



Gala Apples have all been picked!!!

Lamb at the market!

We have individual cuts of our Mesa Winds lamb at the market this week. We bring a variety of cuts, grass fed and grass pastured. **If you want a specific cut, let us know and we'll bring it!**

One of our customers last week regaled me about a communal lamb dish so I tried it on **our visitors this weekend.**

Pour a bunch of olive oil and chopped garlic into wok or big skillet, give it a sizzle, add & sauté thin-sliced lamb (I sliced a shoulder roast). *Don't overcook it, doesn't take long!* Serve with crusty bread torn into chunks by hungry diners, who scoop up the lamb, soak up the juices from a communal dish. Salad, glass of wine, peach cobbler — **fabulous, fast & easy** — since we'd been packing apples all daylong!

We spent most of the week since our last visit to CFAM picking and packing apples. Our **orchard page has recent photos** if you want to see the process in action.

Many more peaches coming

As many of you know, our earlier variety of Red Globe peaches were severely frosted by the spring freezes this year — we've been disappointed, and we've disappointed many of you who came to CFAM looking for a perfect, sweet, juicy peach. **Fear not!** We are picking Crest Havens now and they are especially large and peachy. We are bringing many, and many more, just for you.

Apple Crisp (could taste good with peaches instead??)

Filling:

5 Apples, peeled, cored, and chopped small
1/4 cup pecans, chopped small
3 Tbsp flour
1/2 cup brown sugar
2 Tbsp maple syrup
1 Tbsp lemon juice

Topping:

3/4 cup flour
1/3 cup brown sugar
1/4 tsp ground cinnamon
1/4 tsp salt
6 Tbsp butter, chilled and cut into pieces
1/4 cup pecans, chopped small

Preheat oven to 350 degrees. Mix all of the filling ingredients together and place into your dish it will be cooked in. For the topping mix the flour, brown, cinnamon, and salt in a large bowl. Blend the butter into the mixture until it forms pea size lumps. Stir in pecans and sprinkle over filling. Bake for 30-45 minutes and let cool for about 10 minutes before serving. — **recipe copied from Dava Parr's (Fresh & Wyld) newsletter this week, "Recipes from Sous Chef Caroline Glover."**



Hazel waves next to Dad Nathan, as Wink parks his high school sweetheart by Apple Wedge Pinot Noir Vineyard. Will Wink's MGTD 1953 support Mesa Winds Winery startup? Only time and the right buyer will tell!

Important Food Safety Information

Food Safety concerns have escalated in recent years. Fresh and processed food ingredients must have traceability, and more retailers are requiring producers and farmers to implement specific sanitation and handling protocols. There are valid reasons for this.

Even though we wash hands before picking and packing, and fruit that falls to the ground does not go into the tote or box, we highly recommend that all fruit be washed in cold running water right before eating. Many of today's consumers don't realize that their produce has probably "been around the block" a time or two. Although we use organically approved pesticides and oils, slight residues may linger. Do I eat a peach I've picked right off the tree, yes, I do. I can't help myself. But once it's in the kitchen I wash it first!

We have decided not to offer fruit samples this year, primarily for sanitation reasons. We'd rather be safe than sorry. Even though this has not been a bountiful year for fruit in our area, we are confident that you will find the same good taste as last year!

[C U at CFAM! Max & Wink](#)