

EAT SEASONABLY.

# Farm to Families



## Box Contents

Items	Qty.	Origin
Baby Carrots	1 bag	Bakersfield, CA
Basil	1 each	Monterey, CA
Blackberries	1 pint	Watsonville, CA
Cabbage	1 head	Salinas, CA
Cucumbers	2 each	Coachella, CA
Eggplant	2 each	Coachella, CA
Grapefruit	4 each	Fowler, CA
Green Grapes	1 bag	Madera, CA
Honeydew	1 each	Mendota, CA
Live Butter Lettuce	1 each	Salinas, CA
Pluots	4 each	Reedley, CA
Red Leaf	1 head	Salinas, CA
Sweet Mini Peppers	1 bag	Fresno, CA



# Pluot & Blackberry Picnic Pie

Serves 8

## Ingredients for Filling (\*in your box)

- 3/4 cup sugar
- Half of a vanilla bean
- **4 good sized pluots, chopped**
- **1 pint of blackberries**
- 2 teaspoon lemon juice
- 1/3 cup flour
- 1/2 teaspoon salt

## Directions

Preheat oven to 425°F. Pour the sugar into a medium-sized mixing bowl. Slice the vanilla bean length-wise and use a spoon to scrape out the tiny beans. Add the beans and pod to the sugar. Using your fingers, rub the vanilla beans into the sugar, making sure to massage as much sugar as you can into the empty pod. Let sit for 5 minutes. Discard the pod. Add the pluots, blackberries, lemon juice, flour, and salt to the sugar. Stir well, making sure to mash the fruit a bit to vary the texture. Feel free to get your hands in there and really squish it up, if you're into it.

Pour the filling into the prepared crust. Place the pie plate in the refrigerator for 10 minutes. Bake at 425°F for 15 minutes, or just until the crust begins to turn a gentle gold. Lower heat to 350°F and bake for another 30 minutes, until the crust is an irresistible golden brown and the filling is bubbling enthusiastically. Allow to cool fully before serving. Top with whipped cream.



# Oven Roasted Sweet Peppers

Serves 4  Total Time 60 min

## Ingredients (\*in your box)

- **Dozen Sweet Mini Peppers, sliced into strips\***
- 1 small red onion, sliced
- 1 tbsp olive oil
- Juice of half a lemon
- Salt and pepper to taste

## Directions

Preheat the oven to gas mark 350 degrees F.

Toss all the ingredients in a roasting dish or deep tray and cook in the middle of the oven for about an hour.

You can stir and mix the peppers halfway through cooking or just leave the oven to do its job.



**This side dish pairs with fish entrees such as salmon, halibut and seabass.**

# How to Segement Grapefruit

1. The first step is to slice off the top and the bottom ends just enough to expose the flesh of the grapefruit.



2. Place the fruit vertically on a cutting board and begin cutting away the peel following the shape of the fruit. Our goal is to remove all the white parts and to retain as much flesh as possible.
3. Keep slicing off the peel until the grapefruit is completely peeled.
4. Once all the pith was removed, we are ready to start segmenting the grapefruit.
5. Hold the grapefruit securely in one hand and the knife in the other. Make a first cut along one of the membranes to the center of the fruit.



6. Roll the knife up to the left to pull the segment from the membrane on the other side.
7. Remove the segment gently pulling it away with your fingers.
8. Continue to work around the grapefruit removing all the segments
9. Now this is what is called as Supreme. Without pith and membranes grapefruits look prettier and taste much more pleasant.

## Did You Know...



Fresh grapefruit from California and Arizona are available all year and come in several colors including pink, red, white and golden.

Pummelos, the largest of the citrus fruit varieties, are also called Chinese grapefruit. They are very popular during Chinese Lunar New Year celebrations because of their resemblance to the full moon.

The fruit from which grapefruit evolved probably originated in Indonesia and Malaysia.

You can eat grapefruit just like an orange by peeling it and dividing it into segments. Each medium grapefruit has 10 to 12 sections.

A grapefruit is 75% juice. One medium grapefruit will give you 2/3 of a cup of fresh-squeezed juice.

Grapefruit juice freshly squeezed and stored covered in the refrigerator will retain 98% of its vitamin C for up to a week.



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