



Cal Poly Organic Farm Community Supported Agriculture Newsletter

www.calpolyorgfarm.com

CPOF ANNOUNCEMENTS

- * This Weekend...**Saturday, 1/31, (9- 12)**, CPOF is hosting the **first regular monthly volunteer work day!** Please join us and take part in farm beautification.
- * **Empower Poly Coalition hosts "Focus the Nation"**, building a sustainable economy- Feb 3rd and 4th. **Green Job Fair** from 10am-2pm then the sustainable showcase from 5-7 at Chumash www.focusthenationslo.com.
- * The Farm paid for 3 students to attend the **Ecological Farming Conference** at Asilomar last week. This is a life-changing conference that infuses students with hopes and dreams. We could not do this if it weren't for donations. Let us know if you wish to help with this fund for 2010.
- * Satsuma **Mandarin U-Pick** at Cal Poly Sat. 10-1, Follow the signs on Highland. U-Pick hotline: 756-2224.
- * **Swanton Pacific Ranch** offers Volunteer Weekends and Paid Internship Opportunities! Dr. Brian Dietterick, 756-6155 bdietter@calpoly.edu.
- * **Upcoming Ally Training Sessions:** Workshops for Cal Poly staff and students interested in becoming allies for the LGBT, Queer, and Questioning community. Our definition of an Ally: A person, often straight, who is accepting and supportive of the LGBTQ community. More information, visit: www.pride.calpoly.edu.
- * **This Monday!** Feb. 2, 10:15 am-12, Morro Bay Natural History Museum: Steve Hendricks, Cuesta College, **Sustainable Seafood: How to make environmentally sound seafood choices**, including a group activity using the Monterey Bay Aquarium's Seafood Watch Card to select sustainable seafood from a hypothetical restaurant or market. http://www.ccnha.org/mind_walks.html
- * The Natural Resources Defense Council (NRDC) announces its first annual **Growing Green Awards** to recognize individuals that have demonstrated original leadership in the field of sustainable food. Nominations are due by February 6, 2009. <http://www.rocfund.org/> (Roots of Change Website).
- * Check out: "The Greenhorns"- A small grass-roots non-profit and documentary film project based in Hudson Valley, NY, working to promote, recruit and support young farmers in America. Our **Greenhorns Guidebook for Beginning Farmers**. <http://www.thegreenhorns.net/reading.html>.

Feb. 2 – Feb.8, 2009

Welcome to Week 18!

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:

Cilantro
Bok Choi
Braising Greens
Kale
Arugula
Bunching Onions
Navel Oranges (Cal Poly, Conventional)
Lettuce
Turnip

Visit the U-Pick Flowers
by the pack shed



Large Shares Also Get:

Parsley
Spring Mix
Radish
Potato

- * SEA Change-The Strategic Energy Alliance Presents the **Renewable Energy Education Forum** Friday, Feb. 6, 9-1:30 pm, SLO Veterans' Hall, \$10, Go to www.slochamber.org for reservations.
- * **FUNGUS AMONG US** Sun., Feb. 8, 1-4 pm, A **free** guided walk about mushrooms at the Dallidet Adobe and Gardens, 1185 Pacific St., Bring along your own fungus for Mr. Dennis Sheridan, of Cuesta College, to identify! <http://www.slochs.org> or contact Nicole Panos at 805-543-0638 for more info.
- * **SLO BOTANICAL GARDEN NEEDS CHILDREN'S DOCENTS**—trainings: Feb. 5, 12, 19, and 26. Share your love of the natural world with children. Info: 541-1400, Ext. 302 or education@slobg.org.
- * How to Design and Install Legal Grey Water Systems for Residential Properties, Local experience in Permitting, Materials & Installation. **February 17th, 7:00 pm, SLO Botanical Garden's** Oak Glen Pavilion. Please RSVP by February 13th, (805) 801-6956, josh@carmichaelenvironmental.com. Cost: \$15* CLCA Members, \$20 Non-members, **\$20 at the door without RSVP.*

*A Day in the Life of Your Future Veggies—
Red Russian KALE! (Sowed: 01/15/09)*

Stay Tuned to See the Latest Developments...

