



Cal Poly Organic Farm

Community Supported Agriculture Newsletter

www.calpolyorgfarm.com

CPOF ANNOUNCEMENTS

CSA Share Pick-Up Change for Next Week!

There will be no CSA Share pick-up on Monday, Feb 16th due to the holiday weekend. **All Monday shares will pick-up on Tuesday, Feb 17th** at their normal pick-up location and time. There are no changes to Thursday, Feb 19th deliveries. If you have questions regarding the holiday pick-up schedule please contact the Cal Poly Organic Farm at orgfarm@calpoly.edu or (805) 756-6139. Enjoy the three day weekend!

CPOF is **NOW enrolling for the Spring/Summer**

Season of its Community Supported Agriculture (CSA) Program. Hard copies of the membership forms will be available near the sign out sheet at your pick up location and will be e-mailed to you. In addition, membership forms can be downloaded from our website at: www.calpolyorgfarm.com.

- * **Change the Status Quo Conference**, Feb. 27th-28th. CPOF's Farm-to-School Apprentices will speak at a workshop on Saturday. \$10 students, \$20 non-students (includes a conference t-shirt & organic food). <http://studentlife.calpoly.edu/scs/quo/>, 756-5834.
- * Sun., Mar. 1st, **Big Brothers, Big Sisters-SLO Fundraiser**, Cal Poly Mustang Lanes. Student Community Services is trying to get a team together, team cost is at least \$75. scsyouthprograms@gmail.com
- * **This Saturday**, Feb. 14th, 1 pm, \$5 non-members. SLO Botanical Garden, "Mother Nature's Miracle: Photosynthesis", talk by Dr. John Veres, Cuesta College.
- * **Food In America**, STEYNBERG GALLERY, **Feb. 15 at 7pm**, a mixer with presentations by Hunter Francis (SARC), Lisen Bonnier (farmer, organic advocate), Chris Freitas (food distribution) & more. 1531 Monterey St. SLO. Info: 547-0278.
- * How to Design and Install Legal Grey Water Systems for Residential Properties, **Feb. 17th, 7 pm, SLO Botanical Garden**, \$20 fee. For more info., 801-6956, josh@carmichaelenvironmental.com.
- * **Fri., Feb. 13** through **Sun., Mar. 1**, 11-5 pm, "Hungry Planet: What the World Eats". Award-winning traveling exhibit features photo and text displays by Napa-based husband and wife team displaying the weekly food purchases from around the world. www.sloartcenter.org
- * **Feb. 21st, 7 pm**, documentary, "The Future of Food," an in-depth look at genetically engineered food and how it affects us personally and collectively. \$8 for members, \$10 for non-members. www.sloartcenter.org
- * **FREE Water Smart Gardening Workshops**. Contact: Celeste Whitlow, 929-1133, cwhitlow@ncsd.ca.gov. The Nipomo Community Services District is offering a series of five free workshops for community residents wanting to learn about how to have beautiful, drought-resistant landscape at their homes.

Feb. 16 – Feb.22, 2009

Welcome to Week 20!

Full Shares expect 10-12 items

Small Shares expect 8-10 items from the following list:

Unless otherwise noted, all vegetables are certified organic.

Unless otherwise noted, all vegetables are from the CPOF.

All Shares:

Kiwifruit (Mallard Lake, conventional)

Parsley

Kale

Broccoli

Cilantro

Collard Greens

Bunching Onions

Carrots

Purple Top Turnips

Large Shares Also Get:

Blood Oranges

(Calamoya Farm)

Spinach

Radishes

Head Lettuce

- * Learn what's needed to build a local clean energy future for Morro Bay! The local Sierra Club will host an interactive Energy Town Hall meeting for Morro Bay City residents with City Council Members Noah Smukler, Betty Winholtz and County Supervisor Bruce Gibson. **Thurs., Feb. 19th, 7-8:30pm** at Windows on the Water Restaurant, (699 Embarcadero St.). For more, cworth@calpoly.edu .
- * **12th Annual Children's Exploratorium, Saturday, Feb. 21, from 10-2**, multipurpose room at Monarch Grove Elementary School in Los Osos. \$5 admissions fee that covers the 25 booth activities, including crafts, petting zoos, computer recycling, and safety information from the local lifeguards, sheriff, US Coast Guard, and fire departments. 805-550-3715.
- * Join the Singing Chef, Central Coast cooking show, at Green Acres Lavender Farm, March 6th, April 17th, and May 23rd. Menu info. and pricing coming soon, see website: www.greenacreslavenderfarm.com

Notes from the Field with Kyle Cosgrove:

The field is wet which is good for the crops, but challenging at times for the staff as it is very muddy with poor footing and slow harvests. Look out for missing boots in the mud! The wet weather gave us a chance to clean-up a bit and do some seed sowing. The rain was welcomed as it was warm in the previous weeks and irrigation has been finicky all winter.

