



# Galaxy Gala Apples

## THE ORGANIC BOX NEWS

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This week, there are British Columbia fall Gala apples in the box. These sweet, easy-eating apples may not seem to out of the ordinary, but remember to compare "apples with apples." Unlike the Gala's that you may find in the supermarket, these come to us from Cawston BC, Harkers Organic Fruit Ranch, and they are deliciously pesticide free. "If fall fruits held a "most doused in pesticides contest," apples would win. Why? They are individually grafted (descended from a single tree) so that each variety maintains its distinctive flavor. As such, apples don't develop resistance to pests and are sprayed frequently. Farm workers have higher rates of many cancers, and increasing numbers of studies are starting to link a higher body burden of pesticides with Parkinson's disease" (Lifestyle.ca , Anne Underwood)



**Storage:** To store, keep apples as cold as possible in the refrigerator. Apples do not freeze until the temperature drops to 28.5°F.

### About Harker's Fruit Ranch Cawston, BC

Bruce and Kathy Harker were some of the first in the Similkameen Valley to turn to organics. The area is now the Organic Capital of Canada, with about 80 certified organic orchardists, ground-croppers and vineyards. Both the Harkers and their neighbors the Nugterens are conservation partners with The Land Conservancy, getting involved in restoring native vegetation and protecting their part of the incredible valley.



Harkers also presses their own apple juice each fall – we sell this under the 'Harvest Moon' brand in the fall and spring months each year.

### Apple Pie with Cashew Cream

Dig out your favorite crust recipe and get it all settled into a pie pan. Then, for the filling and the delectable cashew cream from Katie's Kitchen.

#### Pie Filling

- 8 organic apples
- 1/2 cup pitted Medjool dates (soaked for 1 hour)
- 1/2 cup raisins
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon alcohol free vanilla extract
- 1 teaspoon coconut oil

Finely chop five of the apples. Set aside in a large mixing bowl. Roughly chop the remaining three apples and place in a high speed blender or food processor. Add the remaining ingredients (minus the raisins) and blend into a smooth puree. Pour this puree over the chopped apples, add the raisins, and mix thoroughly. Pour the entire mixture into the pie crust. Sprinkle with cinnamon and decorate with additional apple slices (optional). Serve immediately or refrigerate until serving. If desired, serve topped with Cashew Cream.

#### Cashew Cream

- 1 1/2 cups raw cashews (soaked for at least 2 hours)
- 2 dates (chopped)
- 1 teaspoon coconut oil
- Dash of vanilla extract
- Raw honey or agave, to taste
- 1/4 cup water (to help blend)

Process or blend all ingredients, adding water slowly until desired thickness is achieved.

**Fun Fact:** In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage; catching it was acceptance.

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