



Fruit Box

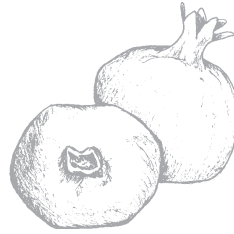
THE POMEGRANATE and Apple-Tree disputed as to which was the most beautiful. When their strife was at its height, a Bramble from the neighboring hedge lifted up its voice, and said in a boastful tone: "Pray, my dear friends, in my presence at least cease from such vain disputings."

~Aesop's Fables, The Pomegranate, Apple Tree, and Bramble

Box Contents

To be eaten first May need ripening...

Lady Apples	Concorde Pears
Granny Smith Apples	Hass Avocados
Pinova Apples	
Crimson Grapes	
Pomegranates	



Ethylene Table (see 6th delivery NL for details)

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

Ripening and Storage Techniques

Lady Apples (EP) are grown by Harmony Orchards in Yakima, WA. Ladies are small, sweet, and one of the oldest known apple varieties. See page 2 for more about Lady apples. 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.

Granny Smith Apples (EP) are grown by New Harvest Organics in AZ. Granny Smith apples are a light speckled green in color, though some may have a pink blush. They are crisp, juicy, tart apples that are excellent for cooking, or eating out of hand. They also are favored for salads because the slices do not brown as quickly as other varieties. See Lady Apples for storage information. I suggest adding them to a celeriac salad with a mustard and mayo vinaigrette.

Pinova Apples (EP) are grown by Columbia Gorge Organics in OR. The fruit is exceptionally crisp and juicy, with a firm, dense flesh. It has a mild, well-balanced sweet-tart flavor, which actually improves in storage. Pinova (also called Sonata and Corail) is a new apple variety with old-fashioned apple flavor. Bred in Dresden, Germany, the variety was introduced in 1986 and has since become very popular in Europe. Its family tree includes Duchess of Oldenburg, Cox Orange Pippin and Golden Delicious varieties. See Lady Apples for storage information.

Crimson Seedless Grapes (EN) are grown by Joe Sogomonian at his ranch near Fresno, CA. Crimson Seedless has rapidly become the preferred red seedless for supermarkets worldwide. Crimson has a sweet neutral juicy flavor and elongated berries that are light red in color. Particularly impressive is the crisp, firm texture of the berries and the variety has exceptional shelf-life. 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. During storage, continue to remove any and all spoiled fruit.

Wonderful Pomegranates (EN) are grown by Twin Girls farm in CA. Wonderful pomegranates, which include the Red Wonderful and the Early Wonderful are the most commonly grown varieties, and are about the size of an apple with a red, leathery skin. Pomegranates have a long storage life of approximately two weeks. It is best to store them out of direct sunlight and in a cool place. By storing them in the refrigerator, you extend their storage life up to two months or more. Once peeled, the seeds will last a week or more in the refrigerator and can be frozen for up to a year. Once juiced, pomegranates will last about five days under refrigeration, and up to six months frozen.

Concorde Pears (EP) are grown by CF Fresh Farms in WA. The Concorde has a large, elongated yellow-green fruit with very little russeting. As it ripens, the fruit softens, the flavor mellows and the skin becomes more golden in color. The dense, smooth flesh makes the Concorde ideal as a cooking pear, with the ability to hold shape and flavor in baking, poaching, jams and preserves. It is also excellent eaten fresh, and is wonderful for salads and slicing because the flesh resists browning (oxidation) when cut. Once ripe, a pear will not last much more than a couple of days, even in the refrigerator.

Hass Avocados (EP) are grown by the renowned Fairview Garden farm in CA. Michael Ableman ran this farm from 1981 to 2001. His books *On Good Land* and *From the Good Earth* feature this farm prominently in photographs and essays. Our friend Linda Halley, formerly of Harmony Valley in Wisconsin, currently runs the Fairview Garden Farm. Hass avocados are 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.

