



Fruit Box

If my voice was good,
I'd sing a song of cherry
blossoms falling
~ Basho



Box Contents

To Be Eaten first

Bing Cherries
Valencia Oranges
Sugraone Grapes
Red Raven Plums

May need ripening...

Kiwis
Patterson Apricots
Arctic Sweet Nectarines

Ethylene Table (Usually fruits produce, and vegetables are sensitive to, ethylene)

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

Ripening and Storage Techniques

Bing Cherries (EN) are grown by Stemilt growers in WA. **It is very important** to store cherries in the coldest part of your refrigerator, usually near the back and bottom. Cherries can decay more in one hour at room temperature than they can in twenty-four hours at 32°F. The rule of thumb with cherries, as with berries, is not to wash the fruit until you are ready to eat. Not washing helps extend the storage life of the cherries (unless you eat them, of course).

Sugraone Grapes (EN) are grown by Larson farm in CA. Sugraone grapes are large, shatter-resistant, sweet, firm, crisp and crunchy. They ripen early in the season and, when ripe have a slight muscat flavor, easily distinguished due to its low acid content. 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.

Valencia Oranges (EN) are grown by Eco Farm in CA. They are thin-skinned, nearly seedless, and are excellent juicers. Their juice doesn't lose its vitamin C content overnight in the refrigerator. 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.

Kiwis (EP) are grown by Wild River farm in CA. Though it looks like a tree fruit, kiwifruit is actually a berry that grows on treelike shrubs that can reach as high as 25 feet. The shrubs are trellised much like grape vines. Ripen kiwifruit at room temperature for 3 to 5 days or until they give to a gentle pressure from your thumb. Once ripe, store away from other ethylene producers. They have a tendency to over-ripen, even in the refrigerator.

Patterson Apricots (EP) are grown by Fantozzi Farm in CA. Pattersons are one of the heartier apricot varieties and are often the first available in June. These petite fruits are considered free stone. Their flesh is firm but tangy and sweet with a hint of fresh orange flavor. They are usually golden in color with a slight pink blush and delicate fuzz. See nectarines for storage details.

Red Raven Plums, (EP) grown by California's Red Raven Farms, are an in house version of Black Splendor plums. This plum is only at its peak flavor when tree ripened. This means it needs to have both full black color on the outside and "spring" (when you squeeze it, the fruit bounces back). The interior should be beet red in color. Red Raven Farm says, "We pick these as close to full black as we can. However, you will notice red around the shoulders. This will turn black at room temperature, and that is when it will be ready to eat!"

Arctic Sweet Nectarines (EP) are grown by Naylor farm in CA. These striking white flesh nectarines are some of the prettiest we've seen. The skin is a delicate buttery color. They have a very fresh aroma, with succulent rich flesh that will make your knees weak. Be sure to let them ripen fully, or they may be slightly bitter. Ideally ripen at room temperature on the counter top (not exceeding 78° F). This method requires daily checking for ripeness and eating when the fruit yields to gentle pressure. It is best to have room for air flow around each piece. Move to cold storage and eat within 1-3 days. Longer storage will diminish their juicy flavor.

Delivery 2

1

June 20th

Cherries & Beets

Delivery 2

2

June 20th

Chocolate Beet Cake with Cherry and Orange Sauce

Even confirmed beet-bashers will love this cake. The beets give it their moisture, their sweetness, and their rich color—but none of their beet flavor. If you don't have a bundt pan, you can bake the batter in two loaf pans, checking for doneness after about 25 minutes and covering the pans with foil if the cakes brown too quickly. The sauce is best warm, so you can wait to make the sauce just before serving.

Serves 10–12

Cake

4 ounces unsweetened chocolate
1 cup mild-flavored vegetable oil, divided
3 eggs
1 3/4 cups sugar
2 cups puréed cooked beets
1 tablespoon vanilla extract
1 1/2 cups all-purpose flour, sifted
1/2 cup whole-wheat pastry flour
2 teaspoons baking soda
1/4 teaspoon salt
powdered sugar



Preheat the oven to 375 degrees. Lightly coat a 10-cup bundt or tube pan with oil and dust it with flour. Set it aside.

Partially fill the bottom of a double boiler with water and place it over high heat. Bring the water to a boil. Reduce the heat so that the water simmers. Put the chocolate and 1/4 cup of the oil into the top of the double boiler. Fit the top over the bottom.

Heat the chocolate and the oil just until the chocolate melts.

Break the eggs into a large bowl. Add the sugar. With an electric mixer, beat the eggs and the sugar together until they are fluffy. Slowly beat in the remaining 3/4 cup of the oil. Beat in the puréed beets. Beat in the chocolate mixture and the vanilla.

Over a separate bowl, sift the all-purpose flour and the whole-wheat pastry flour with the baking soda and the salt. Gently stir this flour mixture into the egg and chocolate mixture. Stir just until the flour is mixed in. Pour the batter into the prepared bundt or tube pan.

Transfer the filled pan to the preheated oven. Bake the cake until a toothpick inserted near the center comes out clean. (This should take about 45 minutes.) Remove the cake from the oven and set it on a wire rack to cool. (This should take about 30 minutes.)

Carefully remove the cake from the pan. When it is completely cool, dust the cake with powdered sugar. Serve.

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Sauce

2 cups of fresh pitted cherries
1 cup orange juice (from your Valencia Oranges, maybe)
1 tablespoon each sugar and cornstarch
1 tablespoon lemon juice

In a small saucepan, bring orange juice to a boil over moderate high heat. Whisk in sugar and cornstarch in lemon juice to create a slurry. To lemon juice mixture, add orange juice slurry and let thicken 1 to 2 minutes. Add cherries and stir 1 minute longer. Remove from heat. Ladle the sauce over the bundt cake and serve.

Cherry Lore

Excerpted from About.com. To read more go to <http://homecooking.about.com/od/foodlore/a/cherrylore.htm>.

A Japanese legend tells of a brave warrior who lived to a great age, outliving friends and family. His most beloved memory was of playing beneath a cherry tree in Iyo during his youth.

One summer, the tree died, which the man took as a sign that it was also his time to die. Although a new cherry tree was planted nearby, the old warrior was inconsolable. During the winter season, the old man pleaded with the dead tree to bear flowers just one more time, vowing that if his request was granted, he would give up his long life. The tree bloomed, and true to his promise, the old warrior committed hara-kiri beneath the dead branches of the tree.

As his blood and spirit soaked down to the roots, the tree bloomed once again in the dead of winter. Legend holds this tree in Iyo still blooms in winter every year on the anniversary of the warrior's death, though all other trees nearby lay in dormant winter state.