



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

August 2019

Peach Pairings

It's August, and this year we are excited to have a great selection of peaches and nectarines. I was looking back over some previous August produce newsletters and saw that in 2016 one of our primary fruit growers lost nearly 1/2 of their crop to a late season hail storm.

I'm happy to report that this year they have great looking and tasting fruit in abundance. Of course peaches and nectarines are delicious all on their own, but I thought I'd focus this issue on great recipes that feature these two tasty fruits.



In addition to gingersnaps (which make excellent pairing with peaches), we also sell some tasty and convenient pie crusts in the frozen department. ■

Ginger Snap Peach Crumble

From rockrecipes.com

Ingredients:

8 medium sized peaches peeled, pitted and cut in quarters.

1/4 cup honey

1 tsp corn starch

pinch salt

1/2 tsp freshly grated nutmeg

- 2 tsp vanilla extract
- For the Ginger Snap Crumble
- 1 cup flour
- 1 tsp baking powder
- 30 small ginger snap cookies
- 3/4 cup cold butter cut in cubes

Instructions:

Don't cut your peaches in small slices, chunks are better because they hold up to the heat and don't disintegrate into peach jam as they cook.

Toss the peaches, honey, corn starch, salt, nutmeg and vanilla extract together and spread evenly into the bottom of a 9x9 inch glass baking dish.

To prepare the Ginger Snap Crumble:

In a food processor pulse together the flour baking powder and ginger snaps until the cookies are broken up well.

Pulse in the butter until the mixture resembles a coarse meal and holds together when a handful of crumb

mixture is pressed together. Press the crumb mixture together into handfuls, then break chunks off of the balls and spread evenly over the top of the prepared peaches.

Bake the crisp at 350 degrees F for approximately 35 - 40 minutes or until the top is well browned and the fruit is bubbling.

Allow to cool for about 20 minutes before serving with whipped cream or some good quality vanilla ice cream. ■

5-Minute Rustic Fruit Galette

from gimmiesomeoven.com

Ingredients:

1 (9 inch) refrigerated pie crust

2 Tbsp. sugar, plus 1 tsp. for sprinkling on crust

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1 Tbsp. cornstarch

1 large egg, beaten

2 – 3 cups of fresh fruit, cut into bite-sized pieces



Instructions:

Preheat oven to 425 degrees. Gently unfold and lay out pie crust on a baking sheet lined with parchment or on a baking stone.

In a separate bowl, gently mix together the (sliced) fruit, sugar and cornstarch. Then pour into a strainer to release any extra juices. (Just baking this will release plenty!) Pour the mixture in the center of the unfolded pie crust leaving a 2-inch border. Fold up the uncovered border over the edge of the fruit and pinch into pleats. Then brush the egg onto the crust, and sprinkle with the remaining tablespoon of sugar. Bake in preheated oven until crust is lightly browned, 12 to 15 minutes. Serve warm or at room temperature. ■



Summer Stone Fruit Crisp

From ohsheglows.com

Ingredients:

For the filling:

3 peaches, peeled, pitted, and diced

2 plums, peeled, pitted, and diced

1 cup cherries, pitted and halve

1 tbsp arrowroot powder (or cornstarch)

2 tbsp coconut sugar (or other granulated sugar)

1 teaspoon chia seeds

1/2 teaspoon cinnamon

pinch of salt

For the topping:

1/2 cup almond flour (or almond meal)

1/2 cup oat flour

1/2 cup rolled oats

1/2 teaspoon cinnamon

2 tablespoons coconut oil

2 tablespoons maple syrup (or other liquid sweetener)

pinch of salt, to taste

Directions:

Preheat oven to 375°F and lightly grease a small 1 litre (4 cup) casserole dish.

Combine the filling ingredients together in a large bowl. Stir until fully incorporated.

In another medium bowl, stir together the almond flour, oat flour, rolled oats, and cinnamon. Add in the maple syrup and coconut oil and mash with a fork (or beat with a hand mixer) until thoroughly combined into a dough. Add salt to taste.

Spoon fruit filling into casserole dish and level out. Crumble the topping over top of the fruit in an even layer. Bake, uncovered, at 375°F for around 30 minutes, checking on the topping after 20 minutes. If the topping starts to brown too soon, you can remove it from the oven and cover with tin foil for the rest of the time. The crisp is ready when the fruit is fork tender and the topping is golden.

Cool for 5-10 minutes and serve on its own, or with a scoop of vanilla ice cream or coconut whipped cream. ■



Yellow and White

White Peaches and Nectarines tend to be slightly sweeter and more floral tasting than their yellow counterparts. Yellow Peaches and Nectarines tend to have a tangy flavor and a slightly juicier texture. They are both delicious in their own ways and are an excellent contrast to one another in a fruit salad. ■

-Erin, OFC Produce Manager