



# End of Summer



# CSA NEWSLETTER

21 September 2009

Whew! It's been a scorcher this week, with temperatures well up into the 90s and higher out on the farm. Even though September 22 is the Autumnal Equinox, it seems like summer's not quite ready to let go. You can still enjoy these last few weeks of warmth with our final peaches of the season. Our last late-season variety, the Autumn Flame, will be in your box for another couple of weeks.

If you haven't tried putting up some stone fruit for the winter, now's a great time to can or freeze a few jars of peachy summer goodness. This week's main recipe makes a delicious spread for toast that can bring back the lazy days of summer even in the rainy depths of winter. Why not order an extra flat or two and have a canning party with friends? For best results, use 8 oz or 16 oz canning jars with two-part lids; they're easy to find at many supermarkets and hardware stores. Sterilize the jars by running them through the dishwasher or by covering them in boiling water and simmering for 10 minutes. Fill jars, top with lids and rings, then place sealed jars upright in enough water to cover, bring to a boil, and simmer for 25 minutes to ensure a tight seal. Remove carefully from water, place on a clean dish towel

or cooling rack, and let cool undisturbed at room temperature. Check seal (lid should not "pop" when pressed in the center) and store in a cool, dry place for up to a year. If jar doesn't seal (lid will "pop" when pressed), store in the refrigerator and use within 2 weeks.

Danny Kramer, our CSA manager, worked both the Ferry Plaza Farmers Market and a special event at Cupertino's Ridge Vineyards this past weekend, and picked up some great pairing tips for our Hosui and Shinseiki Asian pears. These pears go very well with some delicious California-made wines and cheeses. He suggests trying them with Cypress Grove's Humboldt Fog goat cheese (made in Arcata) or with Cowgirl Creamery's dense, creamy Inverness cheese, made in Point Reyes Station. Pour a glass of sweet white wine, like Bonny Doon's Ca' del Solo Muscat or a bold white, like Ridge Vineyards' Santa Cruz Mountains Estate Chardonnay, and add a slice of Acme Bread's chewy walnut levain. We've found a particularly nice selection of both local and international wines and cheeses at the East Bay's two Farmstead Cheeses and Wines shops, located in Alameda and Montclair.

-Stephanie J. Rosenbaum

## What's In The Box?

- Autumn Flame peaches
- Emerald Beaut plums
- Hosui pears
- Shinseiki pears
- Flame seedless grapes

Everything in the box is from Frog Hollow Farm in Brentwood, California

**CSA Office Hours**  
9am-4pm, Monday-Friday

Contact Karen or Danny at  
1-888-779-4511 opt 4  
or  
Email [csa@froghollow.com](mailto:csa@froghollow.com)

Can't pick up your box?  
Call us the Friday before  
your next delivery to  
place a hold on your  
delivery.

## NEVER-TO-LINGER GINGER-PEAR BREAD

## SPECIAL GUEST RECIPE!

Our friend Sara at Cooks Boulevard sent us this recipe, which she adapted from Mattie at [VeganBaking.net](http://VeganBaking.net). Cooks Boulevard is a neighborhood cookware shop (and Frog Hollow CSA site host!) in San Francisco's Noe Valley, offering a selection of top quality cookware and specialty foods. If you have a recipe you'd like to share with other CSA members, please let us know!

"Frog Hollow taught us [in the August 31 newsletter] that pears are most often picked this time of the year and then stored in a cellar so that the starches turn to sugars, making them sweet and more often associated with the colder months. But they have slipped a few of the first pears into our boxes recently-Asian pears. Small, speckled, and crisp. I noticed recently my small pile of peaches and pluots dwindling while the six or seven little pears hung on tight. I tried one sliced up with my oatmeal the other morning but decided it was time for some real fun with these special first of the seasons.

"So here comes the result of my dire need to do something with my Asian pears before my next fruit delivery. Ginger Pear Bread. The complementary flavors are excitingly unusual with the sweet pear and subtle ginger. And vegan. And easily gluten-free if you swap out the flour. Just all an around fantastic recipe for cute muffins, muffin tops, mini muffins, or a single loaf. I added some slivered almonds to the top of my muffins and loaf for a nice crunch and I bet rolled oats would be good as well. Enjoy!"

1 ¼ cups pear puree	1 cup diced pear, peeled
½ cup sugar or agave nectar	1 teaspoon sugar
½ cup canola oil	½ teaspoon cinnamon
2 Tablespoons soy milk	½ teaspoon nutmeg
1 Tablespoon grated ginger	1 ¼ cups whole wheat flour
1 teaspoon lemon juice	1 cup all-purpose flour
1 teaspoon salt	1 teaspoon non-aluminum baking powder
3 Tbsp hot water mixed with 1 Tbsp of ground flax seed	1 teaspoon baking soda

First, preheat oven to 325 F. Peel and core about 2 ½ medium sized pears and blend or process into 1 ¼ cup of pear puree. Add the sugar, oil, soy milk, ginger, lemon juice and salt and process until smooth. Add the water and flax mixture and process until smooth. Then, in a small bowl, gently mix together the diced pear with 1 teaspoon sugar, ½ teaspoon cinnamon and ½ teaspoon nutmeg. Cover the diced pears evenly and then set aside. In a large mixing bowl, whisk together the whole wheat flour, all-purpose flour, baking powder and baking soda. Combine the wet ingredients into the bowl containing the dry ingredients and mix until just incorporated. Stir the diced pear mixture into the dough.

To Make Muffins: Line a muffin pan with cupcake liners or grease pan. Pour the batter into the muffin pan and bake for 25 to 30 minutes or until an inserted toothpick comes out clean. Makes 6 to 8 muffins. To Make Bread: Pour the dough mixture into a lightly oiled loaf pan and bake for about 1 hour or until an inserted toothpick comes out clean.

## SPICED PEACH PRESERVES

## RECIPE OF THE WEEK

Adapted from *Good Stuff* by Helen Witty. Makes about 6 cups.

- 6 cups peeled, coarsely chopped peaches (about 4 lbs)
- 1 1/2 cups packed brown sugar
- 6 tbsp lemon juice
- 1/2 cup dark rum (optional)
- 1 cinnamon stick
- 2 whole cloves
- 2 cups granulated sugar

Stir peaches with brown sugar, lemon juice, and half the rum in a large bowl. Cover and let stand overnight at room temperature.

Place a saucer in the freezer for testing the preserves' set. Sterilize 6 8-oz canning jars as described above. Pour mixture in a wide, shallow saucepan. Bring to a boil over medium-high heat. Cover, reduce heat to medium-low, and cook, stirring occasionally, until peach chunks begin to look translucent, 15 to 20 minutes. Add a tablespoon or 2 of water if jam gets too thick and threatens to scorch before fruit clarifies.

Add granulated sugar and cook rapidly, stirring constantly, until mixture thickens. To test, take preserves off heat. Put a spoonful on the chilled saucer and return to freezer for a minute or two. If it wrinkles when nudged, rather than running all over the saucer, it's ready. Add remaining rum, return preserves to heat and stir, simmering briskly, for another 2 minutes. Ladle preserves into clean, hot preserving jars, leaving 1/4 inch of headspace. Seal jars and process in a boiling-water bath for 10 minutes. Remove from water and let cool. Use immediately, or store unopened jars in a cool, dry place for up to 1 year.