

Saturn Peaches



These unusually-shaped peaches are known for their low acidity, very sweet flavor, and ease of consumption due to the tiny pit not clinging to the flesh (as in other peach varieties). Also called "doughnut peaches," these fruit emerged in south China at least 200 years ago. Today several sub-varieties of Saturn peaches, including the "Sweet Bagel" and "UFO," are making their way into markets. This week we are featuring Saturn peaches from Tiny's Organic in Wenatchee.

Saturn Peach Orchard Oatmeal

2 cups organic unsweetened apple juice
1 cup spring water
1 1/2 tsp. ground cinnamon
1/2 tsp. sea salt
2 cups old-fashioned oats
1 (6-oz.) container organic fat-free French vanilla yogurt
3 fresh donut peaches or
2 medium peaches, chopped (about 1 1/2 cups)
2 Tbsp. sliced almonds

In a medium saucepan, bring the apple juice, water, cinnamon, and salt to a boil over high heat. Stir in the oats and return to a boil. Reduce the heat to medium low and cook 5 minutes, stirring occasionally. Stir in the yogurt and peaches. Continue cooking, stirring occasionally, for 2 minutes or until the oatmeal mixture is heated through. Serve topped with sliced almonds.

From forecast.diabetes.org.

Saturn Peach Bake

2 cups Saturn peaches
peeled and sliced
1 1/4 cup Sugar
1/4 teaspoon Nutmeg
1/2 teaspoon Ground Cinnamon
1 teaspoon Vanilla Extract
4 ounces Butter melted
2 cups Cake Mix

Mix first 5 ingredients and pour into a 9 inch cake pan, set aside. Mix remaining ingredients until the dough resembles cookie dough adding more cake mix if necessary. Drop small pieces of dough all over peaches. Bake 35 - 40 minutes until golden in color. Top with frozen Peach Yogurt.

From www.melissas.com.

Fruit Box Contents:

item	Farm/Brand Name and Location	Food Miles
Cantaloupe	Walchli (Hermiston, OR)	262
Saturn Peaches	Tiny's Organic (Wenatchee, WA)	162
Flavor Supreme Pluots	Tiny's Organic (Wenatchee, WA)	162
Blueberries (pints)	J4 Ranch (Mt Vernon, WA)	95
Black Grapes	Sunview (Delano, CA)	966
Raspberries	Hayton Farms (Burlington, WA)	99

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



Printed on recycled paper, 100% post consumer content



Please contact us at:

877-619-5612 or 253-627-1581

www.terra-organics.com

info@terra-organics.com

P.O. Box 5966, Tacoma, WA 98415



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

Ways to Enjoy Pluots:

- ◆ **Grilled:** Cut pluots in half and brush with equal parts honey and Dijon mustard. Grill until browned on both sides. While you're at it, grill pork or lamb chops to serve with the pluots.
- ◆ **Glazed:** Halve and pit pluots and put, cut side up, in a pie pan. Spoon apricot jam or orange marmalade generously over the top and broil until bubbly and browned. Serve over plain yogurt sweetened with jam or marmalade. Sprinkle with granola.
- ◆ **In salsa:** Use chopped pluots instead of tomatoes in fresh salsa; mix with lime juice and chopped chiles, onion, and cilantro. Great on grilled meats of all kinds.
- ◆ **In salad:** Add sliced pluots and crumbled blue or feta cheese to baby greens. Dress with a balsamic vinaigrette.

Excerpted from "Five Ways to Enjoy Pluots" by Linda Lau Anusasananan, www.sunset.com.

Cantaloupe Chutney

4 cups diced cantaloupe (about 1 melon)
1/3 cup golden raisins
1/3 cup minced red onion
1/4 cup sugar
1/4 cup water
3 Tbsp. white wine vinegar
1 tsp. ground cumin

In medium saucepan, combine all ingredients. Set pan over medium-high heat. Bring to boil, reduce heat to medium and simmer 25-30 min., until cantaloupe breaks down. Cool to room temperature and drain (reserve liquid to use as marinade for another dish). Serve with whole grains, steamed vegetables, chicken or fish. *From www4.wittenberg.edu.*

Sausages with Black Grapes

2 large yellow onions, halved and slivered
2 cups black grapes, rinsed well
Extra-virgin olive oil
Salt and pepper
4 to 8 sweet Italian sausages

Preheat oven to 375°F. In a large roasting pan or skillet mix the slivered onion and grapes together with your hands. Drizzle some oil over them and sprinkle with several generous pinches of salt and pepper. Mix again and spread out the mixture evenly. Nestle the sausages in the onion-grape layer, but don't let them be completely covered. Put the pan in the oven and roast for 30 to 40 minutes, until the onions have cooked down considerably, the grapes are soft, and the sausages are plump and browned on top, even a little bit crusty. Pierce one of the largest sausages. They are ready when the juices run clear. Spoon a bed of onions and grapes onto a serving platter or individual plates, top with the sausages, and serve.

From Epicurious, Nov. 2002, by Deirdre Heekin and Caleb Barber.

Blueberry Focaccia

1/2 cup sugar
1 Tbsp grated lemon zest
3 to 3 1/2 cups all-purpose flour
1 packet (1/4 oz) rapid-rise active dry yeast
3/4 tsp salt
1 1/4 cups whole milk
1 large egg, lightly beaten
1/2 stick (1/4 cup) unsalted butter, softened
2 cups blueberries

Pulse sugar and lemon zest in food processor until zest is finely ground and incorporated into the sugar. In a large bowl, whisk 1/3 cup of the lemon sugar, 3 cups of the flour, the yeast and salt until blended. Heat milk in a 2-cup measure in microwave on high 1 1/2 minutes, or until temperature registers 130°F on an instant-read thermometer; add to flour mixture with egg and butter. Mix with a rubber spatula until a soft, sticky dough forms; scrape dough onto a floured surface. Using a dough scraper to assist, knead with some of the remaining 1/2 cup flour to form a smooth and pliable dough, about 2 minutes. Cover the dough with the mixing bowl; let rest 10 minutes. Line a large baking sheet with parchment paper. Divide dough in half. Working with 1 piece of dough at a time, stretch and pat out on parchment into a 12-in. free-form rectangle, about 1/4 in. thick. Scatter with half the blueberries and half of the remaining lemon sugar. On floured surface, pat out and stretch remaining dough slightly larger than the first piece and place over bottom dough. Press edges together and tuck under the loaf. Cover with a sheet of greased plastic wrap. Place baking sheet in a warm area. Let rise 1 hour. Heat oven to 350°F. With floured fingers, dimple surface of loaf (pierce any bubbling with a knife tip to release air pockets). Scatter top of loaf with remaining blueberries and lemon sugar. Bake 25-30 minutes until golden brown. Slide focaccia onto a wire rack and cool slightly. Serve warm.

From Woman's Day; July 7, 2009.

Storage and Preparation Tips

- ◆ **Cantaloupe:** Store on the countertop, out of sunlight, until ripe. To check for ripeness, gently push the spot where the stem was attached – if it is slightly soft and gives off a flowery, sweet scent, the melon is ripe. Once ripe, refrigerate. Wash before cutting.
- ◆ **Blueberries:** Store in their container, unwashed, in the fridge. Use within 2-3 days for best flavor and freshness.
- ◆ **Black Grapes:** Store grapes in a plastic bag in the refrigerator for up to 1 week. Wash before use.
- ◆ **Raspberries** are highly perishable and should be used as soon as possible. Refrigerate, unwashed, in their container.

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