



Warren Pears Arrive!



Hang on to your hats, folks, the Warren pears have arrived! We're done with peaches for the season, but we're welcoming autumn with the first of our extra-delicious, extra-juicy Warren pears this week. What's so special about a Warren pear, you ask? Well, the proof is in the pudding – smooth texture and wonderfully sweet, well-rounded flavor.

This Southern pear is a real rarity, rarely grown commercially and very hard to find. Most commercial pear growers plant common pears that consumers already know, like the Barlett, the Anjou, or the Comice. Here at Frog Hollow Farm, we look for taste and texture above all, and for our money, there's nothing to beat the Warren pear for sheer out-of-hand deliciousness. Coming from the South (the original Warren pear tree was discovered growing in Hattiesburg, Mississippi, probably as a feral cross between the Magness and Ayres varieties) the Warren does just fine with Brentwood's mild winters and hot summers.

We've had an exceptional crop

this year, so we hope to have plenty of fresh Warren pears for you through the autumn and right up through early winter. For best results, let your pears ripen at room temperature on a tray or platter out of direct sunlight. Your pears are ripe when the stem end gives a little when pressed. Small "laugh lines" around the stem are also good indicators of ripeness. Once pears are fully ripened, eat immediately, or store in the refrigerator for up to 3 days.

Poaching is also a great way to preserve any extra pears. In a small pot just big enough to hold pears, combine equal parts water and white or red wine. Add honey, agave syrup, or sugar to taste, a strip of lemon peel, a few whole cloves, a cinnamon stick, a slice or two of fresh ginger, and/or a piece of star anise. Bring liquid to a gentle simmer for five minutes. While liquid is simmering, peel pears, slicing 1/4" off the bottom so pears will stay upright. Slip pears into poaching liquid and simmer gently for 8-10 minutes, until a knife will slide in easily. Remove from heat and let pears cool in poaching liquid.

-Stephanie J. Rosenbaum

CSA NEWSLETTER

28 September 2009

What's In The Box?

- Emerald Beaut plums
- Warren pears
- 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

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

After last week's guest recipe, we received a pair of great submissions this week for recipes using Frog Hollow Farm's Asian pears. If you have a fantastic recipe you'd like to share with other CSA members, please send it to csa@froghollow.com. Thanks!

ASIAN PEAR SALSA

GUEST RECIPE #1

Nancy Hosay, our fantastic CSA site host at Menlo Park #2 (Linfield Place), writes: "Years ago I got this recipe from the farmer's market, and I just found it online (<http://everything2.com/title/Asian+pear+salsa>). It is really terrific, and a fun way to use asian pears."

Serve this the same day it is made, on grilled chicken or pork, with cheeses, or, if you have to, tortilla chips.

Kashiwase Farm Recipe

- 2 ripe Asian pears
- 2 dried pear or dried apricot halves
- 1/2 cup chopped onions
- 1/4 cup cilantro
- Juice and grated zest of 1 lime
- 1 tbsp fresh ginger, peeled and minced
- 1 large jalapeno pepper, seeded and minced
- 3/4 tsp salt
- 1/4 tsp crushed red pepper flakes

Core the Asian pears and cut into 1/2 inch cubes. Toss everything together, cover, and refrigerate until serving. Makes 2 1/2 cups.

DUTCH BABY PANCAKES

GUEST RECIPE #2

Sharon Starr, a CSA member at Cooks Boulevard in Noe Valley, San Francisco, wrote in with this yummy recipe for Dutch Baby Pancakes. These are also sometimes called German Pancakes - a sweet breakfast dish similar to Yorkshire pudding and derived from the German "Pfannkuchen". It is thought by some that the "Dutch" moniker refers to the group of German-American immigrants known as the Pennsylvania Dutch, where "Dutch" is a corruption of the German autonym "deutsch".

- 3 eggs
- 3/4 cups buttermilk
- 3/4 cups whole wheat pastry flour
- 1 tsp. vanilla OR almond extract
- 1/4 tsp. salt
- 1 to 2 pears, Asian pears are great and retain their crispness (apples are also great)
- 2 TBL. sugar
- 3/4 tsp. ground cinnamon
- 2 TBL. butter

Preheat oven to 375.

Place butter in a 12-inch cast iron skillet. Place in oven to melt butter - just a few minutes. Remove pan from oven. Spread butter over bottom of pan. Leave pan out of the oven.

Whisk together eggs, buttermilk, flour, vanilla or almond extract and salt in a medium mixing bowl until smooth. Set aside.

Thinly slice pears. Toss them in a medium bowl with sugar and cinnamon. Coat pears. Arrange pears in buttered skillet.

Pour batter over pears and place in pre-heated oven. Bake for 15 minutes, or until puffed and lightly browned.

Serve right away with a sprinkle of powdered sugar or a small amount of maple syrup.