



# Harmony Valley Farm

## Certified Organic Fruit Share Newsletter

June 28 - 30, 2018

### Patterson, California: "Apricot Capitol of the World"

by Andrea Yoder

This week we get to enjoy a fruit selection we don't always have access to, apriums. This week's variety is the Leah Cot aprium, which is a hybrid cross between an apricot and a plum. Apriums have a higher percentage of apricot-like characteristics and bear more of an outward resemblance to apricots with their golden orange delicate skin and small size. The flesh of an aprium is bright orange and more plum like with juicy flesh when ripe. Some apriums may have some red blush on the skin. This doesn't indicate anything about stage of ripeness or sweetness, it simply means that piece of fruit was a little more exposed to the sun. Apricots and apriums have a pretty short harvest window of only 2-4 weeks at most.

Apriums are a nutritious fruit with high levels of antioxidants. Carotenoids are a group of antioxidants that give fruit and vegetables, such as carrots and winter squash, their orange color. Apriums have high levels of carotenoids, with levels increasing as the fruit ripens. Apriums are also good sources of vitamins A & C as well as dietary fiber and potassium. They may be eaten raw or are also delicious when cooked. You can bake with apriums, but they are also delicious when grilled, broiled or roasted.

This week's apriums were grown for us by Lucich Santos Farms in Patterson, California. Patterson is a small rural town 92 miles south of Sacramento and 89 miles southeast of San Francisco. It stakes claim to the title of "Apricot Capitol of the World" as about 95,000 tons of fruit are produced in this region every year. The climate and geographical location are a good fit for growing apricots and apriums. Lucich Santos Farms is part of Blossom Hill which is the packing side of the operation. Lucich Santos Farms has been a family owned business for over 90 years and they have over 35 years experience growing apricots and now apriums. The combination of their excellent location coupled with experience leads to sweet, flavorful fruit!

While apriums are a newer development in the world of stone fruit, apricots are actually an ancient fruit that is thought to have been grown in ancient India as early as 3000 BCE. The ancient Greeks called them "the golden eggs of the sun." By the sixteenth century they were being cultivated more extensively in Northern Europe and throughout the Middle East where they were extensively used both fresh and dried. Apricots and apriums are now more widely available both in fresh and dried form as well as preserves such as marmalade, jelly and jam. You can eat apriums fresh out of hand or incorporated into vegetable, grain or mixed fruit salads. Apriums may be substituted for apricots in any recipe including baked goods, desserts, or even savory dishes.

#### Ready to Eat:

Green Grapes

Dark Sweet Chirries

#### May Need Ripening:

White Nectarines

Red Raven Plums

Apriums

### ■ Sweet Globe Green Seedless Grapes/Las Mercedes, Molina Group/MX

**Description:** This week's grape selection features a large green, seedless grape that is sweet and crisp. These grapes were grown in Sonora, located in northern Mexico.

**Storage/Preparation:** Open the bag immediately and go through the grapes. Remove any soft fruit and rinse them. Store in the refrigerator in an open bowl or the ventilated plastic bag they came in. Eat within a few days.

**Suggestions for Serving & Use:** Looking for a refreshing treat to help you cool off? Try this recipe for **Green Grapes Sorbet** found at [recipes.timesofindia.com](http://recipes.timesofindia.com)

### ■ Arctic White Nectarines/Fruit Fairy Farms/CA

**Description:** As opposed to their yellow counterparts, white nectarines are low in acidity and feature a nice sugar-acid balance. Treat them gently, as their skin is thin. When ready to eat, these nectarines will give slightly to pressure.

**Storage/Preparation:** Ripen nectarines at room temperature just until they give slightly to pressure, then move to the refrigerator and eat within a few days.

**Suggestions for Serving & Use:** Make a **White Sangria with Cherries and Nectarines** for your July 4th celebration! You'll find a recipe at [marthastewart.com](http://marthastewart.com).

## ■ Red Raven Plums/R-Hill/CA

**Description:** These plums are a sweet and juicy variety of black plum. The Red Raven's unique deep red flesh is full of healthy antioxidants, more so than the average plum, giving it similar health benefits to blueberries.

**Storage/Preparation:** Ripen plums at room temperature until they are soft and the skin is nearly black. These plums are prone to bruising, though, so handle with care!

**Suggestions for Serving & Use:** Check out the recipe for **Plum-Fennel Salad with Honey Ginger Dressing** featured in this week's newsletter. You'll want to use slightly underripe fruit for this salad.

## ■ Dark Sweet Cherries/Daisy Girl/WA

**Description:** These cherries feature a smooth, deep red skin and are slightly heart-shaped. Remember, cherries have a pit in the center, so eat cautiously.

**Storage/Preparation:** It is very important to keep cherries cold, so store them in the refrigerator and do not wash them until just before eating them. They are a more delicate fruit, so we recommend you enjoy them within 4-5 days of receiving them.

**Suggestions for Serving & Use:** Use your cherries to make the **Quinoa Salad with Cherries and Fennel** recipe featured in this week's newsletter.

## ■ Leah Cot Apriums/Blossom Hill/CA

**Description:** Apriums are a cross between an apricot and a plum, however they favor the apricot part of their parentage. This week's selection was packed by Blossom Hill Apricots in Patterson, California, an area considered to be amongst the best apricot growing areas in the world!

**Storage/Preparation:** Ripen apriums at room temperature. Once they give off a slightly aromatic fragrance and give slightly to gentle pressure, they are ready to eat. Handle carefully as they do bruise easily.

**Suggestions for Serving & Use:** Cooking apriums will bring out their sweetness and juiciness. Try this recipe for **Aprium-Almond Tart** which may be found at [npr.org](http://npr.org).

### Plum-Fennel Salad with Honey-Ginger Dressing

¼ cup fresh orange juice	3 large red plums, cut into thin wedges
1 Tbsp white wine vinegar	½ small fennel bulb, thinly sliced
2 ½ tsp honey	Olive oil, toasted sesame seeds, and fennel fronds for garnish
1 ½ tsp finely grated peeled ginger, divided	
A pinch of salt	

1. Whisk ¼ cup fresh orange juice, 1 Tbsp white wine vinegar, 2 ½ tsp honey, 1 tsp finely grated peeled ginger, and a pinch of salt in a medium bowl.
2. Cut 3 large red plums into thin wedges and thinly slice ½ small fennel bulb. Add to dressing; toss to coat. Cover and chill 30 minutes to allow fennel to soften and flavors to get to know one another.
3. Toss ½ tsp finely grated peeled ginger into fruit salad. Serve drizzled with olive oil and topped with toasted sesame seeds and fennel fronds.

Recipe borrowed from [epicurious.com](http://epicurious.com) and originally published in *Bon Appetit* magazine, August 2015.

### Quinoa, Fennel & Cherry Salad

Yield: 2 servings

#### **Salad:**

½ cup cooked quinoa, cooled  
1 cup pitted and quartered sweet cherries  
¼ cup thinly shaved fennel  
2 Tbsp minced flat-leaf parsley  
½ oz crumbled feta cheese  
1 Tbsp sunflower seeds

#### **Dressing:**

2 Tbsp olive oil  
1 Tbsp lemon juice  
1 tsp lemon zest  
2 tsp honey  
Salt and black pepper, to taste

1. Combine all ingredients for the salad and toss to combine.
2. In a small bowl, whisk together oil, juice, zest, honey, salt and pepper. Pour over the ingredients for the salad and toss until well-combined. Adjust ingredients as desired.

Recipe borrowed from [NaturallyElla.com](http://NaturallyElla.com).