



Cal Poly Organic Farm Community Supported Agriculture Newsletter

Important Schedule Changes!!

Monday Members:

Cal Poly will be closed on MONDAY 12th November to observe Veteran's Day. If you pick up your box at the Farm or a drop site, please come TUESDAY 13th November.

Enjoy Veteran's Day and get your veggies one day later on Tuesday the 13th!

Thursday Members:

Cal Poly will be closed on THURSDAY 22nd November to observe Thanksgiving. If you pick up your box at the Farm or a drop site, please come TUESDAY 20th November.

Enjoy Thanksgiving and get your veggies two days early on Tuesday the 20th!



New San Luis Obispo Drop Site

A new drop site has been added for Thursdays in San Luis Obispo! If you are interested, please contact Tara in the Cal Poly Organic Farm office at orgfarm@calpoly.edu or 756-6139.

Share your recipes with others at the Farm!
Many thanks to Karen Kolba for the Pumpkin & Black Bean Chili on page 4!

Week 7 Produce

4 November – 10 November

Full Shares expect 10-12 items

Small Shares expect 7-9 items

From the following list:

- **Basil** (Growing Grounds, Santa Maria) - *Once a token of love in Italy; young maidens would wear a sprig of basil in their hair to profess their availability.*
- **Concord Grapes** (Haussler Organics) - *An ever popular between meals snack as well as a refreshing addition to both fruit and vegetable salads.*
- **Sweet Corn** – *A late planting brings a bit of summertime in November.*
- **Salad Mix or Head Lettuce** - *Just add your favorite vinaigrette dressing!*
- **Summer Medley:**
 - * **Summer Squash** - *Try sprinkling grated summer squash on top of salads and sandwiches.*
 - * **Tomatoes** - *Nearing the last of our heirlooms and New Girls.*
 - * **Cucumbers** - *An especially good way to increase your fiber intake. Plus, you get the added bonus of vitamin C, silica, potassium and magnesium.*
- **Braising Greens or Arugula** - *When it comes to vitamins, minerals and disease-fighting chemicals, leafy greens are hard to beat.*
- **Red Kuri Squash** - *Squash was once such an important part of the diet of the Native Americans that they buried it along with the dead to provide them nourishment on their final journey.*
- **Red Carrots** - *Easy to pack and perfect as crudités for that favorite dip.*
- **Green Beans** - *Bright green and crunchy and loaded with enough nutrients to not only power up the Jolly Green Giant, but to put a big smile on his face!*
- **Collards** - *An integral food in traditional southern American cuisine.*
- **Parsley** - *The world's most popular herb.*

VEGETABLE OF THE WEEK: Braising Greens

Greens are popular ingredients in the dishes of many cuisines, from Latin America and Europe to Africa and Asia. Many of the greens that as babies have come to grace salad mixes are just as good in more mature stages of growth when lightly cooked. Once forgotten by cooks in the rush to go gourmet, common greens like kale, chard and collard greens are now back in vogue and on the menus of upscale restaurants. Their new popularity is an outgrowth of two changes on the American scene: greater interest in how foods affect our health, and new farming techniques that get more varieties to market with greater frequency.



Braising greens are a category of dark, leafy vegetables that have strong, assertive flavors and often tough, fibrous leaves. Though they can be eaten raw, most braising greens are cooked to help break down their fibrous texture and mellow their bitter flavor, resulting in tender, succulent greens with a flavorful bite.

Braising greens generally fall into two main categories: brassicas, which are the cruciferous varieties such as mustard and kale, and chenopods, which include spinach, chard, beet greens and amaranth. Other varieties that can be found in mixes include baby Asian greens such as mizuna or tatsoi.

“Braising” is cooking in a small amount of liquid. Usually the purpose of braising is to concentrate the food's flavors in the surrounding liquid so that it can be made into a sauce, or allowed to reduce so that it coats or is reabsorbed by the foods being braised. Years ago, greens were “cooked to death” until they turned an unappetizing color. Today, more delicate handling is the general rule. Most greens need only a brief sauté with a little extra virgin olive oil and garlic to render them tender and delicious.

