



## Lone Willow Ranch

[www.organicheirlooms.com](http://www.organicheirlooms.com)

July 17, 2008

Hello all and welcome new members!

We do recycle our boxes and clam shells. Please take them back to your pick up spot and we will pick them up.

**Farm Day has been re-scheduled.** We just did not get enough interest. We would like to try another date.

August 23<sup>rd</sup>, 2008. We think it would be a great time to come out and meet us and the interns. Michelle will be leaving the end of August so we'll plan for the 23<sup>rd</sup>. We are happy to welcome our newest intern to the ranch this week. His name is Matt, he is from Toulouse France. He is very excited to learn organic farming. He will be with us until the first of November.

### **This week's box**

We have green beans, 3 types, onions (purple, white & yellow) carrots, beets, heirloom tomatoes, basil, celery, peaches, nectarines, mixed herb bunch, red leaf lettuce, squash, and cucumbers.

With the tree fruit we have a large amount of produce ripe at one time; we have included preserving information to help preserve your stone fruit season. So, simple give it a try.

### **Peach Preserves**

To sterilize jars, submerge clean jars in boiling water for 10 minutes. Jars should remain in hot water until they are ready to be filled. For complete instructions, refer to the U.S. Department of Agriculture's [canning guidelines](#). Makes 6 cups

- 5 pounds ripe peaches
  - 4 cups granulated sugar
  - 1/4 cup fresh lemon juice
1. Bring a large pot of water to a boil. Fill a large bowl with ice water. Score an X in bottom of peaches with a paring knife. Place peaches in boiling water for 45 seconds, then immediately transfer to ice bath. Remove skins from peaches. Halve peaches, and remove pits. Cut each half into 6 to 8 slices.
  2. Bring peaches, sugar, and lemon juice to a simmer in a pot, and then transfer to a bowl. Cover with plastic wrap, and refrigerate overnight.
  3. Bring preserves to a simmer in a large saucepan, skimming foam from surface as necessary. Continue to cook for 15 minutes, stirring occasionally.
  4. To seal and process, fill hot, sterilized jars with hot preserves, leaving 1/4-inch space in each jar's neck. Wipe rims of jars with a clean, damp cloth, and cover tightly with sterilized lids and screw tops. Working in batches, transfer jars, using tongs or a jar clamp, to the rack of a large canning pot filled halfway with hot water, being sure to keep jars upright at all times. Add enough hot water to cover jars by 2 inches. (Jars should be spaced 1 inch apart, and should not touch sides of pot.) Cover, and bring to a boil. Process jars in gently boiling water for 5 minutes. Transfer to a wire rack, and let cool for 24 hours.
  5. Once jars have cooled, test the seal. Press on each lid. If lid pops back, it is not sealed; refrigerate immediately, and use within 1 month. Sealed jars can be stored in a cool, dark place for up to 1 year.

Remember to go on line for past newsletter and recipes.

Until next week,

Farmer John & Shelby