



Harmony Valley Farm

Certified Organic Fruit Share Newsletter

November 30 - December 2, 2017

Farm Feature: Meyer Lemons from Marian Farms

by Andrea Yoder

I have to admit, I get a little giddy every time we get Meyer Lemons from Marian Farms. The quality and beauty of their fruit is hard to beat. Meyer Lemons are a cross between the common lemon we're all familiar with (either the Lisbon or Eurkea variety) and a mandarin. They have a bright gold skin that is thinner than a "regular" lemon and the flesh is sweet and less acidic.

Meyer lemons were introduced to the United States from China in the early 1900's. It wasn't until the mid to late 70's they were grown commercially. Up until that time Meyer lemons were only found in back yards and for personal use. Alice Waters, founder of Chez Panisse restaurant in Berkeley, California, is credited with introducing Meyer lemons to the culinary scene. Ms. Waters was quoted as saying, "Back in the 1970s, when we were getting started, we never ordered Meyers," Waters recalls. "We just collected them in the back yards of Berkeley."¹

Meyer lemons may be used in both sweet and savory preparations. With the holidays coming up, wow your friends, families and co-workers with a special something featuring Meyer lemons. Consider making Alice Waters' famous **Meyer Lemon Meringue Pie** (cooking.nytimes.com) or check out Martha Stewart's collection of Meyer lemon recipes on her website (marthastewart.com). She has a recipe for **Meyer Lemon Upside Down Cake** that is sure to be a standout. If you're looking for savory ways to use Meyer lemons, you'll often find them used in pasta or grain dishes with fresh herbs and garlic or paired with seafood and fish dishes. There is also a simple recipe for **Meyer Lemon Butter** featured at marthastewart.com. This would be a delicious, light spread for a fresh biscuit or a fluffy dinner roll.

Another interesting thing you might consider doing with Meyer Lemons is making **Preserved Lemons**. Preserved lemons come from the cuisine of Morocco and other parts of the Middle East where they are used in savory dishes with lamb, chicken, olives, couscous, etc. Basically, lemons are preserved by packing them in salt which allows you to use them in your cooking for up to a year! If you've never made these before, it's very easy, doesn't take much time and you'll have fun using them throughout the year. We've included a recipe in this week's newsletter, however you may find another slightly different version you might prefer if you look around at some different sources. Alexandra Stafford did a very nice blog post at alexandracoooks.com on January 10, 2014. Her blog post includes pictures, ideas for how to use them and two other slightly different recipes for making them. She also has several recipes on her blog that use preserved lemons including **Chicken With Preserved Lemons & Green Olives**; **Pizza with Za'atar, Preserved Lemons & Ricotta** (save this one for next summer); and **Toasted Orzo with Preserved Lemon, Pine Nuts & Currants**. Of course, you can also use them to make the recipe for **Fettucini with Preserved Lemon and Roasted Garlic** in this week's newsletter. While most sources will tell you to rinse the preserved lemon to remove some of the saltiness before you use it, there is a reference on Alexandra's website that is contrary to that recommendation. She cites a chef that actually purees everything in the jar of preserved lemons—lemon and salt, to make a preserved lemon puree that can be spooned into dishes. Once it's pureed, it seems like this would be a very easy way to use them, but you may need to adjust the seasoning to account for the saltiness.

If you aren't into baking or preserving, just squeeze the juice out of these sweet lemons and make a batch of lemonade or maybe a holiday cocktail. Last year I made a **Meyer Lemon Gimlet** that we enjoyed with friends one evening shortly before Christmas. This is a very simple yet elegant cocktail that really features the Meyer Lemon. And on that note, I hope you have fun eating, drinking and preserving this beautiful fruit!

1. www.sfgate.com/news/article/A-Lemon-Of-Our-Own-California-s-sweet-fragrant-2993217.php

Ready to Eat:
Sundowner Apples
Rio Star Grapefruit
Jonagold Apples
Meyer Lemons
May Need Ripening:
Keitt Mangoes
Red D'Anjou Pears

Meyer Lemon Gimlet

Yield: 1 cocktail

In a cocktail shaker with ice, combine 2 ounces of gin, an ounce of freshly squeezed Meyer lemon juice and half an ounce of simple syrup (equal parts sugar dissolved in hot water). Shake that all up and strain into a rocks glass with fresh ice. Garnish with a lemon wheel.

As featured in an article at Foodandwine.com, June 22, 2017.

Sundowner Apples / Briggs and Eggers Orchards/ Arizona

Description: This is by far our favorite late season apple. It has crisp, sweet, flavorful flesh and is a sibling to the popular Pink Lady variety.

Storage/Preparation: This is a great variety for eating fresh as well as for use in cooking or baking. They will store well for weeks if you keep them in a plastic bag in the refrigerator.

Suggestions for Serving and Use: This is the time of year I like to make the **Raw Salted Caramel Apple Dip** recipe at mynewroots.org. It makes a great, healthy dip for these apples!

Meyer Lemons / Marian Farms/ California

Description: Meyer Lemons are a cross between a lemon and a mandarin. They have a thinner skin and the flesh has less acidity and more sweetness than traditional lemon varieties.

Storage/Preparation: Store your lemons in the refrigerator and use within 1-2 weeks

Suggestions for Serving and Use: Check out this week's newsletter recipes!

