

FARMER IN THE FIELD

Raspberries

by Bonnie Swank

SwankFarms.com

While visiting the California Academy of Sciences Dick and I stumbled upon an interactive game about how plants and animals migrated to different locations across the ocean from island to island. It was very interesting and I immediately thought of that visit while researching the raspberry. They grew wild for centuries with their seeds being carried across the world by animals, birds and gatherers. In 1548 a book on herbal medicine was written mentioning raspberries, not for the fruit I would imagine but for the leaves which can be used fresh or dried in herbal and medicinal teas.

Once the red raspberry was cultivated it was crossed with other types of berries and all kinds of good things resulted like boysenberries, loganberries and strasberries. Yes, they crossed a strawberry and a raspberry together and got a strasberry.

The red raspberry has a sweet fragrance and is slightly tart. Although red is the most popular raspberry you can also find black, purple, orange, yellow and white raspberries. Now is the time to start looking for locally grown raspberries at your local farmers market. This delicate fruit is highly perishable so plan on eating them with-

in a couple of days. Always store your berries in the refrigerator and never wash them until you are ready to use them. Remember the old saying one bad apple can spoil the barrel? The same applies to berries so check your container and throw out any molded or spoiled fruit before you store them. Raspberries also freeze very well so there is no reason to waste any of these little gems. Pop one of those into your mouth on a hot day. Yum!



~ Bonnie and her husband Dick Swank are owners of Swank Farms in Hollister. To learn more visit SwankFarms.com or contact them at: 851-637-4704.

RASPBERRY CRÈME FRÂCHE TART WITH LAVENDER HONEY

Recipe courtesy of epicurious.com

Ingredients

For Crust:

- 1 ¼ cups all-purpose flour
- ¼ cup sugar
- ½ tsp salt
- 7 T cold unsalted butter, cut into ½ inch cubes
- 1 large egg

For Filling:

- 4 oz cream cheese, softened
- ¼ cup crème fraîche
- 3½ T lavender honey
- 4 cups raspberries (18 ounces)

Directions

Make crust:

Pulse together all crust ingredients in a food processor just until mixture resembles coarse crumbs. Put tart pan on a baking sheet and press dough evenly onto bottom and up side of tart pan with your fingertips. Chill shell, covered, on baking sheet until firm, about 30 minutes.

Put oven rack in middle position and preheat oven to 350°F. Line shell with a buttered sheet of heavy-duty foil (buttered side down) and fill shell one third of the way up with pie weights.

Bake (on sheet) until edge is pale golden, 20 to 25 minutes. Carefully remove pie weights and foil, then bake until edge and bottom are golden, about 20 minutes more. Cool completely in pan on a rack.

Make filling:

Beat cream cheese in a bowl with a handheld electric mixer at high speed until smooth, then add crème fraîche and 1 1/2 tablespoons honey and beat until combined well. Spread filling evenly in shell, then top with raspberries. Heat remaining 2 tablespoons honey in a very small saucepan over moderately low heat, stirring constantly, until liquefied, then drizzle over raspberries. Serve with additional melted honey on the side.

Cooks' Notes: Tart shell can be made one day ahead and cooled completely, uncovered, then kept (in pan), wrapped in plastic wrap, at cool room temperature.

Filling can be made one day ahead and chilled, covered. Bring to cool room temperature before assembling tart, one hour.



RASPBERRY SORBET

Recipe courtesy of Paula Deen

Ingredients

- 2 cups sugar
- 2 cups water
- 2 quarts raspberries, hulled and sliced
- 1/4 cup fresh lime juice
- 1/2 cup white corn syrup

Directions

Bring the sugar and 2 cups water to a boil in a medium saucepan over medium-high heat. Reduce the heat and allow the mixture to simmer, without stirring, until the sugar dissolves, about 3 minutes. Set aside to cool completely.

Place the raspberries and lime juice in a food processor and puree. Press the raspberry puree through a strainer to remove the seeds. When the sugar syrup has cooled completely, combine with the raspberry puree. Add the corn syrup and stir well.

Pour the mixture into an ice cream maker and freeze according to manufacturer's instructions. Sorbet is particularly soft after churning but firms up after freezing.