



## ABOUT OUR SUMMER STONE FRUITS

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*Here at the Urban Edge, we grow several varieties of “stone fruit,” so-called because they contain single hard pits. Stone fruit include peaches (we offer white, yellow, and donut varieties), nectarines, apricots, cherries, plums, and pluots—a cross between a plum and an apricot. White-fleshed peaches are much sweeter and less acid than their yellow counterparts. And all stone fruits are fragrant, juicy, and utterly delicious when fully ripe and in season!*

## HOW TO SELECT AND STORE

The best fruits are plump, heavy for their size, and very fragrant. Watch for bruises, brown spots, mold, and shriveling. Cut off affected portions right away, and remove moldy specimens so their pestilence doesn't spread to their companions. With yellow-fleshed peaches and nectarines, don't make the mistake of equating a red color with ripeness—in fact, the more golden their underlying tone is, the sweeter they'll be. Fully ripe stone fruits also give a little when pressed with a finger. Stone fruit continues to ripen after picking if left out at room temperature. But try not to refrigerate peaches—they tend to turn dry and mealy shortly afterward. If you want to capture these elusive gems of summer, stone fruits freeze quite well, especially with the help of vitamin C crystals or lemon juice. You can also preserve them in sugar syrup and freeze.

## COMPLEMENTARY FOODS & SEASONINGS

Almonds, anise, balsamic vinegar, basil, berries, black pepper, brown sugar, butter, buttermilk, carrots, cheese (Brie, cream, goat, mozzarella), chicken, cinnamon, citrus, cloves, coconut, cream, ginger, hazelnuts, honey, jalapeños, lemon verbena, lemons, limes, mangoes, maple syrup, mint, nutmeg, oranges, pecans, pineapple, pistachio, pork, prosciutto, raspberries, sour cream, wine (champagne, Muscat, Riesling), rum, tomatoes, vanilla, watermelon, yogurt.



THE URBAN EDGE

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[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).*



## STONE FRUIT SERVING SUGGESTIONS

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- Peel and slice stone fruits and marinate them briefly in sweetened wine.
- Peaches, nectarines, apricots, plums, and pluots are delicious, unexpected additions to salads and pizzas. Great pairings include prosciutto, mozzarella cheese, arugula, radicchio, and balsamic vinegar.
- Make the famous dessert of Peach Melba. Poach peaches in a sugar syrup, then serve over vanilla ice cream with raspberry sauce made from raspberries, sugar, and lemon juice.
- Make a gazpacho from tomatoes, peaches, cucumbers, apple cider vinegar, and yogurt. Another unusual chilled fruit soup is cream of tomato with peaches—using onions, butter, tomatoes, peaches, cream, and tarragon.
- Brush halved peaches, nectarines, or apricots with a little olive oil and grill them on medium-high heat for 3 to 5 minutes on each side. Terrific with meat, fish, or chicken, or for dessert with ice cream or Greek yogurt!
- Stone fruits of all kinds make heavenly jams, pies, tarts, crisps, cobblers, and crumbles. Use just one kind of fruit or a mix of several!
- Cherries have an affinity for cardamom, allspice, cinnamon, nutmeg, and cloves. Together they make a spicy, fruity chutney that's tasty with meat, poultry, roasted vegetables, and Indian and Middle Eastern dishes.
- A natural use for cherries is to soak them in sugar and alcohol—bourbon, fruit liqueurs, or vodka. Then coat them with chocolate, snack on them as is, or use them in beverages or as a dessert topping.
- Combine any combination of chopped cherries, peaches, pluots, plums, apples, blueberries, strawberries, or whole pomegranate seeds with onions, chiles, lime or orange juice, and cilantro to create unusual fruit salsas. Terrific with grilled pork, fish, tacos, sliders, and cinnamon chips.
- Ripe, juicy apricots, plums, and pluots are dumbfoundingly good made into homemade ice cream and sorbets.
- A simple but wonderful summer appetizer or dessert are cut-up stone fruits served with cheeses like Brie, blue cheese, Gouda, Havarti, and burrata.
- Make pluot butter with maple syrup and cinnamon—scrumptious on toast!