



Apples Old and New

There's a special apple in your box this week. The Spitzenberg, also known as the Esopus Spitzenberg, is an American heirloom apple said to be the favorite of Thomas Jefferson. The variety was first discovered by a Dutch settler named Spitzenberg in the community of Esopus in upstate New York, in the late 18th century. Firm and dense-fleshed, with a complex, tart-spicy flavor, it's a throwback to the European dessert apples that were popular at the time. Similar varieties would be the Cox's Orange Pippin, a popular British heirloom, or the Ashmead's Kernel, another hard, full-flavored old apple.

If you're used to modern West Coast apples, the Spitzenberg may surprise you. It's not a sweet and easy juice bomb like the Fuji or the Gala, but it's worth seeking out for its sharp, rich flavor and fragrance. It's also a late-season apple, ripening late in the autumn and making it a good choice for winter fruit bowls as it actually improves in storage once off the tree. Very popular throughout the 19th century, despite its finicky habits and low yields, it slowly lost ground to other, more prolific varieties

bred for sweetness, robustness, and heavier yields. Now, it's a rarity, usually found only as a backyard tree or in orchards dedicated to antique trees. While wonderful for eating out of hand, the Spitzenberg is also great for making applesauce, and it's higher in Vitamin C than most other apples. And one more apple fact: the Jonathan apple is a descendant of the Spitzenberg.

And because variety is the spice of life, we've included another very different apple in this week. The Candy Crisp is a sibling to the popular Honey Crisp, both recently developed hybrids. As the name promises, this is a super-crunchy, super-sweet apple that kids love, with a bit of a pear fragrance. We hope you enjoy both, along with a selection of sunny California citrus.

Out on the farm, times are quiet right now. Recent rains have left the orchards muddy, replenished our river-supplied irrigation canals and given the trees a good long drink. Once the paths have firmed up, our crews will start their winter pruning, which will stimulate new branch growth come spring. We wish all of you the happiest and healthiest of New Years to come in 2010!

-Stephanie J. Rosenbaum

CSA NEWSLETTER

28 December 2009

- **Candy Crisp apples**
Bruce Rider & Sons, Watsonville
- **Spitzenberg apples**
Cuyama Orchards, Cuyama
- **Navel oranges**
Murdock Oranges, Lindsay
- **Clementine oranges**
Olsen Organic Farm, Lindsay
- **Satsuma oranges**
Pine Hill Orchards, Loomis
- **Meyer lemons**
Marsalisi Farms, Watsonville

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.

A Winter Pictorial of Frog Hollow Farm



Lots of mud!



Weeds growing between the orchard rows



Resting up for summertime



Orchard fan keeps frost off the blood oranges



Posts keep our drip irrigation lines taut



You can see small white non-toxic insect traps used for UC research



CITRUS CHIFFON MOUSSE

RECIPE OF THE WEEK

Makes 6-8 servings.

- 1/4 cup cold water
- 2 1/4 tsp unflavored powdered gelatin (1 envelope), such as Knox
- 3/4 cup sugar
- pinch salt
- 3/4 cup lemon juice, or a mixture of lemon and orange juices
- 1 tbsp grated orange zest
- 4 egg yolks
- 1 1/4 cups heavy cream
- 1/4 cup powdered sugar
- mint sprigs, for garnish

Fill a large bowl with cold water and ice cubes, and set aside. Pour 1/4 cup cold water into a saucepan. Sprinkle with gelatin and let sit for 8 minutes. Stir in sugar, salt, juice, zest, and egg yolks. Cook over medium heat, stirring, until gelatin melts and mixture thickens, 6-8 minutes. Don't let mixture boil, or you may curdle the eggs. Set saucepan into ice bath and let cool until cold to the touch.

Whip cream and powdered sugar together until it holds soft peaks. Fold cream into egg yolk mixture. Spoon into individual dessert or parfait glasses. Chill in the refrigerator for 3 to 4 hours until firm. Remove from the refrigerator 20 minutes before serving. Garnish with mint leaves, if desired.