



# Fruit Box

Why not upset the apple cart? If you don't, the apples will rot anyway.

~ Frank A Clark, President of Commonwealth Edison

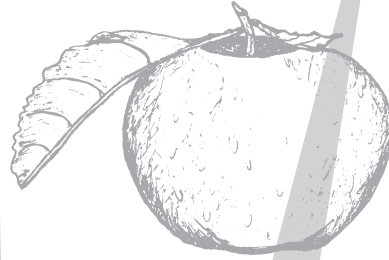
## Box Contents

### To be eaten first

Black Mission Figs  
Red Flame Grapes  
McIntosh Apples  
Valencia Oranges

### May need ripening...

August Ray Nectarines  
Flavor Rich Pluots  
Bartlett Pears



## Ripening and Storage Techniques

**Black Mission Figs (EP)** are grown by Maywood Farms in Corning, CA. Sweeter than honey, these figs are the cream of the crop. Figs that are not fully ripe when purchased can be ripened on the counter at room temperature. *Ripe figs are quite perishable and should be used as soon as possible.* They can be refrigerated for up to three days. To prevent bruising, place figs in a single layer on a plate lined with paper towels and cover with plastic wrap. See 2005 Delivery 8 at [AngelicOrganics.com/nl](http://AngelicOrganics.com/nl) for a fresh fig recipe and a grower profile.

**Red Flame Seedless Grapes (EN)** are grown by Benzler farm in CA. Red Flame grapes are mild and sweet with a tart flavor. When they are ripe, the grapes darken flame to rust red color. 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.

**McIntosh Apples (EP)** are grown by Bruce Rider and Sons (see page 2 for grower profile). McIntosh apples, which originated in Ontario, Canada, are a tender and slightly less tart variety. For these reasons, cooking with this apple is limited, but it remains a fine apple for eating fresh. Apples are picked at their peak ripeness so additional ripening really means acceleration in the decaying process (they will become mealy and mushy). Apples should be refrigerated as soon as they are brought home. It is best to keep apples as cold as possible so store them in the back of your refrigerator. If stored well, apples can last for several weeks in the refrigerator.

**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. 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.

### Ethylene Table

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

**August Red Nectarines (EP)** are grown by Dave Harris in CA. The August Red is one of the last nectarine varieties of the summer in CA. It has a tangy flavor and is wonderful for jazzing up anything from a pie to a bowl of cereal. 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.

**Flavor Rich Pluots (EP)** are grown by Twin Girls farm in CA. Pluots are a hybrid of a plum and an apricot and mainly retain the characteristics of a plum. Their skin is a light reddish-yellow color with some speckling. This fruit has one of the highest Brix level readings on a refractometer, meaning that it has a very sweet taste. Keep at 65°-70° for the most ideal ripening conditions. Great sliced over yoghurt with a drizzle of honey for breakfast or a snack.

**Bartlett Pears (EP)** from 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 but is also an excellent canning pear. Leave them out at room temperature and they will ripen in a few days to a week, depending on the 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 there until ready to ripen. Once ripe, a pear will not last much more than a couple of days, even in the refrigerator.

7th Delivery

1

early September

# Grower Profile



Jim and Dick Rider are fifth generation orchardists. Their grandfather, Homer, was one of the pioneer fruit growers in the Watsonville, California area. In the early 1900s, he planted Newtown Pippins, Red Delicious, Spitzenburgs, and Belleflowers. He built one of the earliest cold storage sheds in the area. His sons, Bruce and Clint, continued his legacy of farming.

Bruce built Bruce Rider and Sons packing shed in Watsonville, while Clint built an apple juice processing plant across the road. Bruce trained his sons, Dick and Jim, to take over his growing and

packing operations. Earning an engineering degree, Dick used his love of precision and detail to make the premier organic apple packing house in California.

Bruce Rider & Sons pack about 75% of the organic apples in California. The Rider shed is the main plant packing CF Fresh's Viva Tierra apples in California. During packing season Dick virtually lives at the packing line ensuring CF Fresh can bring the highest quality fruit to the market. Dick's wife Joan loves to work side by side with him and is just as meticulous as he is. Dick is a consummate apple packer; a quiet courteous man that everyone loves to work with. Jim Rider's love for the land bloomed into 75 acres of apples in organic production and another 25 acres of flowers. He is known throughout the area as an innovative, progressive grower, so when he put his entire apple acreage into organic production, others observed his progress with great interest. A fan of experimentation, he found that the coastal California climate and Jonagold apples are a perfect fit. One of his passions is grafting, so his orchard is a wonderland of the new and exotic. He has considerable plantings of Fuji and Braeburn, and newer varieties such as Pink Lady. Jim's wife Barbara markets the flowers from their acres of flower beds. The Rider brothers are great examples of thriving organic family farming. They are among the premier organic growers in California.

*In the United States, Denmark and Sweden, an apple (polished) is a traditional gift for a teacher. This stemmed from the fact that teachers during the 16th to 18th centuries were poorly paid, so parents would compensate the teacher by providing food. As apples were a very common crop, teachers would often be given baskets of apples by students. As wages increased, the quantity of apples was toned down to a single fruit ~Wikipedia.*

## **As to the local fruits...well yes, the heavy rains have affected expected harvests.**

*An update from Co-op Partner's Rick Christenson*

Last season we were able to get some great local fruits, but things aren't looking good this year. The Wisconsin farm where we got specialty pears and delicious dolga crab apples from last season, *Future Fruit*, is unsure of how much (if any) they will be able to provide us with this year, but we're hopeful they'll come through with enough to do at least one shot with you. *Schaeffer* (apples) probably won't have enough #1 fruit to meet our needs, but they may have enough lower grade bagged apples of one or more varieties.