



## Full Belly Farm

*Fresh, delicious veggies fruits and nuts*

CCOF Certified Organic since 1985

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### FRUIT RECIPES

*These recipes updated 4/17/09*

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#### **Asian Pear Dessert**

submitted by Jane Wheaton

From 9/04

Peel, halve and core pears. Sauté in butter and brown sugar and scant lime or lemon juice (add a little rum if you like) until pears have softened but still hold shape well. When sauce has thickened a bit, spoon pears & sauce over vanilla ice cream.

This is delicious as is, or it can be gussied up with slivers of fresh basil or whipped cream or sprinkle on nuts or nutmeg.

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#### **Asian Pear and Spinach Salad**

From 8/08

Pears are a good source of the B-complex vitamins and also contain vitamin C and small amounts of phosphorus and iodine. This recipe is basically a spinach salad with the sweetness of the pears added. It is enough for 5 people if it is used as a side dish.

1/2 cup of bacon  
2 T Sherry or red wine vinegar  
1 t Dijon mustard  
1 t minced thyme  
1/4 cup olive oil  
About 8 oz spinach, washed  
2 or 3 Asian Pears, thinly sliced  
1 small red onion, thinly sliced

Cook the bacon until crisp. Drain on a paper towel and set aside. To make the salad dressing, pour the bacon drippings into a bowl. Add the vinegar, mustard and thyme; whisk to blend. Add the oil; whisk to blend. Season with salt and pepper.

Combine the spinach, pears, red onion and bacon in your salad bowl. Toss with the dressing.

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## **Melon and Peach Salsa**

One ripe melon  
2-3 ripe peaches  
1 red onion  
2-3 cloves of garlic  
cilantro  
1-2 Hungarian hot wax pepper  
salt & pepper

Chop all ingredients very finely and mix together. Let sit for half hour to let flavors blend. Eat on homemade chips!

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## **Melon Salad**

(Thank you to Amy Boyle for this melon salad recipe!)  
From 7/07

1 melon, cubed  
4 - 5 mint leaves  
2 tablespoons feta cheese  
2 tablespoons red wine vinegar  
lime juice to taste  
cayenne pepper to taste

Muddle the mint leaves with the vinegar, lime juice and pepper. Toss with the melon and cheese. Enjoy. The pepper adds a nice kick to a good summer salad.

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## **Instant Raw Fruit Crisp**

From 7/04

This is a great way to use bruised or overripe, but still edible fruit. The recipe was sent to us by Kimber, who does home deliveries in the Bay Area every Tuesday.

Take two to four soft peaches, nectarines and/or plums. Cut them up into a small bowl, removing inedible parts. Sprinkle with a few crushed up whole wheat crackers, oats, cinnamon, a little sweetener if desired, and chopped nuts. Stir and enjoy! Great with ice cream too!

## **Shortbread recipe to go with Strawberries**

From 5/08

We made this shortbread last night and served it with a big bowl of strawberries (and a splash of sherry and sugar) and another big bowl of whipped cream!

2 sticks of butter, melted and still warm  
6 tablespoons of organic sugar  
1 teaspoon pure vanilla extract  
2 cups of flour (we used all Full Belly Farm whole wheat)

It is best to use an 8" or 9" cake pan with a removable bottom but you can line a pan with aluminum foil and have it hang over the edge.

Combine the melted butter, sugar and vanilla. Add the flour and mix lightly. Pat and spread the dough evenly in the pan. Let rest for about 2 hours in the pan. Preheat the oven to 300° while dough rests.

Bake the shortbread for 45 minutes. Let the shortbread cool for 10-15 minutes before removing from the pan. Cut onto wedges or squares and serve with your strawberries!

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## **Pomegranates**

From 11/2008

Pomegranates are often used to flavor meat dishes. The seeds can also be sprinkled over salads, cooked greens and desserts, adding a crunchy texture, wonderful color, and sweet-tart flavor.

Extracting pomegranate seeds can be messy, but our Hoes Down kitchen crew demonstrated the following method: Cut the fruit in half or quarters and immerse the pieces in a bowl of water. One by one, break the pieces apart, bending the skin side of the pieces inside out, opening up the membranes and expelling the seeds into the bowl of water. Scoop off the membrane and collect the seeds in a strainer. The seeds can be kept overnight in a covered container in the refrigerator.

Alternatively, the pomegranates can be juiced with a manual or electric juicer. Those membranes that surround the seeds have a very tannic flavor, so you want to minimize their presence in the juice. If you have removed the seeds you can pulse them in a food processor and then transfer the mix to a sieve and let it drain.

## **Salad with Pomegranates and Toasted Walnuts**

From 11/2008

1/3 cup walnuts

About 1/2 cup of seeds removed from a pomegranate

1/2 pound of salad from your box

1/2 T red wine vinegar

1 1/2 T balsamic vinegar

6 T olive oil

Salt and Pepper

Preheat the oven to 400 degrees. Spread the walnuts on a baking sheet and toast them in the oven until golden, 12 to 15 minutes. Allow them to cool off a little, rub them between your hands to remove most of the skins, and chop them coarsely.

Put the salad in a bowl and sprinkle the vinegars, olive oil and salt and pepper over it. Toss, making sure that all the leaves are evenly coated. Taste and adjust the seasoning as necessary. Add the walnuts and pomegranate seeds. Toss again and serve.