



Cal Poly Organic Farm Community Supported Agriculture Newsletter

Welcome to Week 8!!!!

Thanksgiving Week Schedule Changes

Monday shares will be available for pick up and delivery as usual on Monday, November 24th and **Thursday shares will be available for pick up and will delivery on Tuesday, November 25th.**

Please let us know in advance if you will be unable to pick up your share and would like to make alternate arrangements. You may also donate your share if preferred.

SIGN UP FOR THE CAL POLY ORGANIC FARM WINTER CSA PROGRAM! It's that time again... 12-week Community Winter Shares begin the week of December 15th and 10-week Student Winter Shares begin the week of January 5th. Visit: www.calpolyorgfarm.com for membership forms and payment instructions, or contact the Cal Poly Organic Farm by e-mailing: orgfarm@calpoly.edu or calling: 805-756-6139 for more information. Please keep in mind it takes about a week for mail to get to the Cal Poly Organic Farm Business Office. We suggest you mail your forms no later than December 1st, 2008... We look forward to having you as a member of the Cal Poly Organic Farm CSA Program this winter!

PAYMENT PLAN OPTION DUE. If you signed up for the 24 week Community Fall/Winter Share, and opted for the payment plan, your payment is due by December 8th. Please keep in mind that it takes about a week for mail to get to the Cal Poly Organic Farm Business Office, so we suggest you mail your forms by December 1st, 2008. The balance owed is listed on the Welcome Letter you received at the beginning of the season. If you have questions regarding your balance due, please contact the Cal Poly Organic Farm by e-mailing: orgfarm@calpoly.edu or calling: 805-756-6139. We look forward to continuing to provide you with fresh, local, organic produce all winter long. Thank you for your support!

On Wednesday, 11/12 there will be a **University Forum for the Community regarding Diversity at Cal Poly specifically in relation to the College of Agriculture, Food and Environmental Sciences (CAFES)**. The Forum will be held at Cal Poly's Performing Arts Center at 7 p.m. For more information, please contact CAFES by calling: 805-756-2161 or e-mailing: cafes@calpoly.edu

Week 8

November 10 – November 16, 2008

Full Shares expect 10-12 items

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

Cilantro
Kale
Radishes
peppers (sweet and hot)
head lettuce/spring mix
arugula
parsley
winter squash
green beans(TKP FARMS)
apples (Swanton Pacific Ranch)
kiwi (Mallard Lake Ranch-conventional)
Persimmons (Cal Poly-conventional)
Unless otherwise noted, all vegetables are certified organic.
Unless otherwise noted, all vegetables are from the CPOF.
www.calpolyorgfarm.com
805-756-6139, orgfarm@calpoly.edu

Notes from the Field from CPOF Production Supervisor Jerry Mahoney:

With nearly an inch of rain last week, it provided a nice opportunity to catch up on some hand weeding. Weeding is one of the few things we can do when the ground is wet as we can't drive a tractor. The weeds also become easier to pull. After the moisture absorbed into the ground and evaporated enough, we transplanted broccoli and cauliflower.

With the cooler weather the pests become less abundant and active. This makes it easier for us to focus successful efforts on leafy greens.

We sowed spinach, turnips, cilantro, spring mix and have a new crop of tomatoes (the bushy type that doesn't need to be trellised and won't strain our greenhouse structure) and marigolds which will hopefully attract pests away from our treasured tomatoes.

You can look forward to carrots and bunching onions in the near future and more beets to come!

Reminders and Community Announcements:

As the holidays near, remember that **gift certificates for the "Gift of Veggies"** from the Cal Poly Organic are always available. For more information, ask your "greeter," e-mail: orgfarm@calpoly.edu or call: 805-756-6139.

Get Scootin on a Vespa! **Raffle tickets for a 2009 Vespa** are being sold for \$10 at Boo Boo Records, Wilmore Scooter Works, Muzios Deli, and Taste. Proceeds will benefit the San Luis Obispo International Film Festival. The drawing will take place on Saturday, March 14th during the King Vidor Independent Film Award Event at the Fremont Theatre. For more information, please contact any of the above mentioned ticket holders.

Art After Dark Open House to celebrate the Land Conservancy's new office at 547 Marsh Street on Friday, November 7th from 6 p.m. to 9 p.m. for artwork and a slideshow at the historic Kaetzal House (formerly the Johnson Gallery). Join The Land Conservancy and the artists in christening the new location. Artwork will be available for purchase and viewing. Please call 805-544-9096 for more information.

