

FARMER IN THE FIELD



THE TASTE OF SUNSHINE PEACHES, NECTARINES & PLUMS, YUM.....

By Bonnie Swank

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Could our taste buds be any happier as we head into August? Biting into a juicy peach, sweet nectarine or a sumptuous plum is like a celebration in your mouth. But the party can go downhill fast if you don't arm yourself with a little knowledge before you go shopping. All these fruits need to be picked ripe for the best flavor. Peaches and nectarines should be enjoyed when soft and juicy. Plums should be firm with a little spring. Peaches, nectarines and plums should be left to finish ripening on the counter at room temperature. This is also the perfect temperature for eating your fruit. Store your fruit in the refrigerator only after they have reached their desired level of ripeness. Remember to handle your fruit with care as one small bruise will cause your fruit to go bad in that spot.

Where is the best place to buy your fruit? The farmers markets are always a good place to start but for a real treat I would suggest a visit to Andy's Orchard in Morgan Hill. Andy is king when it comes to growing stone fruit. He grows more varieties of stone fruit than I can list and they are all delicious.

Andy's Orchard is located at 1615 Half Road in Morgan Hill (408) 782-7600
www.andysorchard.com

Learn more about the farms and farm stands located in Santa Clara, Santa Cruz and San Benito Counties by obtaining a copy of *COUNTRY CROSSROADS* a farm trails map

distributed through your local Farm Bureau and participating farms. You can also send a STAMPED, SELF ADDRESSED ENVELOPE TO: Santa Clara County Farm Bureau, 605 Tennant Ave, Suite H, Morgan Hill, CA 95037, San Benito County Farm Bureau, 530 San Benito Street Ste 201, Hollister, CA 95023, or Santa Cruz County Farm Bureau, 141 Monte Vista Avenue, Watsonville, CA 95076. You may also drop into any of these locations to pick up a copy.



Peaches and Cream Pops

Makes 4 Servings Prep Time: 10 Minutes Chill Time: at least 4 Hours

Recipe obtained from www.eatcaliforniafruit.com

Ingredients

1/2 cup peeled, chopped fresh California peaches

1/3 cup peeled, pureed fresh California peaches

2/3 cup nonfat vanilla yogurt

Directions

Puree 1/2 cup of peaches in blender or food processor until smooth. Lightly swirl together peach puree, yogurt and remaining 1/2 cup of peaches together in a small bowl. Spoon into 4 Popsicle molds and insert handle. Freeze for at least 4 hours.

* For extra sweet pops, add 1-2 tablespoons of honey to yogurt before swirling.

Per serving: 40 calories, 2g protein, 7g carbohydrate, 0g total fat, 5mg cholesterol, 25mg sodium, 1g fiber.

NOTE: Have fun with this recipe; try using other seasonal stone fruit.



Flank Steak with Grilled PPN Salsa

Makes 7 Servings Prep Time: 15 minutes Cook Time: 20 to 25 minutes

Recipe obtained from www.eatcaliforniafruit.com

Ingredients

- 1 California peach, pitted
- 1 California plum, pitted
- 1 California nectarine, pitted
- 1-2 jalapeno peppers, stemmed and seeded
- 1/4 cup minced red onion
- 2 tablespoon minced cilantro
- 1 tablespoon lime juice

- 2 pound flank steak
- 2 teaspoon garlic salt
- 1 teaspoon ground cumin
- 1 teaspoon oregano
- 1/2-1 teaspoon chipotle or ancho chili powder

Directions

Cut each piece of fruit into 8 slices. Place fruit and jalapenos on a well-oiled grill over medium heat and cook for a few minutes on each side to lightly char. Let cool, then chop and place in a medium bowl with onion, cilantro and lime juice. Stir to combine. Cover and refrigerate until ready to serve. Thoroughly tenderize the meat by pricking both sides with meat tenderizer or fork. Stir together garlic salt, cumin, oregano and chili powder in a small bowl and rub onto both sides of meat. Place on grill over medium heat and cook for 5 to 7 minutes on each side or until meat is cooked to your liking. Let stand for 5 minutes before thinly carving at an angle against the grain. Transfer meat and juices to a platter. Serve with grilled PPN salsa.

Per serving: 320 calories, 35g protein, 7g carbohydrate, 17g total fat, 90mg cholesterol, 630mg sodium, 1g fiber.



California Peach Sangria

Makes 6 Servings Prep Time: 10 minutes

Recipe obtained from www.eatcaliforniafruit.com

Ingredients

1 (750 ml.) bottle dry white wine (such as Sauvignon Blanc), chilled

1 cup peach puree (about 2 medium peaches)

1/2 cup peach brandy

2 tablespoon sugar

1 peach, pitted and thinly sliced

4 lime slices

To garnish: mint sprigs

Directions

Stir together the wine, peach puree and brandy in a large pitcher.

Add sugar and stir until dissolved. Add fruit slices, pressing against the side of the pitcher with a large spoon to release some of the juices.

Serve immediately or refrigerate for up to 2 hours. Serve in tall glasses over ice, garnished with mint sprigs.