



A monthly publication for members of the Olympia Food Co-op and its surrounding communities

July 2019

Local Cherries

July is here, and with it our first delivery of cherries from Brownfield Orchard. Brownfield Orchard is a beautiful 46 acre certified organic orchard located in Chelan, Washington. They are a multi-generation family farm and were the first certified organic orchard in Washington State (certified shortly after the WSDA's Organic Food Program began in 1988). Brownfield Orchard is also one of the few orchards to market and sell their fruit directly to stores. They have built their own pack shed and storage facility on site, and this enables them to maintain high quality standards and offer their fruit to us at great prices. The Co-op has been buying from Brownfield Orchard for over fifteen years, and we are proud to offer their fruit to Co-op shoppers. Below are descriptions of the cherries they grow. When you're buying their cherries this July, take note of which varieties you like best (the variety names are printed on their bags). It's always fun to wait for the special variety that you love the most. And please don't be shy about asking to taste them...they're all delicious! ■

Attika

Long heart shape, large size, dark red to black, red flesh, strong pleasant flavor, sweet (18-21% sugar), firm and crunchy

Benton

Medium to large size, mahogany red, excellent flavor, sweet, good after-taste, firm

Coral Champagne

Large, firm cherries that are bright



pinkish red on the outside, with a hot pink flesh on the inside. The taste is sweet, with low acidity.

Chelan

Round, heart shaped, light mahogany to mahogany red, mild flavor, sweet, (17-19% sugar), firm

Rainier

Large to very large, round heart shape, pink-red blush over yellow background, flesh-clear colored, very firm, fine texture delicate flavor, (17-23% sugar)

Sweetheart

moderately large size, round to heart shaped, dark bright red, red flesh, mild pleasing flavor, sweet (20-22% sugar), slightly aromatic, very firm

Cherry descriptions come from treefruit.wsu.edu and homeguides.sfgate.com ■

7 Great Reasons to Eat Cherries

From the Washington State Fruit Commission at nwchrrries.com

1. Cherries are a good source of potassium. Increasing evidence shows that a diet rich in potassium may help to control blood pressure and reduce the risk for hypertension and stroke.
2. Cherries are a source of melatonin. Melatonin is an effective means for reducing jet lag and promoting overall healthy sleep patterns.
3. Cherries have anti-inflammatory properties which studies suggest may help to control arthritis and gout.
4. Cherries contain antioxidants. Antioxidants found in cherries may help to reduce the risk of cancer.

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5. Cherries contain antioxidants. Studies show that the antioxidants found in cherries may help to reduce the risk of heart disease.
6. Cherries are a healthy snack. A serving size of 21 cherries has less than 100 calories.
7. The anthocyanins found in cherries may help to reduce the risk of Alzheimer's disease

How to pit cherries

Many years ago I received a box of cherries as a gift. I had no cherry pitter, but I wanted to pit and freeze the cherries since I couldn't eat them all before they went bad. I can't remember for sure, but I think it was my Mom who gave me the idea to use a chopstick and a bottle. It's fast, easy, and actually kind of meditative. Just remove the stem, put the cherry on top of the bottle (use the kind with a narrow neck and a small opening- like a beer or soda bottle), and use the chopstick to push the cherry pit into the bottle. Easy and fun (but you will end up with stained hands).

Triple Almond Cherry Crumble Squares

from ohsheglows.com

Almond squares:

- 1 & 1/2 cup raw almonds, ground into meal (or 1.5 cups + 2 tbsp almond meal)
- 1/4 cup brown rice flour
- 2 tbsp ground flax seed
- 1 tsp baking powder
- scant 1/2 tsp kosher salt
- 1/2 cup almond butter
- 6 tbsp agave nectar (or maple syrup)
- 1/2 tsp almond extract

Cherry Almond Chia Seed Jam:

- 3 cups pitted cherries, roughly chopped
- 2.5 tbsp agave nectar (or maple syrup)
- 2 tbsp chia seeds
- 1/2 tsp almond extract

1. Preheat the oven to 350F and line an 8-inch square pan with two pieces of parchment paper, one going each direction.
2. Place almonds into a high-speed blender and grind into flour, making sure not to process too long or the oils will release. Or use store bought almond meal (use approx 1.5 cups + 2 tbsp almond meal).
3. In a large bowl, whisk the dry ingredients together (almond meal, rice flour, ground flax, baking powder, and salt). Use your fingers to break up any clumps of almond meal. In a small bowl, mix together the almond butter, agave, and almond extract. Add wet mixture to dry mixture and stir until thoroughly combined. I got in there with my hands and



kneaded the dough together a few times!

4. Set aside 1/2 cup of packed dough for crumbling on top of the jam later. Press the rest of the dough into the prepared pan. You may need to lightly wet your fingers as it's sticky! Smooth it out and poke it with a fork about 8-10 times all over.
5. Pre-bake the almond base for 8 minutes at 350F. Remove and set aside.
6. Meanwhile, prepare the chia seed jam (or just use about 3/4-1 cup jam of choice). Add pitted cherries and agave into a medium-sized pot. Bring to a low boil and reduce heat to medium-low. Simmer for about 10 mins, stirring frequently. Stir in chia seeds and cook until thickened, about 5 mins more. Remove from heat and stir in the almond extract. Try not to burn your tongue shoveling it in your mouth!
7. Spread jam over the almond base and smooth out. Now crumble the reserved dough on top. Bake at 350F for another 12-13 minutes or so, watching closely. Crumble topping will be golden when ready. Cool in pan on a wire rack before attempting to remove, about 30-45 mins. If you are impatient like me, just cut yourself a square right out of the pan while you wait!

-Erin, OFC Produce Manager

