



## THE URBAN EDGE

ORGANIC FARM • FARM STORE  
U-PICK ORCHARD

[TheUrbanEdgeFarm.com](http://TheUrbanEdgeFarm.com)

*For more information on fruits and veggies, check out Bounty from the Box: The CSA Farm Cookbook by Mi Ae Lipe at the farm store or [BountyFromTheBox.com](http://BountyFromTheBox.com).*

## ABOUT OUR CITRUS FRUITS

*At the Urban Edge, we offer several kinds of citrus fruit, including oranges (such as the sweet, reddish-fleshed Cara Cara navels and the more acid regular navels), lemons (both regular and the sweeter Meyer varieties), and white grapefruit. We also carry kumquats, which look like tiny oblong oranges the size of large olives, but they're unique in having thin, sweet-tasting skins but tangy pulp. Best of all, there's no need to peel them—just wash them and pop the entire fruit into your mouth.*

## HOW TO SELECT AND STORE

Citrus fruits that have glossy, smooth skins and are heavy for their size usually have thinner peels and thus more juicy flesh. Avoid specimens with very lumpy skins, feel light, look shriveled, or have large brown, soft, or moldy areas. Citrus fruits prefer lounging at room temperature; they'll keep for about 1 week on your countertop, away from sunlight, but monitor them for signs of decay, desiccation, or overripening. Oranges and lemons can be stored in the refrigerator crisper for up to 3 to 4 weeks, but grapefruits and kumquats last only about 2 weeks.

## COOKING TIPS

To obtain citrus zest for cooking, use a microplane or vegetable peeler. Just make sure to peel only the top layer of colored rind, since the white pith below often tastes bitter. And to extract the maximum amount of juice (especially from lemons and limes), start with heavy fruits with smooth, thin skins. "Prime" the fruit by pressing down on it as hard as you can on the kitchen counter and rolling it around; this breaks the juice sacs inside.

## COMPLEMENTARY FOODS & SEASONINGS

Anise, apples, chicken, chiles, chocolate, cinnamon, coconut, figs, fish, ginger, mangoes, melons, peaches, pineapples, rose, strawberries, tomatoes, vanilla.



## FRUIT SERVING SUGGESTIONS

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- The juice of citrus fruits (especially lemons) are nature's all-purpose seasoning; their zinginess enhances the flavors of all sorts of foods, from fish and vegetables to fruit and baked goods. And a glass of freshly squeezed orange or grapefruit juice is a real treat! If you're making juice mixtures or smoothies, throw the whole, washed fruit into your juicer to extract the valuable nutrients from the peels, flesh, and all.
- Grapefruit is surprisingly good broiled—and as a hot treat on a cold day. Sprinkle freshly cut halves with a little brown sugar, and set under an oven broiler for 3 to 5 minutes until the sugar starts to caramelize. Yum!
- Perk up the flavor of vegetables, desserts, and fruits with a little finely grated zest from lemons, oranges, or kumquats. A classic combo is fresh asparagus spears, sautéed or grilled, with a shower of lemon zest grated over them right before serving.
- Preserved lemons are a staple condiment in Middle Eastern, Indian, and North African cuisines. Make your own with a brine of water, lemon juice, vinegar, salt, and spices. They're especially good with Moroccan tagines, with rice in Asian dishes, and in cocktails like Bloody Marys.
- Combine citrus with sweet onion, apple cider vinegar, mustard, feta cheese, orange and lemon juice, and fresh mint to make a tasty salad.
- Sweet-tart kumquats are irresistible eaten raw as they are or sliced and added to salads. They're also excellent candied and served with roast duck, lamb, pork, or flank steak.
- Don't throw away those citrus peels—they're delicious candied or dried and used in desserts, drinks, salads, and as garnishes. Just be sure to use fruits grown organically and not sprayed with pesticides.
- Citrus juices add tang and flavor to sauces and marinades made with ginger, honey, garlic, cumin, vinegar, hot chiles, and olive oil.
- Few things are as soothing for a bad cold as a good homemade chicken soup and a hot drink made with lemons, honey, and fresh gingerroot.
- A traditional Greek soup is *avgolemono*, made with eggs, chicken broth, lemon juice, and rice or orzo (a type of pasta that resembles rice).