

Yellow Peaches



One of the great treats of summer, peaches offer their juicy sweetness to a wide variety of recipes. Try adding them to scones, muffins, breads, and other baked goods. Add peach slices to a green or fruit salad, fruit smoothie, or yogurt or granola. No matter how you prepare them, peaches are sure to please.

Fresh Peach Scones

2 1/4 cups all-purpose flour
1 1/2 cups whole wheat pastry flour
2 1/2 tablespoons baking powder
1 teaspoon ground ginger
1/4 teaspoon salt
8 Tb cold unsalted butter cut into small dice
1/3 cup cream or milk
1 egg
1 teaspoon vanilla
1 cup fresh peach, diced
1 cup finely chopped pecans
2 tablespoons Turbinado sugar

Preheat oven to 375°F. Prepare a half sheet pan with parchment paper. In a large bowl, combine flours, baking powder, ground ginger and salt. Whisk to combine. Add butter dice and rub butter into dry ingredients with fingers. The mixture will still appear dry, this is fine. In a 2-cup measure, pour 1/3 cup cream or milk. Add egg and whisk to combine. Add vanilla and whisk again. Pour this mixture into the flour/butter mixture and mix a few swift strokes with a rubber spatula. Add peaches and pecans and mix with rubber spatula, collecting dough into a ball. Transfer dough to prepared baking sheet and form into a long log, about 4 in. wide, 3 in. tall and nearly the length of the pan. Brush the log with 1 Tb of milk or cream. Sprinkle with 2 Tb Turbinado sugar. Using a bench scraper, cut the log into triangular wedges and push them apart so they have room to expand during baking. Bake 15 min, rotate pan and bake another 12-15 min or until golden brown.
From www.seriousseats.com.

Mango-Peach Smoothie

1 peach, sliced
1 mango, peeled and diced
1/2 cup vanilla soy milk
1/2 cup orange juice, or as needed

Place the peach, mango, soy milk, and orange juice into a blender. Cover, and puree until smooth. Pour into glasses to serve.
From allrecipes.com.

Pineapple, Peach, and Banana Smoothie

1/2 pineapple, peeled, cored,
and cut into chunks
2 peaches, pitted, sliced
1 banana, sliced
2 1/2 ounces yogurt

Add all fruit to a blender and blend until smooth. You may add water if needed. Then add the yogurt and blend until smooth again.
From www.smoothieweb.com.

Fruit Box Contents:

item	Farm/Brand Name and Location	Food Miles
Cantaloupe	Tomorrow's Organics (CA)	varies
Yellow Peaches	D. E. Boldt (Parlier, CA)	909
Showtime Plums	D. E. Boldt (Parlier, CA)	909
Black Cap Raspberries	Small Farmers Project (Eugene, OR)	252
Pineapple	Costa Rica	varies
Kent Mango	Natura (MX)	varies
Ruby Grapefruit	Purity (CA)	varies

CANCELLATIONS AND OTHER CHANGES TO YOUR ORDER NEED TO BE MADE BEFORE 10:00 A.M., TWO DAYS BEFORE YOUR NEXT SCHEDULED DELIVERY.



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We appreciate you leaving your empty, flattened box out for us to pick up with your next delivery.

We do not reuse any bags, egg cartons, or other containers -- so just leaving out your box would be great!



THIS WEEK'S RECIPES

Melon-Pineapple Salsa

1 1/2 c diced cantaloupe
1/2 c diced fresh pineapple
1 ts seeded and minced serrano chile
1/4 c finely diced red onion
2 tb olive oil
1/2 ts finely minced garlic
1 tb raspberry vinegar
1 tb fresh lemon or lime juice
1/2 ts honey
Kosher salt; to taste
Freshly ground black pepper; to taste
2 tb minced fresh cilantro

