



Cal Poly Organic Farm Community Supported Agriculture Newsletter



**WEDNESDAY
PICK-UP THIS
WEEK ONLY!!**

Paint needed!

A chance to clean out your garage and help the Farm?! It's a dream come true! We are in need of primer and exterior white paint for some buildings around the Farm. Any amount is welcome, just drop it off when you pick up your box!



Jerry's Corner: Field Notes from the Farmer's Mouth

Jerry Mahoney, Production Supervisor at CPOF, giving you the farmer's perspective on your CSA harvest share.

We appreciate the cold weather sweetening up the root veggies, like carrots, beets, and turnips. But man, it is chilly in the field at 7am! Keep warm with a hearty soup, and then share the recipe!



Veggie Tip of the week:

There are plenty of greens growing at the Farm in the winter time! Don't know how to cook them? When in doubt, sauté in garlic and add to pasta or stir-fry with sesame oil and ginger and serve with rice.

Week 16 Produce

January 20 – January 26

Full Shares expect 10-12 items

Small Shares expect 8-10 items

From the following list:

***Satsuma Mandarins**, Cal Poly Fruit Science - Vitamin C is the primary water-soluble antioxidant in the body, disarming free radicals and preventing damage in and out of cells.

***Leeks**, Growing Grounds, Santa Maria – The national emblem of Wales!

Apples, Fair Oaks Ranch, Paso Robles (Fuji, Gala or Pink Lady) - Add diced apples to fruit or green salads.

Parsley - The world's most popular herb.

Radish - Radishes were the staple food of the three main races of the Fraggles universe - the Fraggles, Doozers and Gorgs.

Carrots - Carrots are an excellent source of vitamin A.

Bunched onions - Numerous studies have shown its phytonutrients are protective against both cardiovascular disease and cancer.

Purple-Top turnips - Store roots and greens in the refrigerator, separately wrapped in plastic bags.

Butter turnips - Serve cooked turnip greens with beans and rice.

Cauliflower - Puree cooked cauliflower, add your favorite herbs and spices and serve as soup.

Cabbage - Use shredded raw cabbage as a garnish for sandwiches.

Napa cabbage - From the same family as the green cabbage, its flavour is sweeter and milder.

Broccoli - Add florets and chopped stalks to omelets.

*Grown sustainably, but not necessarily organically
Unless otherwise noted, all your vegetables are certified organic.

www.calpolyorgfarm.com

VEGETABLE OF THE WEEK: Leeks (*Allium porrum*)

Thought to be native to the Mediterranean area and Asia, leeks have been cultivated for more than 3,000 years and have long been popular in Europe. Cooks in this country, however, are still learning to appreciate this member of the onion family. With a more delicate and sweeter flavor than onions, leeks add a subtle touch to recipes without overpowering the other flavors that are present. Although leeks are available throughout the year they are in season from the fall through the early part of spring when they are at their best.

Selection and Storage

Select leeks with a clean white slender bulb, at least two to three inches of white, and firm, tightly-rolled dark green tops. The younger the leek, the more delicate the flavor and texture. Look for the slim, cylindrical ones rather than those that are large and bulbous. If the bottoms are beginning to round into bulb shapes, the leeks are a bit too mature.



Fresh leeks should be stored unwashed and untrimmed in the refrigerator, where they will keep fresh for between one and two weeks. Wrapping them loosely in a plastic bag will help them to retain moisture. Cooked leeks are highly perishable, and even when kept in the refrigerator, will only stay fresh for about two days. Leeks may be frozen after being blanched for two to three minutes, although they will lose some of their desirable taste and texture qualities. Leeks will keep in the freezer for about three months.

Preparation

Before preparing leeks, clean them thoroughly to remove any soil that may have gotten caught within the overlapping layers of this vegetable. First, trim the rootlets and a portion of the green tops and remove the outer layer. For all preparations except cutting into cross sections, make a lengthwise incision to the centerline, fold it open, and run the leek under cool water. If your recipe calls for cross sections, first cut it into the desired pieces, then place the sliced leek in a colander and run under cool water.

Nutrition

Leeks, like garlic and onions, belong to a vegetable family called the *Allium* vegetables. Since leeks are related to garlic and onions, they contain many of the same beneficial compounds found in these well-researched, health-promoting vegetables. A good source of dietary fiber, leeks also contain goodly amounts of folic acid, calcium, potassium, and vitamin C. Easier to digest than standard onions, leeks have laxative, antiseptic, diuretic, and anti-arthritis properties.



