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October 11th, 2012

*More apple and pear varieties are coming along every week now. The Honeycrisp is so appreciated we will keep them in the box as long as we can. Bartlett pears are mostly off the trees and more pear varieties are being harvested this week and over the course of the next several weeks. Fall is a great time to eat fresh and warm up the house with some delicious baked crisps and pies. My family is packing apples and pears for lunch every day this time of year. They are hard to beat as the perfect snack all wrapped up in their own skin. Delicious and 100% compostable.*

*Enjoy,*

*Everett Myers, Founder and President of FruitShare™*

**In your box:** Honeycrisp apple, Hass avocados, Bosc pears, D'Anjou pears, Concorde pears

### **Storage and Ripening**

Your pears and avocados will need between 3-5 days on the counter to give to thumb pressure by the stem and then enjoy them. Concorde pears will turn yellow as a sign of being ready to eat. To speed up their ripening process you can place some in a paper bag with a banana, but remember to check them every day. The banana gives off ethylene gas that ripens fruit faster. The Bosc and D'Anjou pears ripen differently so be sure to check their descriptions and ripening below. Keep your Honeycrisp apples in the coldest part of your refrigerator. They are ready to eat right away. They will stay freshest when stored as cold as 34 degrees F. You can always place your pears in the refrigerator to slow down the ripening process and enjoy over a longer period of time.

### **What It Takes**

You have three varieties of pears this week: Bosc, D'Anjou and Concorde. Like many of our organic growers, the Stennes family farm in Washington's Cascade Mountains is a family affair. The farm began in 1894, when the Stennes family emigrated from Norway and planted apple trees on their homestead. Now, Keith is joined by his twin sons, Mark and Kevin to make up the third and fourth generations of Stennes farmers. They have grown the orchard to include not just apples, but also cherries, pluots, plums, and of course, pears. We love their pears and go back for more every year. They have a beautiful orchard east of the Cascades and close to the Columbia River.

**Concorde** pears are known for their sweetness and juiciness, as well as their tall, beautiful shape. It has yellow-green skin, and can be eaten while crisp - it will still be sweet and delicious!

Concorde pears are perfectly suited for slicing on a cheese plate or into a fresh salad because they don't turn brown when sliced like most pears. They are one of my favorites of all the pears for their sweet flavor and smooth creamy consistency. **D'anjou** pears are a popular variety that are easily recognized by their egg-shaped appearance. These pears skin will stay green and not change color as they ripen, so don't wait around for them to change - remember to "check the neck" to gauge their ripeness; when they give to soft pressure at the stem end, they are ready to eat. D'Anjou pears are great for most recipes, because they are juicy and fresh tasting. They can be used for baking, grilling or poaching, and they are great sliced in salads. **Bosc** pears are a

distinctive variety with a crunchy-yet-tender flesh and sweet, spiced flavor. Don't be deterred by their brown skin: the flesh is firm and spicier than other varieties. Bosc pears are more flavorful earlier in the ripening process. Enjoy their complex, sweet flavor before they have fully softened. When you test your Bosc pears to check their ripeness, keep in mind that their flesh is denser than other varieties. This means that when you "check the neck," it will not give as much to pressure. Don't wait around for these pears to get super soft; they're ready to enjoy while they're still nice and firm! Because of this firm flesh, Bosc pears are great for baking, broiling and poaching. Their strong flavor is also less likely to be overwhelmed by spices such as cinnamon or nutmeg. If you like a crunchy pear this is the one for you.

The Honeycrisp apples this week come from the Stennes and also Adolfo in Prosser, Washington. He has truly worked his way up through the ranks of farming to get where his is today. Adolfo began his career by picking asparagus in the fields, and soon he was driving a truck through the orchard hauling chemicals and equipment among the fruit trees. In time, he became an orchard foreman, and finally a manager, all the while imagining how he would do things differently if he owned his own orchard. Ten years later, that dream is a reality, and Adolfo is the owner of 200 acres of organic fruit trees. He does it for the kids - his own and those of his workers - so that they are not exposed to dangerous chemicals. Instead, Adolfo harnesses nature's power to grow his fruit and keep it free of pests by using beneficial insects and the intricacies of the orchard's ecosystem. All of this hard work will be apparent in each and every delicious bite of fruit you taste. Honeycrisp apples are one of the most popular varieties of apples because their flavor and texture make them perfect for everything from snacking to baking and everything in between. The University of Minnesota developed this variety

### **Health and Wellness**

If you want to get inspired to exercise go watch a Marathon and cheer on the runners. This weekend we did just that at the Twin Cities Marathon. The focus and determination to finish we saw in the thousands of runners was incredible. It was great to see FruitShare customers running hard and knowing they are "Powered by Fruit". Take a minute to write down your fitness goals this fall. See if you can start the habit of running for 20 minutes or more one time a day. Before you know it you may be one of these athletes reaching the finish and feeling proud of your accomplishments. Keep it simple, start slow and pick an event of any type of distance that will help you stay on track. Good Luck and keep moving your body.

### **Recipe**

#### **Pear, Greens, Parmesan and Walnut Salad**

1 tablespoon Dijon mustard  
1 tablespoon dry Sherry  
1 tablespoon red wine vinegar  
1/4 cup extra-virgin olive oil  
8 cups of mixed baby greens or spinach (about 4 ounces)  
1 cup fresh Parmesan shavings (about 2 ounces)  
1 large firm Bosc pear, peeled, halved, cored, cut crosswise into thin slices (about 8 ounces)  
1/3 cup walnuts, toasted (about 1 1/2 ounces)  
1 shallot, peeled, thinly sliced

Whisk mustard, Sherry, and red wine vinegar in medium bowl to blend. Gradually add oil, whisking until well blended. Season dressing with salt and pepper.  
Toss greens, Parmesan, pear, walnuts, and shallot in large bowl to combine. Toss with enough dressing to coat. Divide among plates and serve.  
Courtesy of bonappetit.com

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