

# HEN HOUSE

## MARKET®



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Bill Bader has been in the peach business for 34 years. He started working in the orchard when he was a boy and finally bought his first 150 acres. Today Bill and Denise Bader along with their three children raise approximately 1,000 acres of peaches with about 109 trees per acres. Peach trees are planted along part of Crowley's Ridge, which stretches through southeast Missouri to the Mississippi River. The trees are planted here due to the better soil and protection from frost that the ridge provides.

**Bader Peaches,  
Campbell, MO  
GNFF Alliance Member**

Bader Farms raises many varieties of peaches. The early season varieties include Flavorich, Ruby Prince and Gala-all Semi-Cling peaches. Later varieties include Topaz, Summer Gold, and Sweet Sue. In September the aptly named Last Chance variety becomes available.



All of these late season peach varieties are freestone peaches. The peaches offer an exquisite juicy flavor when eaten fresh. The Semi-Cling varieties of peaches are best suited to be used in preserves or pickled.

Picking season begins around the first of June and lasts until the first few weeks of September. Once the peaches are picked, inspected, and packed they are delivered to Kansas City where they are distributed to Hen House Markets. All within 48 hours, for some of the freshest peaches available.

### Temporary Storage Tips:

Ripe peaches have a creamy or golden undertone and "peachy-sweet" fragrance. Peaches should be refrigerated and used within a few days. To help soften firm peaches, place them in a paper bag at room temperature for a day or two. Interestingly, this doesn't make them sweeter or more ripe (that stopped when they were picked). Store peaches at 33°F to 40°F and at a high humidity (a vegetable drawer in the fridge).

### Nutrition Facts

- ✓ One medium peach is a good source of Dietary Fiber, Vitamin A, Niacin and Potassium, and a very good source of Vitamin C.
- ✓ One medium peach has 58.5 calories, 14.8g carb, 12.6g sugar and 2.2g fiber.
- ✓ It provides 17% vitamin C, 10% vitamin A and is 88.6% water
- ✓ It's estimated to have a glycemic load of 5.

### Care and Handling of Peaches

There are two basic types of peaches. One is the clingstone. As the name implies, the flesh clings to the stone. The chances are that you will never buy a fresh clingstone peach, as the canning industry takes them ripe from the fields and processes them within 24 hours of picking.

The other variety is the Freestone, which can be loosened from the pit with relative ease. When selecting peaches, don't look at the blush on the sides, but direct your attention to the area close to the stems. Here is the tell-tale green or creamy yellow. Green indicates that they may have been picked too far before their prime to ripen properly, while creamy yellow holds the promise of that treat of treats.

If they aren't ripe, store them in a paper bag, but please don't pile them on top of each other or, yes, those bruises will appear. If ripe, they may be stored in the refrigerator for up to a week depending on the degree of ripeness. For full succulence, bring them to room temperature and then enjoy both flavor and aroma.

Because of the speed of picking to processing, canned clingstone peaches are equally as nutritious as fresh peaches and are a great way to enjoy the sun-ripened flavor of summertime peaches all year long. Responding to the times, canned peaches today are packed in water, juice, light syrup or heavy syrup. Peaches packed in heavy syrup are sweeter and have more sugar and more calories.

## Peach French Toast Bake

Cooking spray

1 large whole-wheat baguette (about 8 ounces)

4 whole eggs

4 egg whites

1 cup low fat milk

1 teaspoon vanilla extract

5 cups sliced peaches, fresh or frozen

1/2 lemon, juiced about 1 1/2 tablespoons

3 tablespoons brown sugar

1/4 teaspoon ground cinnamon



Spray a 9 by 13-inch baking pan with cooking spray. Slice the baguette into 1/2-inch slices and arrange the slices in a single layer in the baking pan. Whisk together the eggs, egg whites, milk and vanilla. Pour the egg mixture over the bread in the pan. In a medium bowl, toss peaches with the lemon juice and 1 tablespoon of the brown sugar. Scatter the peach slices evenly on top of the bread. Combine the remaining brown sugar and cinnamon and sprinkle over the top. Cover and refrigerate overnight. Preheat the oven to 350 degrees F. Uncover and bake for 40 minutes. Serving suggestion: Top with a dollop of vanilla yogurt, a drizzle of maple syrup and a side of Canadian bacon.

(foodnetwork.com)

## Grilled Fish with Peachy Keen Salsa

by Chef Mark Alan Mollentine / GNFF Chef

serves 4-6

Marinade:

Zest from 1 orange

Juice from 1 lime

1/2 cup olive oil

1 T. chopped garlic

1 t. salt

4 T. brown sugar

4-6 whitefish filets (grouper, tilapia, basa, etc)

Place fish in a shallow container. Combine marinade ingredients together in a bowl. Pour marinade over fish, cover with plastic wrap and refrigerate for one to two hours.

### Peachy Keen Salsa:

2 cups peeled, chopped fresh GNFF Bader peaches (3-4 peaches)

1/4 cup chopped red pepper

1/4 cup chopped mild green chili pepper (Anaheim, poblano, etc.)

1/4 cup chopped GNFF candy onion

Juice from 1 orange

Zest from 1 lime

1 T. minced fresh cilantro

Salt & Pepper to taste

Combine peach salsa ingredients together. Cover, refrigerate till ready to use. Remove fish from marinade and season fish with salt and pepper. Discard marinade. Grill (or pan fry) the fish until done. Transfer fish to a serving plate and top with Peachy Keen Salsa.

## We want your recipes!

We would like to have your favorite recipes using local foods to share in the CSA Newsletter. We will feature recipes in future newsletters. We are looking for recipes with heirloom tomatoes, basil, bison, eggs, chicken, sweet corn, peaches, Athena melons, vine ripened tomatoes, zucchini, and yellow squash. Just send them to Jennifer Egeland at 5300 Speaker Rd, Kansas City, KS 66106 or email to [jennifer.egeland@ballsfoods.com](mailto:jennifer.egeland@ballsfoods.com).