NUTRITION

- When it comes to vitamins, minerals and disease-fighting chemicals, leafy greens are hard to beat. Leafy greens offer fiber, vitamins C, A and K, folate, calcium, potassium and phytochemicals, which together may help guard against a number of chronic diseases.
- Just one serving of leafy greens is estimated to contain over 100 different phytochemicals, containing some of the most effective cancer-prevention agents. Eating more leafy greens might also ward off heart attack and stroke. They are also good for your eyes: antioxidants are believed to protect the eye's lens and retina and may also help forestall age-related macular degeneration, the leading cause of blindness in older adults. The sizable vitamin K content in leafy greens may also help your bones, since higher intakes of vitamin K have been linked with higher bone densities and a lower risk of hip fracture.
- Scientists don't yet understand exactly how they all work, but they do know that we can maximize their benefits by including a wide variety of these vegetables in our daily meals.

SELECTION AND STORAGE

- ❖ Greens should be young, crisp, and free from blemishes and have a good color. The darker the color, the higher the nutritional value.
- ❖ Greens must be washed carefully, with particular attention to hidden crevices since soil can cling to the underside of leaves. They should be drained well and dried quickly because excess water promotes leaf decay. Some food professionals recommend storing greens unwashed, in the refrigerator, if they are not to be used immediately.
- ❖ Storing greens: Greens should be stored lightly wrapped in damp paper towels inside a plastic bag that has a few air holes (to allow the vegetables to “breathe”). Keep moist (but not wet or they will rot) and cool (as low as 32° F) in the lower part of the refrigerator in the high-humidity bin. Leafy greens are highly perishable and should be used within a few days of purchase.



PREPARATION

- ❖ It is important to use cooking pans that aren't made of aluminum, which causes greens to take on an unpleasant appearance and taste.
- ❖ Greens work well in every kind of dish, from soups - both hot and chilled - and side dishes to main courses.
- ❖ Greens are definitely not wallflowers in recipes— their flavor will not fade into the background. Choose seasonings that can stand up to the greens' assertiveness. Many recipes feature vinegar, citrus juices, soy sauce, garlic, anchovies, chilies, sesame oil, olives, and strongly flavored cheeses.

- ❖ Some advise against actually sautéing. They instead douse the greens in a hot dressing instead, which wilts them slightly but does nothing to mar the beauty of the raw greens, with their striking shapes and colors.
- ❖ Head-type greens may benefit from being blanched for 1 1/2 to 2 minutes before it is braised. Most leaf-type greens do not require blanching before braising. Blanching is used to soften the texture of some greens and to provide a flavor that is not as pungent as when raw.

RECIPES

BRAISED GREENS

Greens "cook down" considerably - one pound of fresh greens will result in 1 1/2 - 2 cups of cooked greens. About 1/2 cup of cooked greens per serving is usually recommended. Two large bunches of greens will usually be enough for a side dish for four people.

1. If working with a head-type green that has been blanched, cool under cold running water and then cut in half.
2. Place the greens in a skillet and add broth until the greens are almost covered. Other flavorings can also be added along with the broth, such as onion, garlic or your favorite herbs.
3. Cover the pan and cook at a simmer for 10 to 20 minutes until tender.
4. Make a sauce to serve with the greens by boiling the liquid left in the pan until most of it evaporates.

BLACK WALNUT PESTO

1 head elephant garlic
 1 cup olive oil, plus about 2 tablespoons for basting
 1/2 cup fresh basil leaves
 1/4 cup fresh cilantro or parsley leaves
 1 cup walnuts
 1 cup pine nuts
 1/2 cup black walnuts



1. Preheat the oven to 375°F. In a covered, oiled casserole dish, bake the garlic for 40 minutes, basting occasionally with the 2 tablespoons of olive oil. Let cool and then peel.
2. Meanwhile, in a food processor or by hand, chop the basil and parsley. Add the garlic and process or chop again. Add the nuts and process or chop until finely chopped.
3. Add the remaining cup of olive oil and process until well mixed. Pesto will keep, tightly covered, in the refrigerator for up to 3 weeks, covered with a thin layer of olive oil. Serve it on pasta, as a dip, or as a spread for crackers or bread. *Yield: 3 cups.*

