

Oregon Fruit Products is a third-generation, family-owned and operated company nestled in the heart of the Willamette Valley in Oregon. The mild, wet weather produces some of the most delicious fruits that you will find anywhere in the world. Our fruits are vine ripened (never packed green) which makes them more delicate for us to handle, but we feel the flavor is worth it. We're a small company and specialty fruit is our "specialty" – it's all we pack.

We offer this journal to folks who want recipes using unique products. We are not in the business of selling mailing lists. You can be assured that your name, address and any other information you give us will not be distributed to any other organization. If you have a friend who would enjoy our journal, please let us know and we will add their name to our mailing list. We would love to hear your comments regarding our products or this journal.

Send correspondence to:

Oregon Fruit Products Co., P.O. Box 5283, Salem, OR 97304
or call us toll free at 1-800-394-9333

Check out our on-line cookbook at our new website:
www.oregonfruit.com

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Oregon Fruit Products Company
P.O. Box 5283
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OREGON FRUIT PRODUCTS CO.

Journal

SPRING EDITION 1999



Desert

WASHINGTON'S BIRTHDAY CHERRY PIE

Mary Walker – Gaston, OR

Pastry for a **two-crust** 9 inch pie

Bake bottom crust for 10 minutes in a 375 degree oven.

Cherry Mixture

3 cans Oregon Fruit Products Red Tart Pie Cherries
(drained, reserve 1/3 cup of juice for filling)

1/4 cup sugar

In a bowl gently mix sugar with drained cherries and set aside.

Filling

1/3 cup juice from cherries

3 tablespoons tapioca

1/4 cup sugar

1/2 teaspoon almond extract

1/2 teaspoon red food coloring

In a saucepan, combine the reserved cherry juice, tapioca, sugar, almond extract and food coloring. Cook over medium heat until mixture begins to thicken slightly. Fill bottom of baked pie crust with cherry mixture and pour thickened juice evenly over cherries. Adjust top crust and slit for steam to escape.

Cover loosely with aluminum foil and bake pie for 30 minutes in a preheated 375 degree oven. Remove foil and bake 30 minutes more or until bubbly and crust is lightly browned.



Sides & Salads

WILD GREENS WITH BLUEBERRY DRESSING

Northwest Blueberries – Corvallis, OR

Combine fresh wild greens, edible flowers, and one can of drained Oregon Fruit Products Blueberries for a light summer salad. Include any of the following: Nasturtiums, Johnny Jump-Ups, Day Lilies, Spinach, Shiso, Sweet Cecily, Endive, Arugula, Belgian Endive, Lemon Mint, Beet Greens, Mustard Greens, Tarragon Leaves. Garnish with Red Onion and Orange Wedges. Top with Oregon Fruit Products Blueberries and dressing.

Tarragon Blue Cheese Blueberry Salad Dressing

In a small bowl, combine:

2 tablespoons blue cheese, crumbled

1 large clove garlic, pressed

1/3 cup blueberry vinegar

(purchase ready-made or use following recipe)

2 tablespoons, plus 1/2 cup olive oil

1 clove chopped shallot

1 tablespoon fresh chopped tarragon

1 teaspoon honey

salt and pepper to taste

Mash blue cheese into blueberry vinegar until cheese is well incorporated. Pouring slowly, in a steady stream, whisk in the olive oil. Add chopped shallot, tarragon and honey. Season to taste with salt and pepper.

Blueberry Vinegar

2 cans Oregon Fruit Products Blueberries (drained)

1 quart white vinegar

1/2 cup granulated sugar

At least two days in advance of use, make blueberry vinegar. Place drained blueberries, 1 1/2 cups vinegar and sugar in saucepan, simmer gently for 5 minutes. Cool. Pour into 1 1/2 quart jar with remaining white vinegar. Cover and let stand at least 2 days. Strain vinegar as it is used, but do not discard blueberries. Store in refrigerator.



Expires April 30, 1999

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Kids in the Kitchen HINTS & TIPS



A fun folk custom, which has been enjoyed by children for generations, is the dyeing of Easter eggs. Until the mid 19th century all dyes were derived from natural sources such as leaves, twigs, roots and berries! We have experimented with a fun project using the leftover drained juices of blueberries and dark sweet cherries producing terrific results. Blueberry juice results in a lovely robin's egg blue with sheen to the shell. Dark sweet cherries produce a lavender egg, which is equally lovely. The simple directions are as follows: Heat the drained juice of one can of Oregon Fruit Blueberries or Blackberries for 1 1/2 minutes in the microwave on high (or heat to boiling on the stovetop), add 1 teaspoon white vinegar and drop in a cooled hard boiled egg. Leave in until the color reaches the desired depth, about 5 - 10 minutes. Make sure that the egg is submerged in juice.