Winter crops generally have less extensive root systems and need more water regularly. The broccoli, kale, bok choy, bunching onions, radishes, beets, turnips and soil, all need to be monitored closely to determine when water is needed. Luckily the rains arrived to help us out! With rainwater comes trace amounts of nitrogen elements that plants use for growth.

There was a good response from the crops after the rain. The rain will keep the tractors out of the field at least a few days, maybe a week. Transplanting, cultivating, and direct seeding are put on hold, so we hope we will get through harvest with what is in the field. We look forward to planting more veggies soon!

The vegetables are looking good without much insect pest pressure. This tends to be the case during winter when insect reproduction and activity rates decrease because of the cold weather.

Tomatoes, onions, eggplant and peppers have been sown for an early spring planting after the last frost in San Luis Obispo, around March 12. Vegetables will spend a month to 10 weeks in the greenhouse, a week hardening off outside, and sent to the field in March. We should expect fruit from these summer crops in 3-4 months! All for now, enjoy the rain!

Featured Fruit **Kiwifruit (*Actinidia chinensis*)**

Kiwifruit may look unpalatable at first glance, but under that hairy brown exterior lies emerald green flesh with a flavor reminiscent of strawberries to some and pineapple to others. As tempting as it is in desserts, this sweet, yet slightly tart fruit also works well in savory dishes.

HISTORY

Kiwifruit was formerly known as the Chinese gooseberry. Surprisingly, although it is associated with New Zealand, kiwifruit actually originated in the Chang Kiang Valley of China. The Chinese used it as a tonic for children and women after childbirth due to its high nutritional value, but never truly enjoyed it as a fruit. It was first exported from Asia as an ornamental vine, perfect for arbors, in the early 1900s. The kiwifruit arrived first in 1904 in the United States and later in 1906 found its way to New Zealand. It was the New Zealanders who recognized the potential of this succulent fruit and began cultivating it for commercial profit. Due to nouvelle cuisine movement of the 70's, the kiwifruit gained great popularity in the USA. New hybrids include the baby kiwis, which are green, smooth, about the size of table grapes, and eaten much like them. Today, California provides 95 percent of the US crop. Out of the four main varieties, the most popular is the "Hayward," a variety developed by New Zealand horticulturist Hayward Wright. Luckily, the opposite growing season of New Zealand makes kiwifruit available year-round in the Northern hemisphere.

TRIVIA

New Zealanders do not take kindly to the fruit being referred to as a *kiwi*, preferring *kiwifruit*. The kiwi is a small flightless bird native to New Zealand, a term New Zealanders often use in reference to themselves. The moniker of "kiwifruit" is a fairly recent development, believe it or not. New Zealand growers adopted the name kiwifruit for the Chinese gooseberry in the mid 1960's, believing it to be more palatable than a reference to the hairy bird which its hairy exterior resembles. There are also some references to the name change being in response to anti-communist sentiments implied by *Chinese* gooseberry. In France, kiwifruit translates to *souris* *vegetales*, meaning vegetable mouse. It's an apt description, albeit not very appetizing.

NUTRITION

Kiwifruits are low in fat and calories and have no cholesterol. They are loaded with Vitamin C, potassium and fiber, making it one of nature's tastiest superfoods.

SELECTION AND STORAGE

Select kiwifruits that are unblemished and firm but not rock hard. The flesh should yield to gentle pressure, similar to that of a ripe peach. Avoid those that are shriveled, moldy or have soft spots. You can easily ripen kiwifruit by leaving it at room temperature for a few days or to speed up the process, put the kiwifruit in a dry paper bag along with an apple or banana. However, for home usage, it's best to use them within a week. The fruit can be frozen by peeling and covering with a heavy sugar syrup to which has been added 1/2 teaspoon of ascorbic acid per quart of liquid. Frozen kiwi fruit can be stored 10 to 12 months at 0 degrees F.

