



FruitShare™.com

August 21st, 2012

In your box:

Colorado Peaches, Grapes, Pluots, and Avocados

Storage and Ripening

The peaches and avocados should be left on the counter at room temperature. Remember to keep an eye on your Colorado peaches. They should become soft to thumb pressure between 1-4 days depending on the peach. If your peaches are soft to gentle pressure but you're not able to eat them right away, put some in the refrigerator to keep for a few extra days, but never put a peach in your refrigerator before it gives to thumb pressure.

Temperatures between 37-50 degrees F can cause mealy peaches, so keep them at 51-77 F for that critical conditioning phase before eating. Your avocados will take between 3-5 days to give to thumb pressure by the stem and then enjoy them. They are great with a fresh sliced tomato.

Keep your pluots and grapes in the coldest part of your refrigerator. They will stay freshest when stored as cold as 34 degrees F. Only wash your fruit right before you eat it to help discourage mold. Place a paper towel in the bag with the grapes to soak up any condensation that may occur. We like to eat the pluots when they are firm and even crisp. They express the most sugar flavor at that time.

What It Takes

Brant and Carol are truly the premiere growers of organic Colorado peaches. At their orchard on the western slopes of Colorado's Rocky Mountains, it is a family affair. The whole family including their sons, parents and nephews, work side by side to grow these excellent peaches. Every single peach is picked by hand, so you know that each one is perfectly ripe and handled with care. Machinery is too hard on the fruit, causing bruising, and picks fruit indiscriminately. Hand-picking allows for peaches to fully ripen; if a peach is not ready, it will be left on the tree until it is ready to be picked. Brant says that the few extra days of ripening on the tree is what makes the difference between a good peach and a fantastic peach. Brant has had over 33 years of experience farming. He knew from a young age that he wanted to raise peaches, and bought his first orchard at the age of 19. Along with Carol and their sons, Aaron and Elijah, Brant has expanded his farm

to include 8,000 trees. Brant has always worked to be a good steward of his land, being sure to maintain a healthy balance of nutrients and beneficial insects. By 1990, he and Carol felt it was time to switch from conventional to organic practices. After all, he knows that less chemicals on the fruit means less chemicals in our bodies. Now, Brant and Carol use both old and new technologies to keep the orchard healthy and defend the delicate peaches from pests.

Ignacio “Nacho” Sanchez and his wife, Casamira, provided the Dapple Dandy and Flavor Grenade pluots in your box. For Nacho and Casamira, farming started as a hobby in 1989 when they bought their first 6-acre orchard in Cutler, California. But over the next four years, Nacho’s orchard expanded rapidly, and he made his passion for farming into his full-time job. When their twin girls were born in 1991, Nacho and Casamira named their orchard Twin Girls Farms; and when their third daughter arrived, Nacho named some varieties of peaches after her. Having converted to organic farming practices in 1999, Nacho uses beneficial insects and cover crops in place of conventional chemicals. He gets great satisfaction from the knowledge that no harmful chemicals can affect his family, his workers, or his customers.

The grapes in your box this week are from the Benzler family in Fresno, CA. The family affair began in 1952 when Fred and Bertha began a farm with the ideals growing of ecological and natural food products. In the 1960s and 1970s, the Benzlers began converting to organic growing practices, and they haven’t looked back since. They pick their grapes and ship them within a matter of hours so that the freshest, most flavorful grapes arrive to you!

The avocados in your box are the Hass variety. They are ready to eat when they give to gentle thumb pressure. Avocados are great eaten on sandwiches, in salads, in guacamole, and even eaten fresh with a little salt or lemon juice.

Health and Wellness

It’s almost back-to-school time, and that means that it’s almost time to start school fall fundraisers. FruitShare offers two types of fundraiser for the simplest, most tailored fundraising program to fit teams, groups, clubs, music ensembles and more. Plus, by selling organic fruit in season to help support activities for your children, you’re offering a healthy, delicious alternative to cookies and candy. For more information about our fruit fundraisers, contact us at lisa@fruitshare.com.

Recipe

Avocado Salad with Peaches

1/2 red bell pepper, cored and seeded

2 tablespoons red wine vinegar

1/2 vanilla bean, seeds scraped

1/2 teaspoon sugar

1/4 cup extra-virgin olive oil
2 almost-ripe avocados
8 cups arugula or sorrel
2 peaches, diced and peeled

Roast bell pepper. Peel and chop pepper; purée with red wine vinegar, vanilla, and sugar in a blender until smooth. With machine running, gradually add olive oil. Season with salt and pepper. Halve and pit avocados and season with salt and pepper. Drizzle with olive oil and place cut side down on a medium-hot grill until nicely charred, about 5 minutes. Peel and thickly slice. Toss with arugula or sorrel and peaches. Drizzle dressing over.

Courtesy of bonappetit.com

Peach Crisp Recipe

5 pounds peaches (about 12), each cut into 8 wedges
1/3 cup granulated sugar
3/4 cup plus 1 tablespoon all-purpose flour
1 1/4 cups light brown sugar
1/4 teaspoon kosher salt
3/4 cup unsalted butter, chilled and cut into small pieces
2 cups rolled oats
1 cup almonds, roughly chopped

Heat oven to 350° F. In a large bowl, toss the peaches, granulated sugar, and 1 tablespoon of the flour. Transfer to a shallow 3-quart baking dish. In a separate bowl, combine the brown sugar, salt, and the remaining 3/4 cup of flour. Using your fingers, incorporate the butter until coarse crumbs form. Mix in the oats and almonds. Squeeze the topping into marble-size clumps and sprinkle on the peaches. Bake until the top is golden and the fruit is tender, 45 to 55 minutes.

Courtesy of realsimple.com

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