Gently combine the melon, pineapple, serrano and onion in a bowl. In a separate bowl, whisk together the olive oil, garlic, vinegar, lemon juice and honey. Season to taste with salt and pepper. Just before serving, combine oil mixture with fruit and gently toss with the cilantro.
From www.justfruitrecipes.com

Peach Lemonade

2 peaches peeled and cubed
4 C water
1 C sugar
3/4 C Fresh Lemon Juice

Bring the peaches, sugar, and water to a boil, and then simmer until the sugar is dissolved, about 10 minutes. Allow the mixture to cool, then strain through a sieve, pressing to extract as much juice as possible. Stir in the lemon juice, and serve in tall glasses over ice.
Serves 4.
From parentingteens.about.com.

Skewered Grilled Fruit with Minted Yogurt Honey Sauce

For sauce
12 oz (1 1/2 cups) nonfat plain yogurt
3 tablespoons honey
2 tablespoons fresh lime juice
3 tablespoons finely chopped fresh mint

For skewers
2-3 firm-ripe plums, each cut into 8 wedges
3 firm-ripe peaches, peeled and each cut into 8 wedges
1/2 ripe pineapple, peeled, cored, and cut into 1-inch pieces

Special equipment: wooden skewers soaked in water 1 hour

Prepare grill for cooking. Stir together yogurt, honey, lime juice, and mint in a small bowl and chill until ready to serve. Thread about 4 pieces of fruit onto each skewer. When fire is medium-hot (you can hold your hand 5 inches above rack 3-4 seconds), grill fruit in batches on lightly oiled grill rack, turning once, until browned and slightly softened, about 5 minutes total. Serve fruit on skewers with sauce on the side.
From Gourmet, July 2001.

Red Leaf, Peach, & Walnut Salad

Dressing
1/3 cup walnuts, toasted
1/2 cup chopped peaches
1/4 cup orange juice
1 tablespoon lemon or lime juice

Salad
1 head red leaf lettuce, leaves washed and torn into bite-size pieces
2 peaches, halved, pitted and thinly sliced
1/2 cup walnuts, toasted

Put all dressing ingredients in a food processor or high-powered blender and puree until smooth. Add a little water if needed to thin to a pourable consistency. Toss salad ingredients in a large bowl. Drizzle with dressing, toss to coat well and serve immediately.
Adapted from www.wholefoodsmarket.com.

Chicken Breasts with Plum Salsa and Basmati Rice

1 1/2 cups water
1 cup uncooked basmati rice, rinsed and drained
3/4 pound plums, pitted and chopped
1/2 medium red onion, minced
3 habanero peppers, seeded and minced
3 tablespoons minced fresh cilantro
1 teaspoon sugar
3/4 pound boneless, skinless chicken breasts
2 teaspoons fresh rosemary, minced
salt and pepper to taste
2 teaspoons vegetable oil

Place water in a medium saucepan, and stir in the rice. Bring to a boil. Cover, reduce heat, and simmer 20 minutes. Remove from heat, cool slightly, and fluff with a fork. In a medium bowl, mix until well combined the plums, onion, habanero peppers, cilantro, and sugar. Cover, and refrigerate about 30 minutes. Meanwhile, season chicken with fresh rosemary, salt, and pepper. Heat vegetable oil in a large skillet over medium-high heat. Place chicken breasts in hot oil, and brown about 1 minute per side. Reduce heat to medium, and cook chicken about 5 more minutes per side. Serve over rice with plum salsa.
From allrecipes.com.

Storage and Preparation Tips

- ◆ **Black Cap Raspberries:** Raspberries are highly perishable and should be used within 2-3 days of receipt. Store in their container, unwashed, in the fridge until ready to use. Wash before use.
- ◆ **Yellow Peaches:** Peaches can be ripened by placing in a paper bag punched with holes; store at room temperature in a spot away from sunlight. Check often for ripeness as they can go from under-ripe to overripe in a matter of twenty-four hours.

* You may leave a cooler out for our driver to transfer your produce into to keep it fresh and cool.