Now

Veggie of the week: BOK CHOY (*Brassica chinensis*)

Bok choy is classified as a cabbage, although it bears little resemblance to the round European cabbages found in western supermarkets, or to Napa Cabbage for that matter. Its white stalks resemble celery without the stringiness, while the dark green, crinkly leaves of the most common variety is similar to Romaine lettuce. Bok choy is also known as Chinese White Cabbage, Chinese Chard, Chinese Mustard Cabbage, Pak Choi and "white vegetable."

HISTORY

- Cultivated in China since the 5th century, bok choy spread throughout the remainder of Asia. Bok choy is found in soups and stirfries, appetizers and main dishes.
- In Hong Kong over twenty varieties are available. Although bok choy was introduced to Europe in the 1800's, and is now readily available in supermarkets throughout North America, other cuisines have been slow to embrace it.
- Bok choy is widely popular in the Philippines, where large numbers of Chinese immigrated following Spain's conquest of the islands in the 1500's. You'll sometimes find bok choy replacing cabbage in pancit, a Philippine noodle dish, and in kimchi, a Korean hot pickle made with garlic and red peppers. Bok choy or pak kwahng toong also appears in Thai recipes.
- While bok choy is grown in the United States and several Canadian provinces, it remains firmly associated with Chinese cooking.

NUTRITION

- One half cup of raw bok choy, which is approximately 56 grams, contains only 10 calories.

- Bok choy contains no fat or cholesterol and is a good source of calcium. It is also low in sodium and high in vitamins C and A.

SELECTION AND STORAGE

- Select stalks that are pure white and firm and look for leaves that are dark green and non-wilted.
- Baby bok choy, which is a younger version of bok choy, should be purchased with same standards.
- Wrapped in paper towels & stored in refrigerator vegetable crisper, bok choy should keep up to a week.

PREPARATION

- Because bok choy is a member of the cabbage family, you can cook it as you would a cabbage. When cooked, it has a sweet flavor and its stalks are firm. You'll find that bok choy is extremely adaptable. Boiling, steaming, stir-frying and even deep-frying are all possibilities.
- With full-sized bok choy you'll want to separate the leaves from the stalks, as the thick stalks have a longer cooking time. Rinse both well and drain, then shred or cut across the leaves, and cut the stalks into small slices along the diagonal or as called for in the recipe. When stirfrying add a tablespoon or two of water to the wok and cover. If desired, add a bit of salt or sugar during cooking.
- Be sure not to overcook the bok choy - the stalks should be tender and the leaves just wilted. Baby bok choy is best when cooked whole and used as a side dish to a meat entrée.
- Bok choy can be stir-fried with a bit of garlic or perhaps ginger. Oyster sauce and bok choy make an excellent combination; soy sauce is another good choice. If desired, add a bit of cornstarch to the sauce to thicken. Alternately, drizzle a bit of sesame oil over the cooked bok choy before serving. For that matter, you can forego cooking bok choy altogether - the raw stalks make a great mid-afternoon snack. The possibilities are endless!



Cooking Times for Bok Choy

Boiling: 3 - 4 minutes for the stalks, 1 - 1 1/2 minutes for leaves.

Steaming: about 6 minutes for the stalks, 2 - 3 minutes for leaves

Stir-fry: 5 minutes for stalks, 2 minutes for leaves (Leaves should be just wilted and bright green.)

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

BOK CHOY SALAD with CREAMY VINAIGRETTE (A Veggie Venture)

BOK CHOY SALAD

Bok choy, trimmed, chopped - 8 ounces
 Fresh goat cheese - 1 ounce
 Toasted walnuts - 1 ounce
 Fresh fruit - 1/2 apple, a tangerine, etc.
 Chopped green onion - 3 or 4

Combine just before serving.

