



Winter Bliss



We hope you're enjoying a warm and joyful holiday season this year. Here are some of our sweet and savory ways to enjoy our favorite fruits of winter.

Apples

Of course, apples are harvested in the fall. But their good keeping qualities means that their juicy crunch can be enjoyed throughout the winter months.

Easy Apple Tarts: Roll and cut puff pastry sheets (available in the freezer section of most supermarkets) into 4"x4" squares. Cover with thinly sliced apples, dot with butter and sprinkle with sugar. Bake on a parchment-covered baking sheet at 400F for 45 minutes, or until pastry is puffed and golden brown and apples are tender. Brush with melted apricot jam to glaze. Serve warm with vanilla ice cream.

Baked Apples: Remove core 3/4 way down apple, keeping blossom end intact. Cut a cross into the apple 3/4 of the way down. Stuff center hole with a mixture of chopped pecans or walnuts, raisins, brown sugar, and cinnamon. Arrange snugly in a baking dish and cover bottom of pan with water or apple cider. Cover and bake at 325F, basting occasionally with juices, for 40-50 minutes, or until

apples are tender but not mushy.

Citrus

From fragrant, easy-to-peel mandarins and pink Cara Cara oranges to ruby-fruited blood oranges and sweet Meyer lemons, California citrus brightens any chilly day.

Orange French Toast: Whisk 2 eggs, 1/4 cup milk, pinch of cinnamon, and grated zest of 1 orange together in a wide, shallow dish. Soak 2 large or 4 smaller slices of white or challah (egg) bread in milk mixture for 5 minutes, turning once. While bread is soaking, bring juice of 1 orange, 2 tbsp honey, and 1/4 cup orange or lemon marmalade to a boil. Simmer for 3 to 4 minutes, until thickened and slightly syrupy. Melt 1 tbsp butter in a skillet and cook bread over medium heat, about 3 minutes per side, or until golden brown. Serve with orange syrup.

Meyer Lemonade: Cut 2 whole Meyer lemons into eighths. Puree in a blender with 4 cups sparkling water and 2 to 3 tablespoons superfine sugar or agave syrup. Sieve mixture into a pitcher, pressing down on solids to get all the juice out. Taste for sweetness, pour over ice and serve. (Can add a handful of fresh mint leaves when pureeing for Mint Lemonade.)

-Stephanie J. Rosenbaum

CSA NEWSLETTER

21 December 2009

- **Pink Lady apples**
- **Granny Smith apples**
Hidden Star Orchards, Linden
- **Clementine oranges**
Olsen Organic Farm, Lindsay
- **Satsuma oranges**
Pine Hill Orchards, Loomis
- **Meyer lemons**
Marsalisi Farms, Watsonville
- **Jonagold apples***
Bruce Rider & Sons, Watsonville
- **Braeburn apples***
Filigreen Farm, Boonville

*we had limited supply of the Jonagolds and the Braeburns this week, so not every box will have one.

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

Contact Karen or Danny at
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LEMON CURD TART WITH OLIVE OIL

RECIPE #1

Adapted from Rosa Jackson, *Gourmet* (May 2008) and also available at <http://www.epicurious.com/recipes/food/views/242290>

For tart shell:

- 2 tablespoons almonds with skins, toasted and cooled
- 3/4 cup all-purpose flour
- 1/4 cup confectioners sugar
- Pinch of fine sea salt
- 1/2 stick cold unsalted butter, cut into 1/2-inch cubes
- 1 large egg yolk
- 3 1/2 tablespoons Frog Hollow Farm extra virgin olive oil

For lemon curd:

- 6 small Meyer lemons
- 3/4 cup granulated sugar
- 2 teaspoons cornstarch
- 2 whole large eggs plus 2 large yolks
- 1/2 stick unsalted butter, cut into 1/2-inch cubes
- 2 tablespoons Frog Hollow Farm extra virgin olive oil

Equipment: a 9-inch round tart pan with removable side; a small offset spatula

Make tart shell:

Preheat oven to 425°F with rack in middle. Pulse almonds with flour, sugar, and sea salt to a fine powder in a food processor. Add butter and pulse until mixture resembles coarse meal with some small (roughly pea-size) butter lumps. Add yolk and oil and pulse until just incorporated and a very soft dough has formed. Spread dough evenly over bottom and up side of pan with offset spatula. Chill until firm, about 30 minutes. Bake shell until golden brown all over, about 13 minutes. Transfer to a rack to cool completely, about 30 minutes.

Make curd:

Grate enough zest from lemons to measure 1 tablespoon, then squeeze 3/4 cup juice from lemons. Whisk together lemon zest and juice, sugar, cornstarch, whole eggs, and yolks in a medium saucepan and bring to a boil over medium heat, whisking constantly. Boil, whisking, 2 minutes. Remove from heat and whisk in butter and oil until smooth.

Assemble tart:

Pour lemon curd into cooled shell and chill until set, at least 2 hours.

GOOD MORNING APPLE MUFFINS

RECIPE #2

- 4 cups diced peeled apples, about 1 1/2 lbs
- 1/2 cup sugar
- 2 eggs
- 1/2 cup vegetable oil
- 2 tsp vanilla
- 2 cups flour
- 2 tsp baking soda
- 2 tsp cinnamon
- 1 tsp salt
- 1 cup raisins
- 1 cup chopped walnuts

Preheat oven to 325F. Grease 18 muffin cups. Toss apples with sugar in a large bowl. Beat in eggs, oil, and vanilla. In a separate bowl, whisk or sift flour, soda, cinnamon, and salt. Add flour mixture to apples, stirring until just combined. Stir in raisins and walnuts. Spoon batter into muffin cups. Bake 25 to 30 minutes, until firm and golden brown. Cool on a rack.