

VIRIDIAN FARMS BLUEBERRIES AND PEACHES

Blueberry Ice Pops

2 1/2-pint baskets fresh blueberries, rinsed, drained
1 8-ounce container blueberry yogurt
1/4 cup water
1/4 cup honey
2 tablespoons sugar

Combine all ingredients in processor and puree until smooth. Divide mixture among 8 ice pop molds (each about 1/4 to 1/3 cup capacity). Cover and freeze until firm, at least 4 hours and up to 5 days.

Peach-Blueberry Crisp

1/2 c honey crunch wheat germ
1/4 c plus 4 t flour
1/3 c packed brown sugar
1 t cinnamon
2 T butter
6 c fresh peaches, sliced
1 c blueberries

Preheat oven to 375 degrees. Combine wheat germ, 1/4 c flour, brown sugar, and cinnamon. Cut in butter. Combine peaches, blueberries and 4 tsp flour, tossing to coat evenly. Spoon into 8 inch square pan. Top with wheat germ mixture. Bake 30-35 minutes, until fruit is tender. Serve warm with vanilla yogurt or ice cream

Blueberry Muffin Recipe

1 3/4 cups flour
3 tsp baking powder
1/2 tsp salt
1/4 cup margarine
1/2 cup sugar
1 egg
3/4 cup milk
1 tsp vanilla
1 cup frozen blueberries

Preheat oven to 400F. In a large bowl, put the first three ingredients (flour, baking powder and salt) and stir. In a second bowl, squish the butter and sugar together (we used our fingers) until they are mixed. Beat in the egg, milk and vanilla until it's quite smooth. Pour into the first bowl. Stir until it's just mixed (it will still be a bit lumpy). Don't stir too much. Fold your blueberries gently into the batter (try not to crush them). Grease your muffin tin (or spray with Pam). Fill about 3/4 full. Bake for 25 minutes until just nicely brown. Makes 12 to 16 muffins.

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PEACH AND BERRY COMPOTE

3 large peaches (1 1/2 lb)
1 cup sweet dessert wine such as Muscat de Beaumes-de-Venise
3 tablespoons sugar, or to taste
2 cups blueberries (3/4 lb)
2 cups raspberries (1/2 lb)

Blanch and peel peaches. Cut into 1/4-inch-thick wedges.

Simmer peaches, wine, and sugar in a 3-quart saucepan, stirring occasionally, 2 minutes, then remove from heat. Immediately transfer mixture to a bowl and add berries, tossing to combine. Cool compote completely.

Serve compote chilled or at room temperature.
Makes 6 servings.

FRESH PEACH CHUTNEY

1/2 cup cider vinegar
1/2 cup loosely packed brown sugar
1/2 cup white sugar
1 large sweet red pepper, seeded, diced 1/4 inch, about 1/2 cup
1 small white onion, peeled and diced, about 1/2 cup
1 small jalapeño pepper, seeded and diced, 2 tablespoons
1/3 cup white raisins
1 tablespoon finely chopped garlic
1 tablespoon grated ginger
1/2 teaspoon salt
1 1/2 pounds firm, fresh peaches, blanched to remove the skin, pit removed, sliced into wedges

Put the vinegar and both sugars into a non-reactive pot, place over medium heat and bring to a boil. Add the red pepper, onion, jalapeño, raisins, garlic, ginger, salt and simmer 10 minutes. Add the peach segments and simmer an additional 5-10 minutes. If the peaches are still firm allow to cook several minutes more. If you would like the syrup thicker you may also allow to cook for a minute or two to reduce liquid.

Remove from the heat and allow to cool for 15 minutes in the pot. Serve at room temperature. Transfer all excess to a clean container and refrigerate, covered, for up to one week