CREAMY VINAIGRETTE

2 tablespoons cream, whisked until pillowy (this takes a minute or two, it's also easier starting with more cream but since the dressing doesn't keep well, make only enough for the current meal)
 1 tablespoon rice vinegar (or lemon juice or another vinegar)
 1 teaspoon sugar
 1 teaspoon good mustard

STIR-FRIED BOK CHOY WITH MUSHROOMS (Joy of Cooking)

Place in a small bowl: *6 dried shiitake mushrooms*

Pour over the mushrooms: 1/2 cup boiling water

Let soak for 20 min., stirring occasionally.

Lift the mushrooms from the bowl, reserving the liquid, and cut into 1/4 inch slices.

Strain the soaking liquid and reserve 2 tablespoons.

Pour the reserved soaking liquid into a small bowl and stir in:

1 Tablespoon Shaoxing wine or dry sherry

2 teaspoons cornstarch

3/4 teaspoon white pepper

Combine in another small bowl:

1 cup chicken broth or stock

1/2 teaspoon salt & 1/2 teaspoon sugar

Heat in a wok or a large skillet over high heat:

3 tablespoons peanut or vegetable oil

Add the reserved mushrooms and:

1 1/2 to 2 pounds bok choy, cut crosswise into 2-inch pieces

Stir-fry until the bok choy is wilted, 3 to 4 minutes.

Add the chicken stock mixture, cover and steam until crisp-tender, 1 to 2 minutes.

Stir in the reserved cornstarch mixture and bring to a boil, stirring often.

Add: *2 teaspoons toasted sesame oil*

Stir well and serve immediately.

Spaghetti with Garlic & Oil (Vegetarian)

Serves 4

4 oz fresh or dried spaghetti

6 Tbsp extra virgin olive oil

2-4 garlic cloves, chopped

1 dried red chili

1 small handful of fresh flat leaf **parsley**, roughly chopped

Salt

1. Bring a large pan of generously salted water to the boil and cook the spaghetti until is al dente. Dried spaghetti will take 10-12 minutes; fresh spaghetti will be ready in 2-3 minutes.
2. While the pasta is cooking, heat the oil in a small frying pan over very low heat. Add the crushed garlic and whole dried chili and stir over low heat until the garlic is just beginning to brown. Remove the chili and save as a garnish.
3. Drain the pasta and tip it into a warmed serving bowl. Pour on the oil and garlic mixture, add the **parsley** and toss until the pasta glistens. Serve immediately, garnished with the chili.

Variation: Serve the pasta with freshly grated Parmesan or Pecorino cheese.

Refried Beans (Vegetarian Times)

Serves 4

- 2 15-oz. cans pinto beans, including liquid
- 1 Tbs. olive oil
- 5 **green onions**, white and pale green parts chopped (¼ cup)
- 1 Tbs. ground cumin
- 2 cloves garlic, minced (2 tsp.)
- 1 Tbs. lime juice
- 2 tsp. lime zest
- 4 Tbs. chopped **cilantro**

1. Mash pinto beans and liquid with potato masher in large bowl. Leave some beans whole, or mash until smooth if you prefer a creamier texture.

2. Heat olive oil in large nonstick skillet over medium heat. Add green onions, cumin, and garlic, and cook 1 minute, stirring frequently. Stir in mashed beans (mixture will be soupy). Increase heat to medium-high, and cook beans 10 minutes, or until they thicken and will hold their shape on plate, stirring frequently.

3. Remove pan from heat. Stir in lime juice and lime zest, and season with pepper. Garnish each serving with 1 Tbs. cilantro.

Super C Smoothie (The Vegetarian Mother's Cookbook)

1 cup cold orange or pineapple juice

6-8 strawberries, fresh or frozen

1 banana frozen

½ cup chopped kale, green cabbage or watercress

Place all ingredients in blender and puree until smooth.

Variation: Add ½ cup plain yogurt or ¼ cup chopped cashews if desired for protein.

2 Servings