



Santa Cruz River

FARMERS' MARKET

where everyone's welcome!

Citrus 101

* **SUPREME YOUR CITRUS** This is great for serving citrus in salads or desserts when you don't want any pith or membrane. The bigger the fruit, the easier this is to accomplish. It takes practice: cut off the top and bottom of the fruit, 'peel' off the skin using a knife slicing off all of the skin and peel. Then cut out each fruit segment by slicing on either side of each membrane, leaving a 'naked' fruit segment.



* **WHAT'S A KUMQUAT?** If you've never tried one, the kumquat is like an orange in reverse, with a sweet skin and tart pulp. You don't have to peel the kumquat; you simply eat the entire fruit.

* **OTHER WAYS TO USE KUMQUATS** 1. Tossed sliced rounds into salads. 2. Candied: Boil 1 cup of sugar and 2 cups of water, stirring until dissolved. Add kumquats and keep submerged with a lid or small plate and simmer until translucent (25 mins). Serve with a cheese tray or on top of ice cream, pound cake or cheesecake. Combine the syrup with sparkling water and ice. 3. Flavored Butter: Combine 6 minced kumquats with 2 tablespoons of softened butter. Mash in some orange and/or lemon zest and/or minced fresh ginger (1 teaspoon each) if you wish. Add salt and pepper and serve with grilled or broiled fish. 4. Chutney: Sauté 1 finely chopped onion in oil until soft. Add 1 (or a combination) of the following: cinnamon stick, cardamom, whole nutmeg, whole cloves, whole allspice. Stir in a tablespoon of brown sugar until dissolved. Add a pound of sliced kumquats and 2 peeled and chopped apples or pears. Simmer until soft and syrupy. Serve with cheese and crackers or as an accompaniment to meats.

* **FLAXSEED DRESSING** Whisk ½ cup flaxseed oil with ½ cup of lemon juice and a heaping tablespoon of dried mustard.

* **CREAMY LEMON VINAIGRETTE** In a food processor pulse 1 shallot, 1 tablespoon of Dijon mustard, 2 tablespoons of vinegar, the zest and juice of one lemon. Slowly drizzle in ½ cup of oil in while machine is running. Fold in ½ cup of sour cream.

* **CITRUS "GASTRIQUE"** Boil 1 cup of sugar, ½ cup of rice wine vinegar and 1 cup of citrus juice until reduced to about 1 cup. Cool and drizzle over salads, fish or meats.

* **SYRUP FOR DRINKS** Boil the juice of 9-10 citrus fruits and $\frac{3}{4}$ cup of sugar. (You can include the zest here for extra flavor but you'll want to strain it out after it cools.) Add a teaspoon of vanilla extract if you wish. Cool and combine with sparkling water and ice. Variation: Use all limes and add 1 cup of fresh basil, omit the vanilla.

* **PRESERVED LEMONS** Common in Moroccan and Middle Eastern recipes, they can be minced and mixed with sautéed vegetables, mashed into butter for use on meat fish or roasted vegetables, or mixed into ice cream. Scrub 8-10 lemons and allow to dry. Slice of the stem from each side and make an X-shaped slice without slicing all the way through. Pack the incisions with coarse salt. Place salt-filled lemons into a glass jar. Add some spices such as coriander seeds, bay leaf, cinnamon stick, etc. Press lemons firmly into the jar to get the juices flowing. Cover and let stand overnight. Press the lemons everyday for three more days until they are completely covered with liquid, add lemon juice if necessary. They will be ready to use in about a month after rinsing off the excess salt and will keep in the refrigerator for about 6 months.

* **LEMON YOGURT SAUCE** Combine 1 $\frac{1}{2}$ tablespoons lemon zest, 2 tablespoons of olive oil, 1 tablespoon of lemon juice and $\frac{3}{4}$ cup of plain yogurt. Toss in some chopped fresh herbs and serve with grilled vegetables, fish or meat.

* **"WHOLE LEMON" MUFFINS** Preheat oven to 350 degrees and grease a muffin tin. Wash and dry one lemon, cut into quarters and remove seeds. Process in food processor until completely ground up and scrape into a medium bowl. (Without washing the food processor) pulse 1 cup of walnuts or pecans 10 to 12 times and stir into to lemon. In a large bowl, cream 2 sticks of softened butter with 1 $\frac{1}{2}$ cups of sugar until light and fluffy. Add 3 eggs and 2 teaspoons of vanilla and mix until well-combined. Stir in 1 $\frac{2}{3}$ cups (16 oz) plain yogurt. Gradually stir in 2 $\frac{3}{4}$ cups flour, 1 teaspoon baking soda, 1 tablespoon baking powder, 1 teaspoon salt. Gently stir in the lemon-nut mixture and spoon into muffin tins. Bake for 30 to 35 minutes until a toothpick inserted comes out clean. Make a glaze with 1 cup powdered sugar, the juice of 2 lemons and $\frac{1}{2}$ teaspoon of vanilla. Mix well and drizzle over warm muffins.

* **CANDIED CITRUS PEEL** Remove zest from 4 citrus fruits with a vegetable peeler (reserve fruit for another use). Boil sliced peels in water for about 15 minutes, drain and rinse. Boil 1 cup of water and 1 cup of sugar, stirring until sugar is dissolved. Add peel and simmer until translucent (15 mins). Remove with a slotted spoon and cool.

* **CHILLED AVOCADO CITRUS SOUP** Toss 1/2 chopped onion with 1/2 tablespoon of salt and let stand for 30 minutes. Rinse and drain and squeeze out excess water. Whisk together 2 cups of fresh orange juice (about 6 oranges), 1/2 cup of fresh lime juice (about 3 limes), 1 tablespoon of olive oil, 1/2 tablespoon of sugar, black pepper to taste. Stir in onions, 1-2 chopped avocados, 1-2 diced tomatoes, a handful of diced radishes. Add sliced mushrooms and chopped cilantro if you wish. Serve chilled.

-Compiled by Gretel Hakanson