HAVE FUN!

*Experiment and taste test conducted by:
Allison Johansen, age 9 - Rocklin, CA*

Looking for something unique?

WE PACK 18 VARIETIES OF SPECIALTY FRUITS

Berries

Blackberries, Blueberries, Boysenberries, Gooseberries, Red Raspberries, Strawberries

Cherries

Bing Cherries, Red Tart Pie Cherries (Pitted), Royal Anne Cherries (Pitted)

Other "Special" Fruits

Kadota Figs, Whole Purple Plums, Rhubarb, Spiced Grapes, Thompson Seedless Grapes

Limited Harvest

Kotata Berries, Loganberries, Marionberries



Entrée

STUFFED CHICKEN IN RASPBERRY SAUCE

Oregon Fruit Products Company

Preheat oven to 350 degrees.

4 halves of boneless, skinless chicken breasts

4 ounces Jarlsberg lite Swiss Cheese (four 1 ounce slices)

1 cup all purpose flour

Salt and pepper to taste

2 eggs, beaten

2 cups Panko Bread Crumbs

(found in the Asian Foods Section)

Pound chicken breasts between two pieces of plastic wrap until thin. Roll 1 slice of cheese and then roll the chicken breast around the cheese roll. Secure with toothpicks. Repeat with each breast. Season flour with salt and pepper. Coat the chicken rolls in flour and shake off excess. Dip chicken rolls into beaten egg and roll into the bread crumbs. Place on a baking sheet lightly sprayed with non-stick cooking spray. Bake for 30-35 minutes until golden brown and the chicken is done. Remove toothpicks.

Raspberry Sauce

1 can Oregon Fruit Products Raspberries, (drained)

1/2 cup rice wine vinegar

2 tablespoons unsalted butter

1 1/2 teaspoons cornstarch

In a medium saucepan, combine all sauce ingredients and bring to a boil. Cook for 2 minutes, stirring often. Remove from heat and strain the sauce through a sieve to remove the seeds. Pour sauce over chicken breasts and serve.



Sides & Salads

GREEN SALAD WITH MARSCAPONE STUFFED KADOTA FIGS AND WALNUTS

Oregon Fruit Products Company

2 tablespoons lemon juice

1/4 teaspoon curry powder

1/4 cup chopped fresh chives

1/3 cup good quality olive oil

salt

6 cups of soft lettuce (Boston, bibb or mixed baby greens)

1 can Oregon Fruit Products Kadota Figs, cut in quarters but not all the way through

6 heaping teaspoons marscapone cheese

1/2 cup chopped and toasted walnuts

Combine lemon juice, curry and chives with a wire whip. Slowly stir in oil and add salt to taste. When ready to serve, toss the lettuce with the dressing and arrange equal portions on 6 salad plates. In a small bowl, mix marscapone cheese with 1/4 cup walnuts. Garnish salad with 1 fig stuffed with a teaspoon each of marscapone mix. Sprinkle with remaining walnuts.



Desert

CHERRY DELIGHT BARS

V. Krenick - Palm Coast, FL

Crust

24 crushed graham crackers - 2 1/4 x 2 1/4, or 2 1/2 cups of crumbs, (reserve 3/4 cup of crumbs for final topping)

1/3 cup sugar

1/4 teaspoon cinnamon

1 stick melted margarine

An 8 or 9 inch square pan sprayed with PAM and lightly dusted with flour

Mix crust ingredients, reserving 3/4 cup of crumbs, and press crumb mixture into bottom of pan and set aside.

Filling

4 tablespoons flour

1/2 cup sugar

*1 can Oregon Fruit Products Pitted Bing Cherries with syrup**

** You may put drained whole cherries reserving the syrup, into a food processor and give them a light chop. Pulse 3 or 4 off/on taps.*

In a medium saucepan, mix together the flour, sugar and cherries with the syrup. Stir until thickened. Remove from heat and pour over crumb mixture.

Topping

3 egg whites

6 tablespoons sugar

Beat egg whites until they become soft peaks while slowly adding sugar. Spread over cherry mixture. Sprinkle reserved crumbs on top. Bake in a preheated 375 degree oven for 35 minutes. Remove from oven and cool. Then place in the refrigerator for 3-4 hours. Cut into 8 servings.