



Fruit Box

"When you leave you must remember to come back for the others. A circle, understand? You will always be Esperanza. You will always be Mango Street. You can't erase what you know. You can't forget who you are."

The House on Mango Street by Sandra Cisneros

Box Contents

To be eaten first

Black Emerald Grapes
Valencia Oranges

May need ripening...

Flavor King Pluots
Sweet Treat Pluots
Summer Fire Nectarines
Bartlett Pears
Tommy Atkins Mangoes



Ethylene Table

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

Ripening and Storage Techniques

Black Emerald Grapes (EN) are packed by Wolf Packing in California. This little farm has been certified for 20+ years now, and the only things more exciting than its name are its grapes! These grapes are a seedless variety known for their sweet translucent flesh and a waxy bloom on their thick black skin. These grapes will store in the refrigerator for up to 10 days.

Valencia Oranges (EN) are grown by Eco Farm in CA. Valencia oranges originated on the Iberian Peninsula and are the world's most important commercial variety. Valencias are thin-skinned, nearly seedless, and excellent juicers whose juice doesn't lose its vitamin C 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 of the refrigerator.

Flavor King Pluots (EP) come from Ignacio Sanchez at Twin Girls Farms in Dinuba, CA. The Flavor King gets its delicate heart shape from its plum parent --the Santa Rosa Plum. It is one of the highest flavor pluots available, with a unique spicy aroma and a mild vanilla finish. See below for storage details.

Sweet Treat Pluots (EP) are also grown by Twin Girls in CA. They are a small light green fruit with a creamy white flesh. Their flavor is slightly tart and sweet. Store your pluots at room temperature (between 51°F and 77°F) until fully ripened and ready to eat. To accelerate the ripening process when you bring them home, place the pluots in a paper bag along with an ethylene producing fruit such as a banana, apple or pear. Pluots are ripe and ready to eat when they give off a sweet aroma and are soft to the touch. Once ripened, store the fruits in the refrigerator until eaten but keep them away from ethylene producing fruit so they do not become over ripe.

Summer Fire Nectarines (EP) are grown by John France Ranch near Porterville, CA. These nectarines are large with a heavy blushed skin and honey sweet flesh. Ripe nectarines should yield to gentle pressure along the "seam" and produce a sweet aroma. Ideally ripen at room temperature (not exceeding 78° F). Move to cold storage and eat within 1-3 days. Longer storage will diminish their juicy flavor.

Bartlett Pears (EP) are grown by Gilbert Orchards in Yakima, WA. Bartletts ripen to bright yellow and give off a lovely aroma. Sweet and juicy, the Bartlett is perfect for eating out of hand. They are also an excellent canning pear. Leave them out at room temperature and they will ripen in a few days to a week, depending on their maturity when delivered. Most pears show subtle changes in color as they ripen. If you choose to hold off the ripening process, the fruit should be refrigerated and will hold three to four weeks until you are ready to ripen them. Once ripe, a pear will not last much more than a couple of days, even in the refrigerator.

Tommy Atkins Mangoes (EP) are grown by Salvador Parra Ahumada in Mexico. Tommy Atkins is the brightest mango, distinguished by its red, hard skin. Most mangoes are required by the USDA to be 'heat treated' to destroy the potential of importing the larvae or eggs of a certain fly species. Salvador grows in a region free of this pest, so his fruit does not have to be treated. "Hot Water Treatment", in essence, involves boiling the green fruit. Uncooked mangoes are a rare treat in the US! Ideally, mangoes should be stored at temperature between 55° F and 65° F in a dry place. As with all tropical fruit, whole unripe mangoes should never be stored in the refrigerator. Unripe mangoes will ripen when left on a counter-top. The Tommy Atkins variety may take up to five or six days. Once ripe, mangoes can be stored in the refrigerator, but should be eaten within a few days.

5th Delivery

1

early August

Grower Profile

Salvador Parra Ahumada

Mangos (Food of the Gods) Tommy Atkins

We are pleased to bring you our first mangos of the season from Salvador Parra. His father, Juan Parra Ibarra planted their mango grove thirty-two years ago. For the past twelve years Salvador has managed the grove using sustainable organic methods.

The Parras are pioneers in organic agriculture in Mexico and today, they are the only family in Mexico to grow, harvest and pack organic mangos. Salvador Parra also implements Biodynamic growing techniques along with his organic methods. New Harvest Organics is proud to be the exclusive shipper of the Parra family's mangos.



Flaming Mango and Nectarine Sauce Over Vanilla Ice Cream

Adapted from a Food Network recipe.

- 1/2 cup diced ripe mango
- 1/2 cup diced ripe nectarine
- 1/4 cup maple syrup
- 1 tbs. lemon juice
- 1/2 cup water
- 1/4 teaspoon cinnamon
- 1/2 cup dark rum
- 1 teaspoon cornstarch mixed together with 1 teaspoon water
- 1 quart homemade Vanilla Ice Cream, or best quality store-bought vanilla ice cream

In a medium skillet, combine the mango, nectarine, maple syrup, lemon juice, water, and cinnamon. Over medium high heat, bring the liquid to a boil. Lower the heat to medium and stir the mixture constantly for 3 to 4 minutes, until the sauce thickens slightly. In a small saucepan, warm the rum over low heat and stir in the cornstarch mixture until it thickens. Transfer the sauce to a heatproof bowl. Bring the mango/nectarine sauce and the pan of warm rum to the table and spoon ice cream into six individual bowls. Light the rum in the pan and pour it, still flaming, into the mango sauce. Spoon some of the mango/nectarine sauce over each dish of ice cream.



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.