

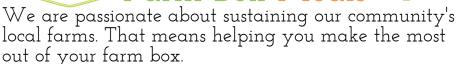
### WHY PEACHES GET MOLDY

- It's how they're stored.
  When stored in solid bowls gases from the fruits get trapped and cause the fruit to go bad more quickly.
- While organic farms can spray for fungus, Sweettree Farms NEVER sprays the trees to kill mold spores.
- Warmth & moisture is the perfect medium for the spores to grow if they're stored touching each other without airflow.





# WEEK OF JULY 26 Farm Box Meals



#### how to store fresh fruit to last longer

- 1.Use a wire, straw or rope basket with open weave to allow the gases from the fruits to escape into the air.
- 2.Don't wash fruit until you're ready to eat it.
- 3. Keep the basket lightly filled. Store bananas separately.
- 4. You can store every fruit except berries on the countertop away from direct sunlight.
- 5. As soon as it ripens, put it in the refrigerator till ready to eat.
- 6. Put fruit in a separate basket from onions, potatoes & garlic.
- 7. Check the fruit regularly. Toss anything that has decayed.









## How to get rid of fruit flies (because they like fresh fruit too!) DIY FLY PAPER

- Paper grocery bag
- Scissors
- Single hole punch
- Twine or string
- 1/4 cup sugar
- 1/4 cup honey (or corn syrup)
- 2 Tablespoons water
- 1. Cut your paper bag into a few strips 2 to 3 inches wide.
- 2. Punch a hole in one end of the strip, then thread a piece of twine or string through and tie the ends together.
- 3. Add sugar, honey and water to a small saucepan and mix together. Cook over low heat until the sugar is dissolved.
- 4. Pour the sugar mix into a shallow bowl & drag the paper strips through the sticky mix until well-coated on both sides.
- 5. Hang to dry (place a towel underneath to catch drips). Once dry, hang where you need them, like the kitchen cabinet pulls.









## Ripe bananas and peaches? Make plant-based ice cream! NICE CREAM

- 1.FREEZE BANANAS Start with ripe, spotty bananas. Peel & slice for easier blending (large chunks tax the motor). Then add to a parchment-lined baking sheet and freeze until firm.
- 2.USE A FOOD PROCESSOR: Add sliced frozen bananas, 1 T of vanilla extract, 1/4 C coconut milk, 1 C chopped frozen fruit to a food processor fitted with an "S" blade. Blend for 5 minutes or until smooth, fluffy, and blended. Stop occasionally to stir & scrape the sides.
- 3.FREEZING: At this point you have soft-serve texture banana ice cream. To get more of a scoopable ice cream texture, simply spread into a parchment-lined loaf pan and freeze for 2 hours. Then scoop with an ice cream scoop. If too firm, let thaw 15-30 minutes to soften.
- 4.STORAGE: Best when fresh. Frozen banana ice cream should keep for up to 1 month if well covered, though we find it's best when used within the first week.