■ Rio Star Grapefruit/ South Tex Organics / Texas

Description: This grapefruit is a combination of the two reddest varieties of grapefruits—the Rio Red and the Star Ruby. Grapefruit is ripe when it is picked, so it's ready to eat immediately.

Storage/Preparation: Grapefruit can be kept at room temperature if you plan to eat it within a few days, however for longer storage we recommend storing it in the refrigerator.

Suggestions for Serving and Use: Start your day off right with fresh grapefruit for breakfast! Cut the fruit in half and use a paring knife to cut the flesh away from each of the membranes surrounding the segments. Eat it plain or give it a little drizzle of honey.

■ Keitt Mango / Corona College Heights / California

Description: Keitt mangoes are a larger sized fruit with green skin and a golden yellow, smooth flesh.

Storage/Preparation: This variety will always have green skin, so don't use color change on the skin as a sign of ripeness. Ripen at room temperature until it yields slightly to gentle pressure. Once you feel it give a bit, it's ready to eat.

Suggestions for Serving and Use: Once ripe, use these mangoes to make a **Black Bean & Mango Salsa** to serve with tacos, chicken or fish, or just eat it with tortilla chips.

■ Red D'Anjou Pears / Bridges Organic Produce / Oregon

Description: This is the Columbia Red variety of Red D'Anjou pear which tends to ripen more consistently and has a more flavorful flesh compared to other D'Anjou varieties. It is an all-purpose pear that may be used for grilling, poaching, baking, or fresh eating.

Storage/Preparation: Ripen at room temperature until the flesh at the neck of the pear softens and gives to slight pressure. The deep red skin of this pear will not change in color as the pear ripens, so don't depend on that as a sign of ripeness.

Suggestions for Serving and Use: Pears pair well with cranberries for a festive duo in a simple fall fruit crisp or pie.

■ Jonagold Apples/ Mt. Hood Organic Farms/ Oregon

Description: This variety combines the best of two very popular apple varieties, Golden Delicious & Jonathon. Mt Hood Organic Farms is certified organic and Demeter Certified Biodynamic.

Storage/Preparation: Store your apples in the refrigerator and enjoy within a few weeks. If they start to soften or get a little wrinkly on the skin, use them for baking or cooking.

Suggestions for Serving and Use: Make a traditional **Waldorf Salad** or use these apples to make some tasty apple fritters for Sunday brunch!

Preserved Lemons

Yield: 1 pint

3 to 5 lemons, or as needed
(depending on the size) ¼ cup sea salt
1 Tbsp black peppercorns 1 dried bay leaf

1. Thoroughly wash a wide-mouth pint-size canning jar with hot, soapy water and rinse.
2. Cut one medium-sized lemon in half and remove the seeds. This is the one you'll be using for juice.
3. Cut the remaining lemons into quarters. The size of your lemons may vary, so cut just enough of the remaining lemons to fill the jar.
4. Spoon about 2 Tbsp of salt into the bottom of the jar. Rub about 1 tsp of salt into four of the lemon quarter pieces and pack to the bottom with a muddler or the handle of a wooden spoon. Don't be gentle; you want some of the juice to be released. Squeeze a bit of lemon juice on top. Repeat this process with the remaining lemons, using your fingers to rub 1 tsp of the salt into the flesh of four lemon pieces at a time, pressing them into the jar, and squeezing a bit of lemon juice on top each time.
5. When you get close to the top of the jar, push everything down a bit, being sure the lemons don't go over the shoulder of the jar. Sprinkle in the peppercorns and add the bay leaf. Squeeze in a bit more lemon juice and close the jar. Over the next few days, enough lemon juice should be produced to completely cover all the lemons. If not, add a bit more.
6. Allow the jar to sit at room temperature for a couple days, then store it in the fridge, shaking the jar every few days to move things around. Let them age for at least 1 month and preferably 3 months. They will keep for up to a year in the fridge.
7. To use them, scrape away and discard the salty flesh. Slice the rind very thinly before adding to your dish.

This recipe was featured in Sara Forte's book, *The Sprouted Kitchen*.

Fettuccine with Preserved Lemon & Roasted Garlic

Yield: Serves 4, with leftovers

Kosher salt, to taste ¼ cup mashed roasted garlic (about 2 heads)
1 pound store-bought fettuccine or 1 ¼ pounds homemade 1 Tbsp finely chopped fresh rosemary
¼ cup extra-virgin olive oil 1 cup grated Parmesan cheese
Heaping ½ cup coarsely chopped Preserved Lemon (about 1 2 Tbsp coarsely chopped fresh flat-leaf parsley
lemon, rinsed before chopping) Freshly ground pepper, to taste

1. Bring a large pot of salted water to boil. Cook the fettuccine until tender, 7 to 10 minutes for dried, or 2 minutes for fresh. Reserve 1 cup of the pasta water, then drain and rinse the pasta. Transfer to a large serving bowl.
2. Meanwhile, heat the oil in a medium saucepan or skillet over medium heat. Add the preserved lemon, roasted garlic, and rosemary, smashing and stirring them all together in a thick relish. Cook, stirring often, until the sauce melts together, 3 to 5 minutes. Remove from heat and scoop the garlic mixture over the pasta. Sprinkle the cheese over the bowl, then pour about ½ cup of the pasta water over the top. Stir gently to melt the cheese and coat the pasta in the sauce. Add more water if the sauce seems too thick. Top with the parsley and lots of fresh pepper.

Recipe borrowed from Alana Chernila's cookbook entitled, *The Homemade Kitchen*.