PREPARATION

Most people prefer to either peel kiwi fruit or slice in half and scoop out the flesh with a spoon. However, there are some varieties that scarcely hairy at all which may be eaten skin and all if you are feeling adventurous. An egg-slicer can be used to slice peeled kiwifruit into uniform slices for recipes or a colorful garnish.

Recipes (For past CPOF CSA Newsletters, visit: <http://calpolyorgfarm.com/newsletters.shtml>)

Check out this recipe, submitted by CSA member Jennifer Masich Lynn, which takes turnip greens in a totally different direction. Thanks for sharing! *Other tasty recipes?* Email to orgfarm@calpoly.edu.

Chicken Saag (with *turnip greens* instead of spinach)

1 bunch turnip greens from Cal Poly Organic Farm	1 onion, finely chopped
1 inch fresh ginger root, grated or chopped	1 14-oz can diced tomatoes
2 garlic cloves	4 tsp curry powder
1 fresh green chili (optional)	1 tsp salt - more to taste
¼ cup water	1 tsp chili powder
1 Tbsp oil	¾ cup water
2 bay leaves	3 Tbsp plain yogurt
¼ teaspoon black peppercorns	8 chicken thighs, skin removed

1. Wash but don't dry the turnip greens. Cook them with no additional water in tightly covered pan for 5 min.
2. Put the cooked greens, ginger, garlic, chili, and ¼ c. water in a food processor or blender and process to a thick puree. Set aside.
3. Heat oil over med.-high heat in a large heavy pan, add bay leaves and black peppercorns, and fry for 2 min.
4. Add onion and fry for 6 to 8 minutes more or until the onion has browned.
5. Add the tomatoes and simmer for 5 minutes.
6. Add curry powder, salt, and chili powder. Cook for 2 minutes over medium heat.
7. Add the greens puree and ¾ c. water. Simmer for 5 minutes.
8. Add the yogurt. Simmer for 5 minutes.
9. Add chicken thighs, stir to coat them in the sauce. Cover and cook for 25-30 min., until chicken is tender.
10. Serve in a bowl with yogurt drizzled over the top, and chili powder sprinkled over the yogurt. Serve with white rice or on naan bread.

Mess o' Greens Salad

With Warm Pecan Dressing (Seasonal chef)

6 cups fresh mustard, turnip, and/or *collard greens* (about 1 pound)
2 T balsamic vinegar
2 tsp. honey
1 T Dijon mustard
2 tsp. vegetable oil
½ 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.
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.

Pancetta- and Sesame-Coated Turnips (Bon Appétit)

16 very thin pancetta slices (Italian bacon; about one 3-ounce package) (for vegetarian, minus the pancetta)
2 large *turnips* (each about 8 ounces), peeled, each cut into 8 wedges
1 large egg
1 1/2 cups sesame seeds (about 7 1/2 ounces)
Vegetable oil (for deep-frying)

1. Wrap 1 pancetta slice around 1 turnip wedge, covering most of turnip. Repeat with remaining pancetta slices and turnip wedges.
2. Line rimmed baking sheet with waxed paper. Whisk egg in medium bowl to blend and place sesame seeds in another medium bowl. Dip each pancetta-wrapped turnip wedge into beaten egg to coat, then dip into sesame seeds, turning to coat generously on all sides. Place on prepared baking sheet.
3. Preheat oven to 350°F. Pour enough vegetable oil into heavy medium saucepan to reach depth of 2 inches. Attach deep-fry thermometer to side of pan and heat oil to 350°F. (not necessary)
Working in batches, add sesame-coated turnip wedges to oil, and deep-fry until sesame seeds are golden, about 1 minute (turnips will be very crunchy). Transfer turnips to paper towels to drain. Arrange turnips on rimmed baking sheet and bake just until turnips are beginning to soften, about 7 minutes. Sprinkle generously with salt and pepper.

Ben & Jerry's Kiwi Ice Cream

6 ripe *kiwifruit*

1 cup sugar

1 tablespoon sugar

2 large eggs

2 cups heavy or whipping cream

1. Peel the kiwis and mash them in a bowl until pureed. Stir 2 tablespoons sugar into the fruit, cover, and refrigerate 1 hour.
2. Whisk the eggs in a mixing bowl until light and fluffy, 1 to 2 minutes. Whisk in 1 cup sugar, a little at a time, then continue whisking until completely blended, about 1 minute more. Pour in the cream and whisk to blend. Stir in the kiwis.
3. Transfer the mixture to an ice cream maker and freeze following manufacturer's instructions.