11th Delivery

1

early November

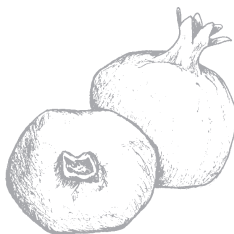
Avocado and Grapefruit Salad with Pomegranates and Pistachios

From Deborah Madison's *Local Flavors*

Its the acid tang of the citrus next to the creaminess of the avocado that makes this combination such a classic, but there's no need to be limited to grapefruit. Give other citrus a try as well.

serves 6

1 very small red onion, sliced into thin rounds, about 1/3 cup
2 Tbs white wine vinegar
1 bunch watercress (lora thinks greens or lettuce would be delicious too)
3 red grapefruits or other citrus
1 pomegranate
2 kiwi fruits (optional)
1 large avocado
grated zest and juice of 1 madrin or tangelo (maybe try an orange)
sea salt and freshly ground pepper
2 Tbs extra virgin olive oil
1/4 cup roasted pistachio nuts, coarsely chopped



1. Toss the onions with vinegar and set them aside in the refrigerator. Sort through the watercress and discard the large, heavy stems. Rinse under cool running water, spin dry, then wrap in a towel and refrigerate until ready to use.

2. Cut the pomegranate into quarters, then break out about 1/2 cup of seeds. Working in the sink, gently squeeze a Tbs or so of juice from the remaining pomegranate and set it aside. Peel and cut avocados into neat chunks

3. To make the dressing, combine the zest, 1/4 cup tangelo juice plus 1 tablespoon pomegranate juice, and 1/4 tsp salt, then whisk in oil.

4. Loosely arrange the watercress on the plate with grapefruit sections. Add the kiwi, avocado, and onions, which will be pickled by now, then pour the dressing over all. Season with pepper and garnish with the pistachio nuts.

Juicing Pomegranates

Here's a way to capture that pomegranate flavor: roll a pomegranates over a counter-top in every direction to loosen up the juice, make a small hole in the skin, and squeeze the fruit over a bowl. You may notice a tannic taste from the pomegranates pith. You can decide if you would like to add sugar or honey to balance the flavors.

From 3 nice-sized pomegranates, you can expect to get about 2 cups of juice. It's perishable. So drink it within hours, either straight or mixed with other fruit juices that it complements, such as apple or cherry.

Don't drink all that juice, though. Save some of it for other uses like syrups, salad dressings, meat marinades, or cocktails.

Fruit News and Facts from Harmony Orchards,

Dear Apple Friends,

This box contains an apple with one of the longest histories of any fruit variety, going back to the seventeenth-century orchards of Louis XIII and possibly beyond that to ancient Rome--The Lady Apple..... also known as Lady Sweet, Christmas Apple, and Pomme d'Api.

You might wonder if an apple this small could be satisfying. In fact, the intense flavor--a sunny sweetness like that of a dried fruit, with a hint of citrus--makes up for there being few bites. This variety is unusual in that a good deal of its flavor and aroma is concentrated in the smooth skin.

Harmony Orchards is one of the few if not the only growers bringing organic Lady Apples into the market place. We are curious growers--always looking for niche apples that we can preserve for the market place. A perfect micro climate exists at the end of the Yakima Valley where we farm. The cooler climate is conducive to giving the Lady Apple a rosy cheek and we color pick this variety over several weeks allowing for maximum exposure to sunlight.

Aside from it's value as a dessert fruit, Lady Apples have been a traditional choice at Christmas in centerpieces, garland, and wreaths. In New England the apples were valued for cider. We recently started experimenting with this apple in baked goods--quite successfully with the help of an apple corer.

Please enjoy this fruit, and if you get a chance we would welcome any feedback that you have about this variety. You can reach us at Harmony Orchards, in Tieton, Washington or email us at: harmonyorchards@charter.net.

~Thank you.

[*Editor's note: Lady Apples = Yummy!!*]