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STONE FRUIT CATALOG



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Storage



1. Do not wash

- Until the fruit is ready to eat! Moisture can cause the fruit to spoil more quickly so wait until you are ready to eat the fruit before washing



2. Refrigeration/ Freezing

- Once the fruit is ripe, it can be stored in the fridge for up to 5 days.
- Place the fruit in a perforated plastic bag or wrap it in a paper towel to absorb excess moisture and help prevent spoilage.
- Freeze the fruit for longer storage! Cut the fruit into slices or pieces and place them in a single layer on a baking sheet, then transfer frozen pieces to a freezer bag.



3. Place on an airy counter top

- Store fruit at room temp until it ripens away from direct sunlight until they reach their desired ripeness.

Hot Tips!

Stone fruits don't need to be picked ripe. They will continue to soften and grow sweeter and more aromatic even after picking. Refrigerating will stop the ripening process.

Place them in a paper bag: Placing the fruit in a paper bag traps ethylene gas, which is naturally produced by the fruit and speeds up the ripening process. Be sure to fold the top of the bag over to keep the gas trapped.

Add an apple or banana: Apples and bananas also release ethylene gas, so adding one to the paper bag with the stone fruit can help speed up the ripening process even more.

Use a sunny windowsill: Placing the fruit on a sunny windowsill can also help to speed up the ripening process, as the warmth and light can encourage ripening.

Pork Tenderloin with Stone Fruit Salsa

Ingredients:

1 Small Pork Tenderloin, Sliced into ¼” Medallions
Olive Oil
Salt
Pepper

Stone Fruit Salsa:

¼ Cup Fresh Cherries, Pitted and Small Diced
¼ Cup Fresh Apricots, Pitted and Small Diced
¼ Cup Red Onion, Small Diced
1 Lime, Juiced
2 TBL Italian Parsley, Chopped
2 TBL Jalapeno, Seeded and Minced
1 tsp Kosher Salt
Combine Ingredients, Set Aside



Preparation:

- 1) Pat dry, and season Pork Medallions with Salt and Pepper.
- 2) Sear on both sides in a hot saute pan with olive oil until browned and cooked thoroughly.
- 3) To serve: top Pork Medallions with Stone Fruit Salsa. Serve!



Serves 3-4



45 minutes



Quick Pickled Peaches



Serves 4



15 Minutes

Ingredients:

- 2 large peaches (not quite ripe): pitted and cut into 1/8's
- 1 cup white wine vinegar
- 1 cup water
- 2 tablespoons honey
- 1 tablespoon kosher salt
- 3 each star anise
- 1 bay leaf



Preparation:

- 1) Divide sliced peaches between two 16oz mason jars.
- 2) Bring vinegar, water, honey, herbs, and salt to a boil in a small sauce pan.
- 3) Divide liquid between the two jars and pour over peaches. Be sure to completely cover.
- 4) Immediately seal jars and let rest for one hour before placing under refrigeration.



Spiced Plum Cake



Serves 8-10



90 minutes

Ingredients:

- 1 pound plums, pitted and quartered
- 1½ cups all-purpose flour
- 1½ teaspoon baking powder
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- ½ teaspoon salt
- ½ cup unsalted butter, softened, plus more for greasing the pan
- 1 cup plus 2 tablespoons sugar, divided
- 1 egg
- 1 teaspoon vanilla extract
- 1½ cup whole milk

Preparation:

- 1) Preheat oven to 350°F and set an oven rack in the middle position. Grease a 9-inch springform pan. (Alternatively, the cake may be made in a 9-inch cake pan or pie pan and served directly from the pan.)
- 2) In a large bowl, whisk together the flour, baking powder, cinnamon, nutmeg, and salt.
- 3) In the bowl of an electric mixer fitted with the paddle attachment or beaters, cream the butter and 1 cup of the sugar until pale and fluffy, about 3 minutes. Add the egg and vanilla and beat on low speed until well combined. Gradually add the flour mixture, alternating with the milk, and beat on low speed until smooth. (Note: the batter will be quite thick.)
- 4) Transfer the batter to the prepared pan and smooth the top with an offset spatula. Arrange the plums on top, skin side up, in a circular pattern so that they mostly cover the batter. Sprinkle the remaining 2 tablespoons of sugar over the plums.

Preparation Cont.:

- 5) Bake for 60 to 70 minutes, until golden on top and set in the center.
- 6) When the cake is hot out of the oven, run a knife around the edges of the pan and then remove the springform edge, leaving the base in place (if using a springform pan). Let the cake cool on a rack completely. Slice and serve with ice cream or whipped cream, if desired.



*Check with your sales rep for best available variety for region and seasonality changes. We have many more varieties of each fruit, the below varieties are a snapshot of what we carry.

Apricot

Varieties

ROBADA, GOLDBAR, TOMCOT, RASPBERRY, SUNSET

- Soft high sugar stone fruit that can have a deep orange to yellow flesh.
- Aprium, a Plum/Apricot cross that leans on the apricot side. Some growers are now selling some varieties as Apricots to avoid the confusion with Pluots. Examples of standout Apriums- Midnight Rose and Purple Rose.
- Great for canning and jams.



