



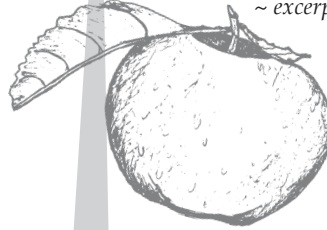
Fruit Box

Tonight the bear comes to the orchard and, balancing on her hind legs, dances under the apple trees, hanging onto their boughs, dragging their branches down to earth. Look again. It is not the bear but some afterimage of her like the car I once saw in the driveway after the last guest had gone. Snow pulls the apple boughs to the ground. Whatever moves in the orchard--heavy, lumbering--is clear as wind.

~ excerpted from "The Bear" by Susan Mitchell

Box Contents

To be eaten first	May need ripening...
Honey Crisp Apples	MoonGlo Pears
Dolga Crabapples	Yellow Nectarines
Crimson Seedless Grapes	
Ruby Grapefruit	
Moro Blood Oranges	



Ethylene Table (see 6th delivery NL for details)

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

Ripening and Storage Techniques

Honey Crisp Apples (EP) are grown by Future Fruit Farm in Ridgeway, WI (see page 2 for grower profile) and by Schaeffer's Orchard in Chippewa Falls, WI. Honey Crisp is the new sensation in the apple world, a large, sweet apple with crisp texture. These apples may have little gray spots on them, it's a condition called sooty blotch that comes out of the woods at certain times. It is a purely cosmetic issue that can be wiped off with a vinegar solution if you like. The farmer assured me that it would not affect the flavor or storage of your fruit. It is best to keep apples as cold as possible, so store them in the back of your refrigerator. Apples can last up to six weeks in the refrigerator.

Dolga Crabapples (EP) are also grown by Future Fruit Farm in Ridgeway, WI (See page 2 for a grower profile, some more ideas about how to use crabapples). Dolgas are about the size of small plums and are a tasty addition to apple ciders and make delicious crabapple butter and pickled crabapple treats. In addition to taste, the Dolga fruit, in particular, has blood-red flesh that makes attractive sauce. The Dolgo crabapples are really good eating, but you have to grab a handful because they're small. It is best to keep apples as cold as possible so store them in the back of your refrigerator. Apples in good condition should last up to six weeks in the refrigerator.

Crimson Seedless Grapes (EN) are grown by DJ Forey. This red medium size grape variety has firm, crisp berries with a sweetly tart, almost spicy, flavor. It's actually one of the freshest grapes in the market. These grapes aren't coming out of cold storage; they've only been in storage for about two to three weeks (unlike most table grapes). Even though they are a late variety grape, shelf life is not that long, so buy them and enjoy them for two to three days at the most. If you wait too long they won't be crunchy. Try freezing the grapes for a fun snack.

Yellow Nectarines (EP) are grown by the Berryman Orchard in WA. At home, store nectarines on the counter at room temperature until ripe. To quicken the ripening process, place nectarines in a paper bag until fully ripe (no longer than a day or two).

Ruby Grapefruit (EN) are grown by Eco Farm in CA. When grown well, Ruby's are attractive red-blushed fruits with smooth yellow rinds. The flesh is very darkly-pigmented, juicy, and low-seeded or seedless. 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.

Moro Blood Oranges (EN) are grown by RiverSun Farm in Australia. Blood oranges were named because of a pigment that gives the flesh a deep red color that is also produced by other red fruits and flowers. The Moro, a recent introduction into the blood orange family, is the most colorful of the three types, with a deep purple flesh and reddish orange rind. This fruit has a sweet flavor with a hint of raspberry. Store oranges in a cool place outside the refrigerator and try to eat them within a few days. If you need to keep them longer, refrigerate in a plastic bag or in the vegetable crisper section of the refrigerator. I made a great fall punch for a party with fresh apple cider, blood oranges, and sparkling water. A couple of slices floating on in a punch bowl makes a gorgeous presentation.

MoonGlo Pears (EP) are also grown by Future Fruit Farm in WI. Leave them out at room temperature and they will ripen in a few days to a week, depending on the maturity when delivered. The grower recommends letting these pears get extremely ripe for the best flavor (put in a paper bag for 2-3 days). 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.

