

GRILLED STONE FRUIT AND BOK CHOY SALAD

Ingredients

6 cups bok choy, chopped
1 large stone fruit, wedged
1 small cucumber, cut into rounds
1 cup cherry tomatoes, halved

1/4 cup red onion, julienned
Black Pepper, to taste
Mustard sesame dressing, to taste

Instructions

Brush the stone fruit with vegetable oil and mark on a hot grill pan. Turn the fruit over, then combine all ingredients in a bowl and toss with as much or as little dressing as you like. Season with black pepper to taste.

MUSTARD SESAME DRESSING

Ingredients

1/4 cup brown sugar
1/4 cup low sodium soy sauce
1/4 cup sesame oil

1/4 cup rice wine vinegar
1/4 cup Dijon mustard
1/4 cup black or white sesame seeds

Instructions

Combine all ingredients in a bowl and whisk. Or combine all ingredients in a food processor and pulse until blended.

STONE FRUIT GAZPACHO SOUP

Ingredients

4 oz. bread
2 cloves garlic, finely minced or paste
2 lbs. stone fruit, seeded and chopped
1/4 tsp. Cumin

1 tsp. Salt
1/3 cup Olive Oil
2 Tbs Red Wine Vinegar
1 1/2 cup Water

Instructions

Soak the bread in the water until the bread is wet all the way through. Remove the bread from the water, then squeeze out any excess fluid. Add the bread to a blender, along with all the other ingredients. Blend until smooth and enjoy with toppings you like, such as cucumber, red onion, avocado, or fresh chopped herbs. You can store this in the refrigerator if you like your gazpacho chilled. If it separates, then just give your container a shake or the soup a good stir.

SKILLET PLUM CRISP

Ingredients

6 Tbs. butter, divided or coconut oil
1/2 cup of your favorite chopped nuts: walnuts, pecans, hazelnuts, almonds, etc.
1 tsp. grated lemon zest
1/2 cup rolled oats

1/4 cup shredded unsweetened coconut
1/3 cup packed brown sugar
1/2 tsp. cinnamon
Salt
2 lb. plums, unpeeled but trimmed, cored and chopped

Instructions

Put 5 Tbs. butter in large skillet over low heat. When butter is melted, add nuts, lemon zest, oats, coconut, packed brown sugar, cinnamon and a pinch of salt; toss to coat. Cook, stirring frequently, until topping is golden and crisp, 6 to 8 min. Remove from the pan; no need to wipe it out. The topping can be made ahead and stored in an airtight container up to two days in advance.

Put 1 Tbs. butter in the skillet over medium heat. When it's melted, add fruit and cook, stirring occasionally until plums are soft but not mushy. Scatter the topping over the warm fruit and serve. This recipe can be made with any fruit you like, including berries, apples and mangoes. Adjust cooking time based on firmness of the fruit.

OLSON FAMILY FARM



Wayne and Richard Olson are the fourth generation farmers who are passionate about farming and highly engaged in the day to day cultivation of over 75 varieties of *Certified* organic stone fruit. The fifth generation is also actively learning organic farming practices handed down by their great-grandparents.

With new varieties of fruit being developed, Olson Family Farms is always looking for varieties featuring exceptional taste and quality to add to their farm. They offer one of the largest selections of certified organic peaches, plums, apricots and nectarines in California with availability from mid May through September.

APRICOT LANE FARM



Apricot Lane Farms is located 40 miles north of Los Angeles and 20 miles east of Ventura in Moorpark, CA. Their team has been charged with the mission of creating a well-balanced ecosystem and rich soils that produce nutrient-dense foods while treating the environment and the animals with respect. The farm residents include pigs, goats, sheep, chickens, ducks, guinea hens, horses, highland cattle, and one brown swiss dairy cow named "Maggie." Our land consists of Biodynamic Certified avocado and lemon orchards, a vegetable garden, pastures, and over 75 varieties of stone fruit.

VINE SMOKE

VineSmoke is taking contemporary BBQ sophistication to new heights. Every year in the fall, after the grape harvest, vineyards all over the world skillfully prune back their grapevines to ensure healthy regrowth the next season. VineSmoke repurposes these vines into the perfect flavored smoking wood which can be used in a variety of ways to smoke meat or vegetables using a charcoal grill, a gas grill or by just using the vines themselves. Want to know what the next big thing in BBQ is? You just found it. Fire up your grill. Visit them online: www.vinesmoke.com.

Option 1:

Once ready, place several handfuls of VineSmoke™ prunings directly onto the charcoal to begin smoking. We recommend adding VineSmoke™ prunings at the end of the grilling process. Once the VineSmoke™ prunings fire up, cover the grill to reduce overall heat and create maximum smoke. For meats, remove grilled foods after about 5-10 minutes. If grilling vegetables only, reduce smoking time significantly according to taste.

Option 2:

VineSmoke™ prunings can also be used as the fuel instead of charcoal for your BBQ. Place in the bottom of your grill and ignite as usual. Gauge adequate heat before adding your food items and add additional prunings as needed.

*no soaking is required, soak VineSmoke™ prunings at your own discretion.

Using a smoking box, place several handfuls of VineSmoke™ prunings in your smoking box or wrapped in tin foil with holes punched in the top. Place the box or foil on the first level of your grill nearest to the flame during pre-heat. Allow smoke to fill the grill, lower heat to add food and smoke.

Step 1

Step 2

Step 3