RASPBERRY

Black Plum

Varieties

BLACK SPENDOR, OWEN T, BLACK KAT

- Black Splendor is a dark purple plum with a sweet, juicy, firm flesh with a dusty white coating called "bloom" on its surface.
- Black Kats offer a more acidic flavor with a golden yellow flesh and almost black outer skin.
- Owen T ripens mid season. It has freckled blue-black skin and light-yellow flesh. They are very sweet with a slightly tart skin.



OWEN T



BLACK SPENDOR



BLACK KAT

Red Plum

Varieties

LARRY ANN, SANTA ROSA, SAPPHIRE

- Larry Anns are known to be the second sweetest kind of plums and are only ripe for a short time.
- Yummy Beauty Plums have a bluish-red to deep crimson skin with firm yellow flesh. This early-season plum is juicy and sweet with mild tartness.
- Santa Rosa are known for their fruity, sugary-sweet flesh balanced with a hint of tartness, a flavor found within the skin.



LARRY ANN



SAPPHIRE



SANTA ROSA

Plumcot/Pluot

Varieties

PLUMOGANATE, FLAVOR GATOR, DAPPLE DANDY, FLAVOR QUEEN, FLAVOR SUPREME, FLAVOR GRENADE

- Both plumcots and pluots are hybrid fruits that are a cross between plums and apricots, but they differ in their genetic makeup and taste.
- A plumcot is a fruit that is 50% plum and 50% apricot, resulting in a fruit that resembles a plum but has a skin texture and flavor similar to an apricot.
- A pluot is a fruit that is 70% plum and 30% apricot, resulting in a fruit that is more like a plum in flavor and appearance but has a slightly smoother skin texture.



**FLAVOR
GRENADE**



**FLAVOR
GATOR**



**FLAVOR
GATOR**

Red Cherry

Varieties

BING, BROOKS, SKEENA, LAPIN, BLACK PEARL

- Most of the cherries brought in are considered dark sweet cherries. Throughout the season we land several different varieties and depending on the weather some varieties will eat better than others. Last year the highlight were Gunkel/Maryhills GPRs and the Skeena varieties.
- Cherries are sized by the row count. The lower the number the bigger the fruit. Our retailers tend to want the biggest fruit. 9.5 row and larger.
- A great cherry should have a brix level (sweetness) of a 14-20, green stems and firm (certain varieties are definitely firmer than others).
- Ask your sales person about Tart Pie Cherries available June-July in very limited quantities.



BLACK PEARL



BING

Yellow Nectarine

Varieties

HONEY MAY, HONEYLICIOUS, HONEY ROYAL, ZEE FIRE, KAY GLO, SUMMER FLARE, AUGUST BRIGHT, SEPTEMBER BRIGHT

- Nectarines are actually a type of peach without the fuzz, they are genetically the same except for the dominant gene that the peach holds.
- Smaller, firmer, and have more honey-like aromas than peaches.
- When a yellow nectarine is ripe it should have golden undertones .
- Yellows have a deeper flavor and are best for baking.
- Honey May is known for its sweetness and juiciness.



White Nectarine

Varieties

PEARLICIOUS, DULCEVIDA, ARTIC PRIDE, ARTIC SNOW, GIANT PEARL, PINK PEARL, POLAR ICE, POLAR KIST

- White nectarines have smooth, white skin that is sometimes tinged with pink or red.
- The flesh is pale yellow and it has a sweet, juicy flavor with a hint of tartness.
- Look for fruit that is slightly soft to the touch, with a sweet aroma and a creamy color.
- The Pearlicious has many sub varieties and has provided the most consistent eating quality.
- Giant Pearls are meant to be eaten when firm.



Yellow Peach

Varieties

ELBERTA, ELEGANT LADY, SWEET DREAM, JUNE TIME, RICH LADY

- Yellow peaches are a summertime favorite and are the quintessential peach.
- Look for fruit that is slightly soft to the touch, with a sweet aroma and bright yellow color.
- The skin should be free of blemishes and should give slightly when gently pressed with a finger.
- Elberta is one of the oldest and most popular, known for their large size, firm texture, and sweet, juicy flavor.
- Elegant Lady is a newer variety, known for a sweet, rich flavor and delicate texture.



White Peach

Varieties

PINK MOON, PEARL PRINCESS, SNOW ANGEL, SNOW GIANT

- White peaches have pale yellow or white flesh instead of the typical orange-yellow color of other varieties.
- The skin is also typically lighter in color, with a pink or reddish blush.
- They have a delicate, sweet flavor that is less acidic than traditional peaches.
- The flesh is often softer and juicier than other peaches, and the fruit is prized for its fragrant and floral aroma.
- The Pink Moon has a pinkish-red blush and creamy white flesh and has a distinct aroma, almost perfume-like.





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