



Peaches Show Progress

This time last year we were mourning the loss of the peaches. This year, we remain hopeful in spite of the wind and hail. It still looks as if our peaches will make.

If you've passed by the farm lately, you may have notice the "white trees" in the orchard. We use a product called Surround which provides a barrier against insects.



Peach tree with Surround

Surround is Kaolin Clay. White Kaolin Clay is found in virtually all powdered and dry cosmetics and most wet cosmetics. Kaolin Clay (white dirt as it is called in the South) has been used medically to treat diarrhea, dysentery, cholera, and is also used in paper making, paint, porcelains and ceram-

ics, china, and toothpaste. Some of the most popular products made with Kaolin Clay are Kaopectate, Roloids, Di-gel, Mylanta, and Maalox. Bugs don't care for it and it allows us to address the pest problem while using organic practices.

Buying pesticide free, or organic is the best practice with peaches. The not-

The top 10 most pesticide-contaminated fruits and vegetables:

So now you know that Peaches head the list. Are you wondering what the other nine are? Read on and you'll see which fruits and veggies top the list.

Apples, Sweet Bell Peppers, Celery, Nectarines, Strawberries, Cherries, Lettuce, Grapes (imported) and Pears.

Be an informed shopper!

for-profit Environmental Working Group (EWG) released a list of the most pesticide-laden produce in America. The produce ranking was developed by analysts at the EWG based on the results of nearly 43,000 tests for pesticides on produce collected by the U.S. Department of Agriculture and the U.S. Food and Drug Administration between 2000 and 2004. Peaches ranked as the worst offender in this study.

Shop around and buy your peaches locally from a grower that is pesticide free, or organic.

Health Benefits of Eating Turnips

- Helps prevent cataracts and cardiovascular disease due to large amount of lutein
- High quantity of Vitamin C and antioxidants help curb free radicals and destructive oxidation reactions
- Lowers the risk of obesity, high blood pressure, diabetes, and cancers of the stomach, pancreas and bladder.
- Very rich source of calcium, phosphorus, folic acid and magnesium

Caramelized Turnips

3 cups diced peeled turnips	1 tablespoon butter, or more as needed
¼ cup water	2 tablespoons white sugar
1 cube chicken bouillon	

Place the turnips into a skillet with the water and chicken bouillon cube over medium heat, and simmer until the water has evaporated and the turnips are tender, about 15 minutes. Stir in the butter, let melt, and sprinkle on the sugar. Gently cook and stir the turnips until the butter and sugar cook into a brown, sticky coating on the turnips, about 10 minutes. Serve hot.

As always, enjoy your pickup, and we'll see you next week!