MESS O' GREENS SALAD WITH WARM PECAN DRESSING

12 cups fresh greens (about 2 pounds)
 2 tablespoons balsamic vinegar
 2 teaspoons honey
 1 tablespoon Dijon mustard
 2 teaspoons vegetable oil
 1/2 cup pecans, roughly chopped or broken

1. Wash greens well, dry thoroughly, then remove and discard the long stems. Tear the greens into salad-size pieces and place in a large bowl.
2. In a small bowl, combine the vinegar, honey and mustard. Set aside.
3. Heat the oil in a small skillet until hot but not smoking. Add the vinegar mixture and pecans and cook, stirring regularly, for 2 to 3 minutes. Pour over the greens and serve at once.

TRI-COLOR PASTA

½ pound short pasta, such as gemelli
1-2 bunches greens, (about 1 lb. total), washed and dried
½ mild red pepper, diced
3 garlic cloves, finely chopped
2 lemons
2 tablespoons olive oil
1 tablespoon fresh basil, chives or chervil, minced, or 1/2 teaspoon dried herbs



1. Fill a 6-quart pot 3/4 full with salted water. Bring to a boil.
2. Remove and discard ribs from greens. Wash and dry greens well, then coarsely chop. Finely grate zest from lemons.
3. Cook pasta in boiling water until al dente.
4. While pasta is cooking, heat oil in a nonstick skillet that is large enough to hold all the ingredients. Over moderate heat, add red pepper and sauté until edges are slightly browned. Lower heat and add zest and garlic. Stir continuously until garlic is golden. Add the greens, season with salt and pepper and mix well. Cover, increase heat slightly and cook until greens are tender. Remove skillet from heat.
5. Setting aside 1/2 cup of the pasta cooking water, drain pasta in a colander. Add hot pasta and 1/4 cup of the reserved pasta cooking water to the greens mixture and cook over low heat, tossing until everything is well combined. (If mixture is too dry, add a little more of the pasta cooking water.)
6. Transfer to a serving bowl. Garnish with herbs. Serves 6 as a first course or 4 as a main course.

PUMPKIN AND BLACK BEAN CHILI

Here's a recipe sent by CSA member Karen Kolba. The vivid contrast of the black beans and bright orange pumpkin makes this a perfect party food. Serve in a large, hollowed-out pumpkin or an old cast-iron pot.

2 pounds pumpkin or butternut squash, peeled and seeded
1 tablespoon extra virgin olive oil
1 large onion, chopped
1 garlic clove, minced
1 jalapeno chile, minced
One 14.5-ounce can diced tomatoes, drained
One 14.5-ounce can crushed tomatoes
1 cup water
1 cup apple juice
4 tablespoons chili powder
1 teaspoon salt
1/8 teaspoon cayenne pepper
3 cups cooked or canned black beans, rinsed and drained if canned



4. Cut the pumpkin into 1/2-inch chunks and set aside.
 5. Heat the oil in a large pot over medium heat. Add the onion, garlic, and jalapeno. Cover and cook, stirring occasionally, until softened, about 10 minutes. Add the reserved pumpkin, diced tomatoes, crushed tomatoes, water, apple juice, chili powder, salt, and cayenne, and stir well. Bring to a boil, lower the heat, cover, and simmer until the pumpkin is tender, about 30 minutes.
 6. Add the beans, and more water if the chili is too thick for your taste. Cover, and continue to simmer about 15 minutes to blend flavors. Serve hot. *Serves 4 to 6.*
- If you like smoky heat with your chili, skip the cayenne pepper. Instead, add 1 or 2 chipotle chiles in adobo, the stingingly hot, smoked jalapeno chile that is canned in a sauce of tomato and vinegar.
 - This is a dish that begs to have greens added to it. As you add the pumpkin, you could add chopped curly endive, escarole, kale, chard, young collards, or lacinato (also known as Tuscan kale). They should give a nice balance to the stew. Excerpted from *One-Dish Vegetarian Meals: 150 Easy, Wholesome, and Delicious Soups, Stews, Casseroles, Stir-Fries, Pastas, Rice Dishes, Chilis, and More* by Robin Robertson.