

FROM FARM TO FORK

SOUTH JORDAN TOWNE CENTER
FARMER'S MARKET

Market sponsored by Utah Farm Bureau & South Jordan City

September 4, 2010

Reusable bags donated by South Jordan Chamber

Visit the market every Saturday morning, 8 a.m. – 2 p.m. through October. This week look for corn, tomatoes, peaches, apples, pluots, berries, flavor grenades, melons, peppers, potatoes, garlic, squash



When shopping for peaches, choose **fragrant** fruits which are not overly firm. Because fresh peaches are highly perishable, don't buy more than you plan to use. Even when unripe, they spoil easily. Peaches that are greenish in color were probably picked too early and should be avoided. Sweetness does not increase after picking, so ripe-picked fruit is always the tastiest.

Peaches are high in vitamin A and vitamin C. These fruits are also good sources of healthy carbohydrates, which are known to be a vital source of energy for the body.

Fresh Peach Salsa

15 minutes prep time 16 servings

6 large fresh peaches, peeled, pitted and chopped

2/3 cup orange marmalade

1/4 cup sliced green onions

3 tablespoons cider vinegar

1 ounce crystallized ginger

2 teaspoons white sugar (to taste)



In a medium bowl, mix together all ingredients. Cover and refrigerate until serving. May serve warm. Excellent with grilled chicken or pork.

DID YOU KNOW?

- **Nationally, Utah is # 2 in tart cherry production.**
- **Pecans contain antioxidant components that help lower cholesterol.**
- **Americans consume 3 billion pizzas each year.**
- **On average, only 19 cents of every food dollar goes to the farmer or rancher.**
- **Onions are green, white, yellow, red or purple.**

FARM FEATURE:

McMullin Orchards

Robert McMullin is a third generation fruit producer whose family orchards are located in Payson and Santaquin. His grandfather, Robert W. McMullin, was an attorney who originally started growing fruit in Genola as a hobby in 1927. Those original acres produced sweet cherries, apples, pie cherries and lots of peaches. The operation has grown through the years to incorporate 950 acres of fruit. McMullin's two brothers and a sister are also involved with the operation as are 9 of Robert W. McMullin's great grandchildren.

McMullin's largest crop is tart cherries which are primarily used for pie filling. In recent years some of these tart cherries, however, have been dried by Payson Fruit Growers and then some have been further processed by adding a yogurt or chocolate coating creating a popular snack food.

Other fruit crops in McMullin's orchards are sweet cherries, eight varieties of peaches, four of pears, pluots which are a cross between plums and apricots, nectarines, apples including Gala, Fuji and the Honey Crisp which was introduced into their orchards four years ago.

The varieties of fruit are always being assessed in an attempt to match consumer tastes. For example Mr. McMullin explains, "Consumers have become used to a red peach. Elberta peaches are yellow so we have not grown them for 30 years. Early testing showed that consumers loved the taste and crunch of Honey Crisp apples, so we have begun to shift some of our apple orchard area to this variety."

While the family sells fruit to local supermarkets much of it is shipped out of state to such diverse cities as Denver, New York, Philadelphia and Cleveland. Farmers Markets are where fourth generation McMullins get involved with the operation learning firsthand about the fruit varieties and what consumers want to buy. You can find tree-ripened, picked fresh daily McMullin fruit at markets in South Jordan, Murray, Spanish Fork, Provo and Lehi.

When asked, Robert McMullin will tell you that, "farming has been my whole life since I was old enough to reach the peddles on a tractor. It has been a good life."

While his grandfather and father ran the orchards as a hobby, Robert has made it his life's work adding acres of orchards and branching out into the processing end. "Farming is a great way to raise a family. It teaches children how to work and that food isn't free. Farming is a challenge every day. Working with Mother Nature is like no other occupation. You take your licks but when the weather and the markets come together you enjoy your payday!"

Visit www.mcmullinorchards.com to learn more about their varieties of fruit, harvest times and enjoy some fantastic pictures.

MAKE THE CONNECTION!

www.southjordanfarmersmarket.com