producer
ES: Ethylene Sensitive
EN: Ethylene Neutral

Ripening and Storage Techniques

Gala Apples (EP) are grown at the Briggs/Eggers Family Orchard in the Bonita Springs Valley of southern Arizona. Galas have a shape similar to Fuji apples, but have a more polished skin. Apples are picked at their peak ripeness so additional ripening really means acceleration in the decaying process; and, they will become mealy and mushy. Apples should be refrigerated as soon as they are brought home. It is best to keep apples as cold as possible so store them in the back of your refrigerator. If stored well, apples can last for several weeks in the refrigerator.

Star Ruby Grapefruit (EN) are grown by Eco Farm in CA. When grown well, Star Ruby's are attractive red-blushed fruits with smooth yellow rinds. The flesh is very darkly-pigmented, juicy, and low-seeded or seedless. Star Ruby's season of maturity is mid to late-season. The fruit holds well on the tree with some loss of flesh color as the season progresses. Grapefruit will last for several days if stored at room temperature. Otherwise refrigerate in a plastic bag or in the high humidity crisper section of the refrigerator where they will keep for several weeks.

Red Flame Seedless Grapes (EN) are grown by Benzler farm in CA. Red Flame grapes are mild and sweet with a tart flavor. When they are ripe, the grapes darken flame to rust red color. Before storing, remove any spoiled grapes with broken skins or browning from the bunch and keep refrigerated; they should keep a week to ten days.

Persian Limes (EN) grown by Hector Rendon in Mexico. They are the main variety found in the American markets. Limes put in a plastic bag and kept in the refrigerator will last up to six weeks. Rick says organic limes are inconsistent and somewhat rare in the summer, so this is a special treat.

Haas Avocados (EP) are grown by Eco Farm in CA. Haas is a dark-skinned summer fruit that is ripe when the skin yields to gentle finger pressure. Store at room temperature until ripe. When ripe they may store in the refrigerator for one to two days. Once an avocado has been cut, sprinkle it with lemon or lime juice (actually any citrus juice will work) to keep it from turning color.

Dapple Dandy Pluots (EP) are from Wild River in Marysville, CA. Pluots are a hybrid of a plum and an apricot and mainly retain the characteristics of a plum. Their skin is a light reddish-yellow color with some speckling. This fruit has one of the highest Brix level readings on a refractometer, meaning that it has a very sweet taste. Keep at 65-70 degrees for the most ideal ripening conditions and then move to cold storage. Note: Dapple Dandy and other pluots are sensitive to ethylene-producing (such as apples and bananas) fruits.

StarKrimson Pears (EP) are grown by Columbia Gorge in OR. StarKrimson is a unique pear variety patented by Stark Brothers Nursery in South Haven, Michigan. Named for its brilliant crimson color, StarKrimson is a beautiful red pear ideal for the holidays. Most are full red and become brighter as they ripen. They are a summer pear that lasts well into the winter holiday season. Leave them out at room temperature and they will ripen in a few days to a week, depending on the maturity when delivered. If you choose to hold off the ripening process, the fruit should be refrigerated and will hold three to four weeks there until ready to ripen. Once ripe, a pear will not last much more than a couple of days, even in the refrigerator.

6th Delivery

1

mid - August

Grower Profile

Briggs and Eggers Orchard



Jean and Joe Briggs and second generation Lance and Melissa Eggers began farming apples in the fertile Bonita Springs Valley of southern Arizona in 1968, and they've farmed organically since 1990. Their 400 acre

apple orchard lies at the base of Mount Graham, a critical "sky island" habitat for many species. Since the early efforts of the Briggs and other committed farmers, organic production has increased in this lovely valley to over 2,000 acres, good news for birds and animals that rely upon clean air and water in migration corridors in Southeastern Arizona.

The Briggs / Eggers are committed to building a strong organic program. Like their organic neighbors, the Briggs believe in building soil. They apply a nutrient rich tea made of composted poultry manure and organically derived trace minerals. Coddling moths present a challenge to the growers in the valley and they have had great success with pheromone traps and mating disruption techniques. The granite rich, alluvial soil washed down from the mountains. The moderate high elevation Arizona Summers allow the Briggs / Eggers to begin early harvests of Galas, Red Delicious, Granny Smiths and the increasingly popular Pink Lady. For more information on the Briggs & Eggers Orchard call (520) 281-0231.

This Grower Profile was taken from the NewHarvest - Organics website. To read more go to: <http://newharvestorganics.com/briggseggers.html>



6th Delivery

2

mid-August

Ethylene

Ethylene is a natural hormone that some vegetables and fruits produce as they ripen. If exposed to unripe fruits or vegetables, it may also help them ripen faster. Bruised or diseased fruits produce even higher amounts of ethylene and may cause other fruits that they are stored with to ripen too quickly. It may also cause harmful physiological changes in most vegetables. According to Tracy Fisch, author of *How to Keep Fresh Fruits and Vegetables Longer with Less Spoilage*, "exposure to ethylene causes bitterness in carrots, yellowing in cucumbers, and browning in head lettuce." Once ripe, fruits are more susceptible to conditions like mold. Ethylene producing fruits include: apples, apricots, nectarines, peaches, pears, plums, avocados, tomatoes, honeydew melons, and cantelopes. Ethylene producers are also ethylene sensitive, but don't have the same harmful effects. For example, storing a ripe pear with an unripe pear can speed up the ripening process in the unripe fruit.

Fruits that produce ethylene should not be stored with fruits and vegetables that are "ethylene sensitive." Sensitive fruits and vegetables may have a loss of quality, reduce their storage time, and show signs of bruising or scarring. Vegetables that are ethylene sensitive include beets, carrots, broccoli, Brussels Sprouts, cabbage, cauliflower, celery, corn, leeks, and more.

Fruit News and Facts

The Little Jack Horner Story

According to legend, Little Jack Horner was actually Thomas Horner, steward to the Abbot of Glastonbury during the reign of King Henry VIII. Rumor had it that the inquisitive king would soon be reaching for some Glastonbury holdings. The nervous Abbot, hoping to appease the royal appetite, sent the king a special gift: a pie containing twelve deeds to manor houses. On his way to London, the not-so-loyal courier Horner stuck his thumb into the pie and extracted the deed for Mells Manor, a **plum** piece of real estate, where his descendants live to this day. The remaining eleven manors were given to the crown but to no avail. The old Bishop was convicted of treason for remaining loyal to Rome. The jury included his treacherous steward Horner who found Bishop Whiting guilty and sent the old man to a terrible death of being hung, drawn and quartered on Glastonbury Tor. The Abbey was destroyed. Following the destruction of the abbey, the steward, Horner, moved into the Manor of Mells. Whether Horner actually stole the deeds to the Manor or was rewarded with them for helping to convict the Bishop of Glastonbury is not known but the Manor of Mells became the property of the Horner family who lived there until the 20th century. The first publication date for the lyrics to the Little Jack Horner rhyme is 1725. ~*The Great American Baby Almanac*