

Nectarines

are virtually identical to peaches, except for one noticeable feature. The skin of most peaches contains fuzz, while the skin of nectarines is smooth. The same mutation responsible for the smooth skin is also responsible for the spicier taste and slightly smaller size of nectarines. Nectarines contain high amounts of Vitamins C and A. They make great additions to fruit salads and green salads, desserts, and snacks.



Nectarine Chutney

- 1 c Light brown sugar (packed)
- 1/2 c Cider vinegar
- 4 Nectarines, peeled and chopped (up to 5)
- 1 c Raisins
- 1 lemon, Zest of
- 1 lemon, peeled, seeded, and chopped
- 2 tb Fresh ginger, minced
- 1 lg Clove garlic, minced
- 1/2 ts Curry powder
- 1/4 ts Cayenne

In a medium, nonreactive saucepan, cook vinegar and brown sugar over medium heat, stirring to dissolve sugar. Bring to boil. Add remaining ingredients. Boil for 3 to 5 minutes. Remove from heat and cool. Refrigerate 2 weeks or can. Serve with poultry, pork or ham.

From www.justfruitrecipes.com.

Gingered Nectarine Cobbler

- 4-5 Nectarines
- 1/4 c Sugar
- 1/2 ts Cornstarch
- 1 tb Fresh lemon juice
- 1 tb Finely chopped crystallized ginger
- For Biscuit Topping:*
- 3/4 c All-purpose flour
- 3/4 ts Baking powder
- 1/4 ts Salt
- 1/2 Stick cold unsalted butter; (1/4 cup)
- 5 tb Milk
- 3/4 ts Sugar
- 1/8 ts Cinnamon

Preheat oven to 400°F. and butter an 8-inch square baking pan. Pit nectarines and slice thin. In a bowl stir together sugar and cornstarch and stir in nectarines, lemon juice, and ginger until combined well. Transfer nectarine mixture to pan. Make topping: Into a bowl sift together flour, baking powder, and salt. Cut butter into bits and blend into flour mixture until mixture resembles coarse meal. Stir in milk until just combined and drop topping in small mounds over nectarines. In a small cup stir together sugar and cinnamon and sprinkle over dough. Bake cobbler in middle of oven 20 to 25 minutes, or until top is golden.

From www.justfruitrecipes.com.

Fruit Box Contents:

item	Farm/Brand Name and Location	Food Miles
Amber Jewel Plums	Barbee Orchards (Zillah, WA)	174
White Nectarines	Columbia Gorge (Hood River, OR)	197
Cantaloupe	Inaba (Wapato, WA)	169
Flame Grapes	Top Brass (Shafter, CA)	988
Tosca Pears	Stemilt (Wenatchee, WA)	162
Black Mission Figs	Maywood (Corning, CA)	610
Keitt Mango	Corona College Heights (Riverside, CA)	1160
Yellow Nectarines	Stemilt (Wenatchee, WA)	162

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

Oatmeal, Almond, Pear, and Plum Crisp

1/2 cup quick-cooking oats
1/2 cup (packed) golden brown sugar
3 tablespoons all-purpose flour
2 tablespoons vegetable oil
2 tablespoons sliced almonds
3 medium pears (about 18 ounces),
peeled, cored, thinly sliced
3 large plums (about 10 ounces),
halved, pitted, thinly sliced
2 tablespoons sugar
1 tablespoon fresh lemon juice
Pinch of ground nutmeg
Nonfat frozen yogurt (optional)

Preheat oven to 350°F. Mix first 3 ingredients in bowl. Add oil; mix with fork until coarse crumbs form. Mix in almonds. Combine fruit in 10-in-diameter glass pie dish. Sprinkle sugar, lemon juice and nutmeg over. Sprinkle with oats. Bake until fruit is tender and topping is golden brown, about 35 minutes. Cool 10 minutes. Serve with frozen yogurt.

From www.epicurious.com, Sept. 1999.

