

Lamb at the market!

We will have individual cuts of our Mesa Winds lamb at the market this week. We're bring a variety of cuts, grass fed and grass pastured. If you want a specific cut, let us know in advance! Thanks!

Peach Care

When you bring your peaches home, store them at room temperature and first eat the ones that "give" the most when you push on their shoulder — that's the part around the stem. The shoulder is the strongest part of the peach so park them on their shoulder as well.

If you must keep them for longer than a week or so, store them at 33-38°. That is lower than the temperature in most refrigerators, and that is why peaches kept in the fridge become a tasteless mealy mess.

If you can't eat them all and your vegetables will die at 38°, you can freeze peaches. Add sugar if you want, helps keep cell walls firmer, for ice cream topper or to make pancake topping. Freeze without sugar for smoothies. Blend peaches with berries, coconut, rice or almond milk, a dash of cinnamon or nutmeg and you have a delicious nutritious cooler!

If you forget your peaches, and now they're overly ripe, they will make **delicious fruit leather**. The **National Center for Home Food Preservation has plenty of tested recipes and tips, including jams and jellies**.

About the apples — our Galas are not quite ready yet, we're watching closely. We hope to bring some next week.

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