



Fruit Share



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What It Takes

Nestled in the heart of California's San Joaquin Valley is Ferrari Farms, where Wayne, Jeff and Greg have been farming organically for 25 years - long before organics became a growing trend. The family works hands-on to produce fruit with the best flavor possible. To give the fruit more flavor, they add compost to the soil around the trees that is full of nutrient-rich minerals and add water at the appropriate times.

Jeff says the Sweet Dreams peach also goes by the name Candy Peaches at their farm because they are a sub-acidic variety, so they don't have the typical acidic tang often found in peaches. We hope you'll agree that they are sweeettt. The Summer Bright Nectarines are classically rich, firm-yet-juicy, delicious nectarines that will fill the kitchen with a sweet aroma as they ripen. They look great with the peaches as an edible center piece. As for the Yummy Giant, you will find that these juicy plums are - perhaps obviously - yummy and giant. These have some blemishes on the skin but the flesh is clean and delicious. They are sweet to eat right out of the box or kept in the refrigerator to soften if you prefer. To enjoy the peaches and nectarines the most, take them out of the box and place them on the counter or in a pretty fruit bowl.

John's organic Valencia oranges, grown in Fillmore, CA, are at their peak. Unlike the more familiar navel oranges that flavor up in winter, Valencia oranges hit their stride in summer. We love their sweet-tart juicy flavor during these hot summer days. Valencia oranges are thin-skinned and juicy, perfect for squeezing a morning glass of orange juice. They also make a delicious snack; rather than trying to peel the thin skin, slice Valencias with the skin on and enjoy them as sweetly tart wedges.

Health and Wellness

We all know that blueberries are a "super-food" - a great source of antioxidants. But a new study from Texas A&M University is showing that they may not actually be the top dog when it comes to antioxidants - when compared to blueberries, the study suggests that peaches, nectarines and especially plums match or have even more antioxidants. The researchers were so excited about their findings that they began researching the effects of these antioxidants on breast cancer cells. The preliminary research shows that the extracts taken from plums and peaches have killed even the most aggressive strains of breast cancer cells, while leaving the normal, healthy cells alone. Though still very new, this ongoing research may have some intriguing implications for the future.

The grapes this week are a Flame variety from Anthony Vineyards in Bakersfield, California, where "Cookie" and Bobby Bianco are carrying on the high-quality produce tradition that their father, Anthony, began by selling fruit from a pushcart in New York City. His sons took over the vineyards in 1967, and they've since expanded and improved on Anthony's legacy, growing some of the most sought-after grapes in the entire industry. How do they do it? A lot of it has to do with the barley they use as a cover crop. It adds nutrients to the soil and protects the soil from temperature extremes, as well as housing ladybug beetles, which feed on aphids and other pests that could damage the grapes. Eight years ago, Anthony Vineyards purchased 360 acres from the Pavich Family Organic Orchard, which was some of the first organic grape acreage in the country. Store grapes in a plastic bag in the coldest part of the refrigerator, and enjoy them for up to a week.

(continued on reverse)

Storage and Ripening

Take everything out of the box to avoid trouble with your fruit. Eat your grapes, pluots and plums first. Keep an eye on your peaches and nectarines: in warm weather, they may ripen in a day or two. When they give to slight thumb pressure, eat them, or put them in the refrigerator to enjoy for a longer time. Sometimes peaches, nectarines and plums will develop soft spots while ripening. These fruits have no fungicides and waxes on them, unlike conventional fruit, so the best way to handle this is to cut off any soft spots and enjoy the rest of the fruit. The Valencias will last the longest but can be enjoyed at any time. We recommend storing Valencia oranges in the refrigerator so the skin doesn't dry out, but some people like citrus at room temperature. Try placing them on the counter, out of direct sunlight, if you want to experiment with your taste buds.



(continued from front)

The Dapple Dandy pluots from Olson Family Farms near Kingsburg, CA, bear the weight of history, and not only because they're also known as "Dinosaur Eggs." Is that over dramatic? Maybe. But consider this: Olson Family Farms began in 1889, when John and Anna Olson emigrated from Sweden to California with their two sons and their young families. Starting over 113 years ago with only 22 acres, the farm has grown across three different centuries and spans into the fifth generation of Olson family farmers. The farm - and the family - has seen difficult times in the history of the United States, including two World Wars, the Industrial Revolution that replaced horses and mules with tractors and machines, and the Great Depression. Today, Wayne and Richard - along with the up-coming fifth generation of Olsons - bring you delicious organic fruit by using the techniques that have been handed down through generations.

This week, the Sweet Treat pluots and Summer Sweet white peaches come from Twin Girls Farms. For Ignacio "Nacho" Sanchez and his wife, Casamira, farming started as a hobby. They bought their first 6-acre orchard in Cutler, California, in 1989, which they farmed in their spare time. 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 Summer Sweet peaches are white flesh peaches, which means they are sweeter and have less acid than yellow varieties. They should also be eaten when firm, rather than soft like yellow peaches.

Five easy recipes for getting creative with pluots (or peaches or nectarines)

1. Grilled: Cut pluots in half and brush with equal parts honey and Dijon mustard. Grill until browned on both sides. These are delicious with grilled pork or lamb chops.
2. In salsa: Use chopped pluots instead of tomatoes in fresh salsa. Mix with lime juice, chopped chiles, onion and cilantro. This kind of salsa is great with any kind of grilled meat.
3. In salad: Add sliced pluots and crumbled feta cheese to baby greens, and dress with a balsamic vinaigrette.
4. Wrap slices of pluots in prosciutto, and sprinkle with black pepper. This can be a great appetizer or quick snack.
5. Layer slices of pluots with mozzarella, fresh mint leaves, olive oil, salt and pepper for a twist on caprese salad.

(Recipe ideas courtesy of Sunset.com and bonappetit.com)