8th Delivery

1

mid September

Grower Profile

This grower profile was from Local Harvest.org. To find out more about Future Fruit Farm go to: <http://www.localharvest.org/farms/M7074>

Future Fruit Farm

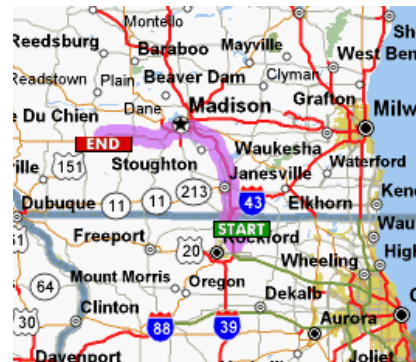
Our certified organic family farm is located on the beautiful ridges overlooking the Wisconsin River Valley. Here, we have chosen to specialize in and grow old-time and exotic varieties of fruit. The unusual and delicious

apples and pears that we produce are harder to grow, but, we feel, far superior to more common types of



fruit. The rich flavor and perfume of our fruit is often lacking in more commercially grown fruit. We practice certified organic methods of agriculture to grow our fruit. Each tree is given special attention. Each piece of fruit is handled gently and hand-sorted. We value quality over quantity. The taste of our Future Fruit is sought after. For over twenty four years, our Future

Fruit Farm Family — Bob, Ellen, and Selena Lane—have been testing varieties of apples, pears, and plums, attempting to perfect organic fruit growing methods and meet the challenges of climatic pressures. Each tree is given special attention. Each piece of fruit is handled gently and hand-sorted. We value quality over quantity. We value supporting local food supplies and our family farm is dedicated to sustainable agriculture. We hope that you will enjoy our certified organic, difficult-to-grow, unusual Future Fruit. We begin harvesting our fruit in late July and continue harvesting through October. You can find us with our safe and nutritious fruit at the Dane County Farmer's Market, at Madison, Milwaukee, and Minneapolis natural food stores and Coops, and at the finest restaurants in Madison, Milwaukee, and Chicago. We also produce organic Pear Cider, organic Pear Butter, organic Pear-Apple Butter, and organic Apple Butter.



8th Delivery

2

mid September

Crabapples, "the forgotten fruit," according to Ellen Lane of Future Fruit Farm

Crabapples also known as "wild apples" or "crabs" were named for their small and sour fruits. Not all crabapples are as palatable as the Dolgas. They are grown widely as ornamentals for their fruit and profuse blooms. Numerous cultivars are selected for quality and their ability to resist disease. Apple orchards use them for pollinating their other orchard trees, planting a crab every 6th or 7th tree or limbs are grafted on to some of the apple trees. In emergencies a blooming crabapple branch is dangled in front of the beehive as orchard pollinators.

Farmer Ellen gave me a list a great list of things to do with the crabapples from their farm (although you could try eating them out of hand too; she and her kids love how tart they are and enjoy them right off the tree). [Our crew tried some of these apples before the pack. They were met with rave reviews and entertaining faces. Kids who like sour candy will love these apples.] She described Dolgas as an old-time variety that can be cut up in salads (chicken salad with curry and Dolgas

is a favorite), roasted with meats, and/or featured in desserts like crisps or pies. Ellen sent me one of her favorite recipes for Coddled Crabapples. I am also including another recipe for poached crabapples that I found on-line. It sounded too good not to share!

Coddled Crabapples (poached)

1/2 lb. crabapples
1 cup sugar (Lora says you could use 1/2 cup honey or maple syrup)
a bit of vanilla
a bit of cinnamon
1 cup water

*Prick crabapples with a fork and put into a saucepan

*In a separate pan bring to a boil, water, sugar, vanilla, and cinnamon

*Pour boiling water over crabapples and simmer for 5 minutes

*Let the liquid and apples cool slightly and serve. Spoon whole crabapples into a serving bowl and pour poaching liquid over the fruit.

Crabapples poached in 2004 Rancho Sysquoc Sylvaner and Lemon Verbena

for the complete recipe go to <http://tinyurl.com/frfn7>

Wine (2 cups), sugar (1 cup), crabapples (a pound) and lemon verbena, simmered until apples are tender and wine/sugar reduced in half. Couldn't be simpler or more delicious. Best of all, not too sweet so it is tart and refreshing enough to have on its own or over very good quality vanilla ice cream.

*Sue suggests saving the liquid for granita or sorbet and serving the apples with cheese.

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 land. 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.