Melon and Coconut Milk

a 3 1/2-oz can (about 1 cup) sweetened flaked coconut
1 cup boiling water
1/4 teaspoon grated lime zest
4 cups julienne strips of cantaloupe,
chilled

In a blender purée the coconut with the water and the zest at high speed for 1 min, let the mixture stand for 10 min, and force it through a fine sieve set over a bowl, pressing hard on the solids. Chill the coconut milk, covered, until very cold. Put the melon in a serving bowl, pour the coconut milk over it, and serve.

From Gourmet, June 1993.

Mixed Green Salad with Pear and Fresh Figs

4 cups salad greens mix
1 pear, cored and thinly sliced
6 fresh figs, sliced in half
4 tablesp. crumbled Gorgonzola
4 tablesp. toasted chopped pecans
Lemon Vinaigrette (recipe follows)

Place a pile of greens on each salad plate. Arrange the fruits on top and sprinkle with cheese and nuts. Lightly drizzle with vinaigrette.

Lemon Vinaigrette:

1 cup extra-virgin olive oil
1/2 cup fresh lemon juice
1 teaspoon salt
1 teaspoon lemon extract
2 tablespoons lemon curd
1 tablespoon honey
1 teaspoon Dijon mustard

Combine all the ingredients in a bowl and whisk to combine.

From www.foodnetwork.com.

Melon & Mango Salsa

2 cups cantaloupe, diced
1 mango, diced
1 cup red onion, diced
4 tablespoons cilantro, chopped
3 tablespoons cider vinegar
1/2 tablespoon extra virgin olive oil
1 lime, juiced

In medium bowl, combine diced cantaloupe, mango, onion, and cilantro. Whisk together the lime juice, cider vinegar, and olive oil. Drizzle over the fruit; mix until well blended. Cover and refrigerate for at least one hour before serving so that all the ingredients can blend together.

From www.recipestips.com.

Fettuccine with Figs, Rosemary, and Pancetta

3 slices firm white sandwich bread
3 tablespoons olive oil
6 oz sliced pancetta
1 small red onion, finely chopped
2 large garlic cloves, finely chopped
1 teaspoon finely chopped fresh rosemary
1/4 cup dry white wine
1/2 cup chicken broth
3/4 lb firm-ripe fresh figs, trimmed and quartered
lengthwise
2 tablespoons finely chopped fresh parsley
2 teaspoons fresh lemon juice, or to taste
3/4 lb dried egg fettuccine

Tear bread into pieces and pulse in a blender or food processor until reduced to coarse crumbs. Heat 2 tablespoons oil in a deep 12-inch heavy skillet over moderate heat until hot but not smoking, then cook bread crumbs with salt and pepper to taste, stirring constantly, until golden brown and crisp, about 5 minutes. Transfer to a plate to cool. Heat remaining tablespoon oil in cleaned skillet over moderately high heat until hot but not smoking, then cook pancetta, stirring, until golden brown and crisp. Transfer with a slotted spoon to paper towels to drain. Add onion to skillet and cook over moderate heat, stirring, until softened, about 4 minutes. Add garlic and rosemary and cook, stirring, 1 minute. Stir in wine and boil, stirring occasionally, until liquid is reduced to about 1 tablespoon. Remove from heat and stir in broth, figs, parsley, half of pancetta, and lemon juice. Cook fettuccine in a large pot of boiling salted water until al dente. Reserve 1/2 cup cooking water, then drain pasta in a colander. Add fettuccine to fig mixture with 1/4 cup reserved cooking water and salt and pepper to taste. Heat over low heat, tossing gently and adding more cooking water if mixture becomes dry, until just heated through. Serve pasta topped with bread crumbs and remaining pancetta.

From Gourmet, Aug. 2001.

Storage and Preparation Tips

- ◆ *Flame Grapes:* Store grapes in a plastic bag in the refrigerator for up to 1 week. Wash before use.
- ◆ *Black Mission Figs:* Ripe figs should be kept in the refrigerator where they will stay fresh for about two days. If you have purchased slightly under-ripe figs, you should keep them on a plate, at room temperature, away from direct sunlight.
- ◆ *Keitt Mango:* When ripe, this variety of mango will still be green, but will yield to gentle pressure.

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