

Featured Farm: Burnt Ridge Nursery

Burnt Ridge Nursery is a 20 acre family-owned farm located in Onalaska, Washington that has been in business since 1980. It is owned by Carolyn and Michael Dolan. They have been selling their produce to the Co-op for many years, so you have probably tried some of their delicious fruit. They sell blueberries, apples, kiwi berries, grapes, Asian pears, and chestnuts to the Co-op's produce department, as well as delicious jams to our grocery department. We expect to see William's Pride apples early in September, with Kiwi Berries soon to follow. You can also look for varieties like Akane, Liberty, and Sweet Sixteen. Burnt Ridge also has a mail order business that specializes in trees, roots, and shrubs that produce nuts or fruit, and a farm stand at the Olympia Farmer's market. Visit them sometime, for in-depth information on the varieties of fruit they sell that grow well in our area. This year, they also have a fantastic-looking fall farm tour set up, in conjunction with the Onalaska Apple Harvest Festival. You can see more at their website: burnttridgenursery.com, or visit onalaskaalliance.org for an in-depth overview of the event.



Magical Kiwi Berries

If you haven't yet tried kiwi berries, you're missing out on one of the tastiest and most nutritious fruit snacks in the store. The farm in our area that is well-known for growing these tasty treats is Burnt Ridge Nursery. Here are some of the highlights of these little gems:

- No need to peel— just pop in your mouth like a grape! They are sweet and juicy and taste like their fuzzy counterparts but without the fuzz.
- Kiwi berries are very low in Saturated Fat, Cholesterol and Sodium. They are a good source of Dietary Fiber, Vitamin E Potassium and Copper, and a very good source of Vitamin C and Vitamin K.
- Kiwi berries may be round or barrel shaped, will be soft when ripe and may even have a few wrinkles when they are sweetest.

3 Layer Upside Down Apple Pecan Breakfast Cake

from ohsbeglow's.com

Ingredients:

- 1 cup pecans
- 2 apples, peeled and chopped
- 2 cups whole-wheat pastry flour (other flours probably work)
- 1 tsp baking powder
- 1/2 teaspoon kosher salt
- 1 tsp ground cinnamon + more for garnish
- 1 tsp vanilla
- 1/4 cup Earth Balance (or butter), melted
- 1/2 cup pure maple syrup + 1 tbsp, divided
- 1/3 cup unsweetened applesauce

Directions: Preheat oven to 350F. Peel and chop the apples. Grease a small casserole dish and then spread 1 tbsp of maple syrup on the bottom of dish. Now, spread a layer of chopped apples followed by a layer of pecans on the bottom of dish. Use just less than half of both the apples and pecans. In a large bowl, mix the following dry ingredients (whole wheat pastry flour, baking powder, kosher salt, cinnamon). Whisk together. In a small bowl mix the wet ingredients (applesauce, 1/2 cup maple syrup, vanilla, and 1/4 cup melted Earth Balance (or butter)). Mix.

Add the wet to the dry and mix well. Now spread on a layer of this batter over top of the apples and pecans. Use about half of the batter.

Now spread a layer of apples and pecans again, making sure to leave at least 2-3 tbsp of each for the top of the cake. Follow this by a final layer of the cake batter (use all of it up). Spread as evenly as possible.

Now sprinkle on the remaining apples and pecans. Add on a sprinkle of cinnamon and place in the oven for 55 mins at 350F. Allow to cool for at least 15 minutes before serving.

Serves 4-6.

Kiwiberry Chutney

from edibleportland.com

This is a quick and easy way to sneak in a fresh fruit when you're serving rice, grilled fish, steak or chicken. It will also give your soups and salads a wonderful, unexpected kick.

- 1 pint (6-8 ounces) fresh kiwi berries
- 1 bunch cilantro, washed and picked
- 1-2 fresh chili peppers (choose variety according to level of heat you like), finely diced
- 3 ounces fresh ginger, grated
- Juice and pulp of 1 lemon
- 1/2 cup cider vinegar or red wine vinegar
- 1 fresh tomato, diced
- 1 small onion, finely diced
- 1-2 cloves garlic, finely minced
- Kosher salt to taste

Place the kiwi berries in the bowl of a food processor and pulse several times to chop but not puree. Add remaining ingredients and pulse to incorporate throughout without losing slightly chunky consistency. Add more lemon juice, vinegar, or some water if the mixture is too dry.

Makes 2 cups

Recipe by Farah Ramchandani,
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