Cooking Tips

- Healthy sauté leeks and fennel. Garnish with fresh lemon juice and thyme.
- Add finely chopped leeks to salads.
- Make vichyssoise, a cold soup made from puréed cooked leeks and potatoes.
- Add leeks to broth and stews for extra flavoring.
- In general, leeks can be substituted for onions in most dishes using onions for flavoring.
- Braised leeks sprinkled with fennel or mustard seeds makes a wonderful side dish for fish, poultry or steak.
- Add sliced leeks to your favorite omelet or frittata recipe.
- When cooking leeks as a side dish, it is important they not be overcooked. Overcooking will turn them into a slimy, unappetizing pile of mush. They should be cooked until tender but still exert a little resistance when pierced.
- The dark green trimmed leaves may be used to flavor stock or blanched and used as a wrapper for any variety of fillings or bouquet garni.

Leek Equivalents and Measures

- 2 leeks = 1/2 cup cooked = 1 side dish serving
- 2 pounds leeks = 1 pound cleaned = about 4 cups chopped = 2 cups cooked chopped
- 1-1/4 pounds leeks = 2 large leeks = 3 medium leeks

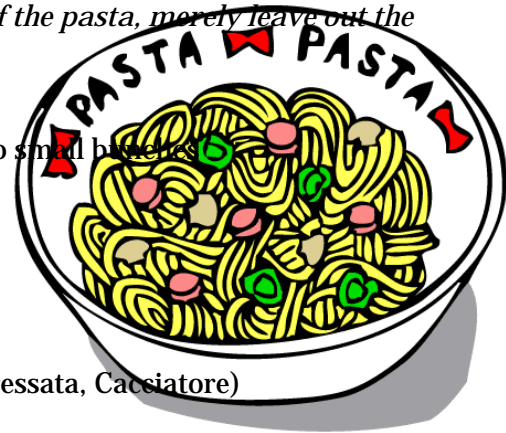
RECIPES

*Karen Kolba, one of our CSA members, always has good recipes to share. She writes, “When I finally dragged myself out of the couch potato mode and went to the gym to work off that holiday excess, there on the TV was Giada De Laurentiis doing her *Everyday Italian* show. She was cooking a broccoli dish reminiscent of so many vegetable pastas where you cook the vegetable with the pasta and then toss it with a sauté of onion, garlic and seasoning that you do in the time it takes to cook the noodles. With a bow of thanks to Giada for the idea, here is my rendition of the dish. Knowing a couple of key elements to this will help you riff on it with your own ideas. First, overcooking broccoli (and other vegetables) brings up some very good flavors. Second, make the base sauté taste vivid because it will be muted by the pasta and vegetables. Third, don't forget the pasta water step as it lends body to the saucing.”*

Fresh Broccoli Pasta with Garlic and Lemon

This whole dish cooks in the time it takes to cook the pasta and broccoli, If convenient, the sauté can be done ahead of time, but cook the pasta and broccoli the last minutes. You don't want cheese with this dish; it does it no favors. Use organic ingredients if at all possible. For a meatless version of the pasta, merely leave out the salami. Copyright 2008 Lynne Rossetto Kasper.

5 quarts of salted water in a 6-quart pot
1 large bunch fresh broccoli, stems peeled and thinly sliced, florets broken into small bite-sized pieces
About 3 tablespoons good tasting extra-virgin olive oil
1 medium onion, cut into 1/2-inch dice
6 large garlic cloves, cut into 1/2-inch dice
Salt and fresh ground black pepper to taste
1/4 teaspoon hot red pepper flakes, or to taste
1/3 cup water
5 to 6 thin slices salami, cut into 1/4-inch dice (use Genoa, hard salami, Soppressata, Cacciatore)
1 heaping tablespoon tomato paste
1/4 tight-packed cup fresh basil leaves, or 1 generous tablespoon dry basil
1 pound penne or rotini pasta
1/2 cup pasta cooking water
Juice of 1/2 of a large lemon, or more to taste



