

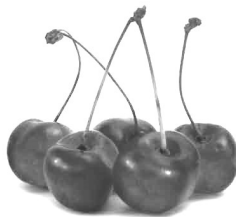
Lapin Cherries

Lapin cherries (named for *lapin*, French for rabbit), are a variety of sweet cherries characterized by dark ruby skin, deep red flesh, and larger size. Sweet cherries have been shown to have several health benefits, from aiding in the prevention of heart disease and cancer, to pain reduction. They are considered to be excellent sources of boron, which helps increase bone health.

This week we are featuring lapin cherries from Tiny's Organic in Wenatchee.

Cherry Custard Tart

1 stick of unsalted butter
1 cup of sugar
1 1/4 cup of flour
1/2 teaspoon of salt
1/2 teaspoon of ground cinnamon
1/2 teaspoon of baking powder
2 cups pitted fresh cherries
2 eggs
2 cups half and half



Preheat oven to 375. Cream the butter and sugar. Sift together the flour, salt, cinnamon and baking powder. Add to butter/sugar and mix briefly. The mixture should be crumbly but moist enough to hold together when pressed. Set aside 1/4 cup and press remaining dough into tart pan, making sure the sides are strong and even. Add cherries, spreading evenly over the bottom. Sprinkle on the reserved 1/4 cup of mixture and place tart pan on a baking sheet and slide into the oven. Bake for 15 minutes.

Meanwhile, whisk the eggs in a bowl, then add the half and half and whisk until combined. After 15 minutes, open oven door and pull the baking sheet half way out of the oven. Carefully and quickly pour the custard mixture over the tart and carefully push the baking sheet back in and close the oven door. Bake another 25 minutes, until crust is deep gold and the custard is set and beginning to brown. Remove from oven and let cool slightly before removing tart ring. Let cool completely before sliding off bottom. Serve at room temperature or slightly chilled.

From www.thekitchn.com.

Fruit Box Contents:

item	Farm/Brand Name and Location	Food Miles
White Peaches	Sweet-O (CA)	varies
Lapin Cherries	Tiny's Organic (Wenatchee, WA)	162
Flavor Supreme Pluots	Tiny's Organic (Wenatchee, WA)	162
Raspberries	J4 Ranch (Mt Vernon, WA)	95
Limes	New Harvest	varies
Mango	Natura (MX)	varies
Black Grapes	Sunview (Delano, CA)	966

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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Please contact us at:

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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

Rosemary-Scented Flat Bread with Black Grapes

3 1/4 cups all-purpose flour, divided
1 teaspoon sugar
1 package dry yeast (about 2 1/4 teaspoons)
1 1/4 cups warm water (100° to 110°)
1/2 cup white cornmeal
1 1/4 teaspoons salt, divided
1 1/2 teaspoons chopped fresh rosemary
2 1/2 teaspoons olive oil, divided
Cooking spray
1 cup seedless black grapes, quartered, divided
Rosemary sprig (optional)

Lightly spoon the flour into dry measuring cups, and level with a knife. Dissolve the sugar and the yeast in 1 1/4 cups warm water in a large bowl. Stir in 1 cup flour. Cover the mixture loosely with plastic wrap, and let stand 30 minutes. Add 2 cups flour, white cornmeal, 1 teaspoon salt, chopped rosemary, and 1 1/2 teaspoons oil to yeast mixture; stir until a soft dough forms. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 teaspoon at a time, to prevent dough from sticking to hands (dough will feel tacky). Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 1 hour or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down, and turn out onto a lightly floured surface. Arrange 2/3 cup grapes over dough, and knead gently 4 to 5 times or just until grapes are incorporated into the dough. Let rest 5 minutes. Press the dough into a 15 x 10-inch rectangle. Place on a large baking sheet coated with cooking spray. Brush the surface of the dough with 1 teaspoon oil. Cover and let rise 30 minutes or until doubled in size. Preheat oven to 475°. Uncover dough. Make indentations in top of dough using the handle of a wooden spoon or your fingertips. Sprinkle surface of dough with remaining 1/3 cup grapes; gently press grapes into dough. Sprinkle with 1/4 teaspoon salt. Bake at 475° for 20 minutes or until golden. Garnish with rosemary sprig, if desired.

From *Cooking Light*, Sept 2002.

Mango-Lime Salsa

1 mango, peeled, pitted, diced
1 red onion, diced
1/2 red bell pepper, seeded, diced
1/3 cup fresh lime juice
1 jalapeno, minced
1 tablespoon ground cumin
3 tablespoons cilantro, finely chopped
Salt and black pepper to taste

In a bowl, combine all ingredients and mix well. Salsa will keep in refrigerator for 2 days.

From *www.astray.com*.

White Peach Sangria

1 (750 milliliter) bottle dry white wine
3/4 cup peach flavored vodka
6 tablespoons frozen lemonade concentrate, thawed
1/4 cup white sugar
3 white peaches, pitted and sliced
1 1/2 cups seedless grapes, halved

In a large pitcher, combine dry white wine, peach vodka, lemonade concentrate and sugar. Stir until sugar is dissolved. Add sliced peaches, red and green grapes. Refrigerate sangria until well chilled, at least 2 hours, or overnight to blend flavors. Serve over ice, and use a slotted spoon to include sliced peaches and grapes with each serving.

From *allrecipes.com*.

Peach and Brie Quesadillas with Lime-Honey Dipping Sauce

Sauce:

2 tablespoons honey
2 teaspoons fresh lime juice
1/2 teaspoon grated lime rind

Quesadillas:

1 cup thinly sliced peeled firm ripe peaches (about 2 large)
1 tablespoon chopped fresh chives
1 teaspoon brown sugar
3 ounces Brie cheese, thinly sliced
4 (8-inch) fat-free flour tortillas
Cooking spray
Chive strips (optional)

To prepare sauce, combine first 3 ingredients, stirring with a whisk; set aside.

To prepare quesadillas, combine peaches, 1 tablespoon chives, and sugar, tossing gently to coat. Heat a large nonstick skillet over medium-high heat. Arrange one-fourth of cheese and one-fourth of peach mixture over half of each tortilla; fold tortillas in half. Coat pan with cooking spray. Place 2 quesadillas in pan; cook 2 minutes on each side or until tortillas are lightly browned and crisp. Remove from pan; keep warm. Repeat procedure with remaining quesadillas. Cut each quesadilla into 3 wedges; serve with sauce. Garnish with chive strips, if desired.

From *Cooking Light*, June 2005.

Storage and Preparation Tips

- ◆ *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.
- ◆ *Pluots* should be ripened at room temperature and then refrigerated. Pluots can be ripened in a brown paper bag at room temperature. Wash well before use.
- ◆ *Black Grapes*: Store unwashed in their plastic bag until ready to use. Refrigerate and enjoy within 3-4 days for best flavor and freshness. Wash before use.

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