

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



We are passionate about sustaining our community's local farms. That means helping you make the most out of your farm box.

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.

DIY Fly Paper

onegoodthingbjillee.com

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