1. Set the water to boil and prepare the broccoli. Do the sauté by filming the bottom of a 12-inch skillet with the olive oil. Set it over medium high heat. Add the onion, garlic, salt and pepper, hot pepper flakes, and 1/3 cup water. Bring to a simmer, cover and cook over medium-low about 4 minutes. Uncover, raise heat to medium-high (stand back to not be splattered) and cook off the water. Add the salami, tomato paste, and basil and sauté another minute or so, or until fragrant. Take the skillet off the heat, cover and set aside.
2. Once the water is boiling, add the pasta to the pot and set a timer for 5 minutes (stir the pasta a few times). When the timer goes off, stir the broccoli into the pasta and continue boiling until pasta is a little firm to the bite, about 5 minutes more. Scoop 1/2 cup of pasta water out of the pot and add it to the skillet. Immediately drain the pasta and broccoli in a colander.
3. Bring the contents of the skillet to the boil, tasting for spice and rich flavor. Add the pasta and broccoli, tossing to coat with the sauté. Off the heat, sprinkle with fresh lemon. Taste for seasoning and enough lemon, adjust, and then turn the pasta into a serving bowl. Serve hot.

TIPS

- Stand-ins for the broccoli are legion—think green beans, cauliflower, cabbage, quartered Brussels sprouts, fennel, chard, kale, escarole, and curly endive.
- Instead of salami, you could use cooked Italian sausage in the sauté.
- Basil is my herb of choice here, but rosemary, sage, thyme, and/or oregano are excellent, too.

Mashed Potatoes with Rosemary and Leeks

2 pounds potatoes, unpeeled
4 tablespoons nonfat sour cream
2 tablespoons nonfat milk
1 tablespoon chopped rosemary or 1 teaspoon dried rosemary
1 tablespoon chopped garlic
1 small leek, white part only, coarsely chopped
Salt and white pepper
2 tablespoons white wine or chicken broth

1. Cut potatoes into quarters and cook in boiling water for 15 to 20 minutes or until tender. Drain and place in an oven at 300 degrees F. just to lightly dry them out.
2. Spray a small saucepan with nonstick cooking spray, and cook the leek and garlic until lightly brown.
3. Add the rosemary and continue to cook two more minutes. Add wine or chicken broth. Mix all ingredients, except sour cream and milk, using an electric mixer on low speed. Slowly add milk and then sour cream and season with salt and white pepper. *Yield: 6 servings.*

Vichyssoise - Chilled Leek and Potato Soup

4 cups sliced leeks, white part only
4 cups diced potatoes, old or baking potatoes recommended
6 to 7 cups water
1-1/2 to 2 teaspoons salt or to taste
1/2 cup or more sour cream, heavy cream, or creme fraiche, optional
1 Tablespoon fresh chives or parsley, minced



1. Simmering the soup . Bring the leeks, potatoes and water to the boil in the saucepan. Salt lightly, cover partially, and simmer 20-30 minutes, or until the vegetables are tender. Purée the soup if you wish.
2. Taste, and correct seasoning. After chilling the soup, you may wish to stir in a little more cream. Taste carefully again, and correct the seasoning. Top each serving with a sprinkle of chives or parsley. *Yield: 6 to 8 servings, about 2 1/2 quarts.*

Olde Country Soup

Mallory recommends this dish, adapted from Fresh from the Farmers Market " by Janet Fletche.

2 tablespoons unsalted butter
1 yellow onion, finely chopped
2 cloves garlic, minced
1 1/2 pounds turnips, diced (optional: add parsnips, carrots and other root vegetables if available)
1/2 cup arborio rice
Salt and ground black pepper (optional: rosemary and thyme)
6 cups chicken broth
1/2 pound turnip green leaves, de-stemmed, sliced into ribbons

1. Melt butter in a large pot over moderately low heat. Add onion and sauté until soft, about 10 minutes. Add garlic and sauté 1 minute to release its fragrance. Add turnips, rice, and any other vegetables you choose, season with salt and pepper and stir to coat with seasonings. Add 3 cups broth, bring to simmer, then cover and adjust heat to maintain a gentle simmer. Cook 15 minutes.
2. Stir in turnip greens, cover and simmer until vegetables, greens and rice are soft, about 5 more minutes. Transfer to a food processor or blender, and blend until smooth. Return to pot and stir in remaining broth to achieve a soup-like consistency. (Do not blend as much if you prefer a thicker, more rustic soup.) Taste and adjust seasoning.
3. Reheat and serve in warm bowls, garnish each portion with a thin sliver of butter.