



Fruit Box

Box Contents

To be eaten first

Honey Crisp Apples
Liberty Apples
Thompson Grapes

May need ripening...

Luscious Pears
Red Bartlett Pears
Adam Giant Plums
Kielt Mangoes
Hass Avocados



III.
*The pears are old women;
They are the same.
Slight rouge,
Green braille dresses,
They blush in unison.
They will stay young.
They will not ripen.
In the new world,
Ripeness is nothing.*

~excerpted from
"Trois Morceaux en Forme de Poire"
by Brenda Hillman

Ethylene Table (see 6th delivery NL for details)

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

Ripening and Storage Techniques

Honey Crisp Apples (Locally Grown; EP) are grown by Schaeffer's Orchard in Chippewa Falls, WI. Honey Crisp is a large, sweet apple with crisp texture. 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.

Liberty Apples (Locally Grown; EP) are grown by Future Fruit Farm in Ridgeway, WI. They are a crisp, juicy, with a light yellow flesh and sprightly flavor. Liberties are good for fresh eating, cooking, canning or desserts. They store well and their flavor intensifies in storage. 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.

Thompson Grapes (EN) are grown biodynamically at Marian Farm near Fresno, CA. Thompson grapes are thin-skinned, sweet and juicy, and can be eaten fresh or dried. Marian Farms' grapes are also unique in that they are not treated with gibberellic acid or "gibbed," as most grapes are in both the organic and conventional markets. Gibberellic acid-3 is a commercially produced plant growth regulator (i.e. growth hormone) which is sprayed on seedless grapes to increase grape size and yield. These grapes will store for up to 7 days in cold storage.

Kielt Mangoes are grown by Howard Marguleas in CA. Our fruit buyer, Rich Christenson says, "these are the first non-imported organic mangoes that we have ever seen." These Mangoes are grown in the California desert, and it is pretty clear they are very different from their tropically grown cousins. They are very green skinned. Ripen for 4-6 days in a paper bag, until they yield to gentle pressure. Ripe mangoes will only store 1-2 days in the refrigerator.

Luscious Pears (Locally Grown; 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 Luscious Pear is a cross-parentage pear that is very sweet and aromatic with a hint of butterscotch and honey. 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.

Red Bartlett Pears (EP) from Columbia Gorge in WA. The flesh is medium-grained, sweet, and soft, and the peel adds a sharp tang of citrus. Leave them on the counter to ripen at room temperature and they will be ready to eat in a few days to a week, depending on the maturity when they were picked. Most pears show a subtle change in color as they ripen. Try caramelizing onions and pears together in butter and serving with goat cheese and roasted beets.

Adam Giant Plums (EP) are grown at Ferrari Farm in CA. Living up to their title, they are a very large, dark reddish plum, that is sweet and not tart like some of the other varieties we have had this season. Keep at 65-70 degrees for the most ideal ripening conditions. Move to cold storage when fully ripe and keep away from any ethylene-producing fruits (such as apples and bananas).

Haas Avocados (EP) are from Mexico. Haas is a dark-skinned summer fruit that is ripe when the skin yields to gentle finger pressure. Store at room temperature until ripe. 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.

9th Delivery

1

early October

Grower Profile

9th Delivery

2

early October



Marian Farms is a diversified, Demeter-certified Biodynamic horticultural enterprise located in the central San Joaquin Valley of California.

The information in this Grower Profile is from Marian Farms website at marianfarmsbiodynamic.com.

Family owned and operated since 1990, Marian Farms is committed to creating an ecological farming system while working with the dynamic spiritual and life forces in nature and the cosmos. We believe these endeavors lead towards the healing of the earth and ourselves.

Our signature products include Thompson seedless raisins and table grapes, peaches and citrus. We also supply specialty vegetables to retailers and restaurants. We have a CSA (Community Supported Agriculture) fruit and vegetable program which ships throughout the United States. A very unique aspect of Marian Farms is our production of distilled spirits for use in herbal tinctures and homeopathic pharmaceuticals.

Our History

Marian Farms was started in 1990 when Gena Nonini, the farm steward, left her job as an export commodity trader with a Fortune 500 company to form Marian Trading Ltd. During the first four years, the focus of the business was split between farming and export trading. However, changing market circumstances, coupled with a changing heart, altered the face of Marian Trading Ltd. Beginning in 1995, Marian Trading Ltd. added the name of Marian Farms to its listing, and the main focus of the company quickly turned to farming, marketing and distributing their own products. Three years prior to the shift in business focus, Gena was introduced to Biodynamics. This introduction quickly led to travels overseas to see first hand the practices and effects of Biodynamics in a viable production setting. The first set of Biodynamic preparations was used in December 1992. Today, years, and hundreds of Biodynamic preparation applications later, the knowledge and understanding of how Biodynamics truly works and an



ever-evolving faith in its results are the foundation from which the farm and its business enterprise evolve.

Dynamic/Spiritual Practices Incorporated on the Farm

Biodynamic practices set themselves apart from conventional and organic practices in four fundamental ways: the incorporation of the "whole farm organism" concept, daily integration of planetary and cosmic rhythms, a continuous application of Biodynamic preparations, and the farmers' relationship to the land. The integration of these four fundamental activities produces food products that possess LIFE forces which will enhance the spirit, soul and body. Marian Farms engages in the thoughtful and careful execution of Biodynamic protocols, which ensures that the products produced on the farm have been exposed to cosmic forces which make for "living" food. Additional practices, which set Marian

Farms apart from other alternative farming techniques, include horticultural diversification, on-site composting, and the use of planetary and cosmic rhythms.

Last year I spoke with Barry Gleason, the sales rep for some additional information and updates on the farm. He met Gena, the head farmer and owner of Marian Farms, while she was an Ag. Commodity Trader for Southeast Asia. Upon their 1st meeting they talked for 3 hours. Barry gave Gena a book on

Organic Farming by Albert Howard. Shortly after that, Gena quit her job and leased 45 acres from her family's 345 acre farm, which had been farmed conventionally for over 100 years. Gena encountered Rudolph Steiner's work in 1993, and as Barry describes it is about the time the organics industry started moving towards a corporate mode which, to him, meant that organic standards would go to "hell in a handbasket."

Gleason spoke passionately about the role that biodynamics plays in the quality, flavor, and storage of Marian Farm's grapes. Gena picks grapes to order so she can pick them at a Brix, or sugar level, of 19 when most growers pick between 14-16 Brix. Marian grapes are unique in that they aren't treated with gibberellic acid, a growth hormone used to increase grape size and yield on seedless varieties, which according to Gleason, most organic and conventional grapes are treated with.

Marian Farms is particularly excited about their new venture, distilled spirits. Last November they began construction on a new distillery. Check their website for updates on this exciting new venture.