BIODYNAMIC Short Course featuring Gena Nonini, at Cal Poly on November 14th and 15th. The course is offered by Cal Poly Continuing Education and titled the "Foundation of Applied Biodynamics." More details at: www.sarc.calpoly.edu/programs/continuing_ed.html

Save the Date for the Sustainable Ag Expo on Nov. 13th and 14th in Monterey. For more information, please visit: www.vineyardteam.org/events/agexpo.php

Free workshop on "Living With a Gray Water System In Your Home" will be offered on Wednesday, 12/3 from 6 p.m. to 9 p.m. at the Atascadero Lake Pavilion. The event is sponsored by: The Appropriate Technology Coalition of San Luis Obispo, Atascadero Mutual Water Company and the City of Atascadero. For more information, please visit: www.amwc.us (click on gray water), call: 805-466-2428 or email: jessicas@semmesco.com or call: 805-466-6737 x 203.

Lemon and honey vinaigrette-compliments of Ashleigh Hutchison at The Gardens Kitchen Studio in San Luis Obispo

1/2 cup dijon mustard
1/4 fresh lemon juice
1/4 olive oil
2 TBSP organic honey

1 TBSP coarse pepper

1 tsp sea salt

1 TBSP white wine vinegar

1/4 TSP ground ginger

Mix all ingredients in small bowl.

Whisk in the olive oil until emulsified and let sit about 10 minutes until thickened slightly. Perfect on grilled vegetables, salad, grilled tuna and pork. Enjoy!

For information about The Gardens Kitchen's Chef Series featuring Chef Gary Hamel's wheat and gluten free cooking class and MORE visit: www.thegardenskitchen.com e-mail: gardenskitchen@gmail.com or call: 805-801-3490.

Featured Vegetable-Arugula

Look for this spicy, peppery green in this week's share. It's low in calories and high in vitamins A and C. It is often mixed with milder tasting greens and is tasty sautéed in olive oil. (what isn't?) It is sown directly into the ground it takes about 40 days to mature. It is milder in flavor when it's smaller and the flea beetle is a big FAN !!!!

For more information, visit: <http://www.gourmetsleuth.com/arugula.htm> which also offers this pesto recipe...

Arugula Pesto

1 bunch arugula, stems removed (about 4 ounces)

2 3/4 teaspoons of coarse or Kosher salt

1/3 cup extra virgin olive oil

Freshly ground pepper to taste

Fill a large bowl with ice and add water, set aside. Fill a medium sized saucepan with water and the 2 1/2 teaspoons of salt, and bring it to a boil. Add the arugula and as soon as the water returns to a boil, remove the arugula with a slotted spoon and place it immediately into the ice water to stop the cooking process.

Transfer the arugula to several layers of paper toweling or clean kitchen towels and allow to drain. Roll up the towels and squeeze as much moisture as possible from the arugula.

Place the arugula in a blender jar and add the oil, 1/4 teaspoon of salt and the pepper and puree until the mixture looks like thick pesto. There will be a small amount of oil on the surface. Use immediately or transfer the mixture to a jar with a tight fitting lid if you are going to store it. This will keep for at least 5 days, refrigerated. Before using, stir the pesto to incorporate the oil accumulated at the top.

Serve the pesto over some freshly cooked pasta or boiled potatoes.

Rustic Red Kale and White Bean Soup

You can substitute any other leafy green for the kale, but if you're using quick-cooking greens such as spinach, allow the soup to cook for 25 minutes before adding the greens; then add the greens and cook just until they're done.

1 bunch red kale (or use any other green available)

1 large onion, chopped

3 ribs celery, chopped

4 cloves garlic, minced

1/2 cup parsley, chopped

1/2 cup chopped fresh basil (or about 5 "ice cubes" of frozen basil)

1 teaspoon dried oregano

2 15-ounce cans diced tomatoes

1 15-ounce can cannellini or other white beans

4 cups water

pinch red pepper flakes
salt and pepper to taste

Optional serving suggestions:

Balsamic vinegar and soy parmesan

Prepare the kale by removing the thick parts of the center rib and discarding them. Slice the leaves thinly. Measure out 4 cups of kale for the soup; save the rest for another use.

Mist a large, non-stick pot lightly with olive oil. Sauté the onion and celery until the onion begins to brown. Add the garlic, and sauté for another minute. Add all the remaining ingredients, and allow the soup to simmer, adding extra water as needed, until the kale is tender, about 30-60 minutes, depending on the kale. Taste the soup and add more basil, if necessary.

Serve the soup, stirring a few drops of balsamic vinegar and a sprinkling of vegan parmesan into each bowl, if desired. Makes about 6 servings.

Linguine with Arugula, Pine Nuts and Parmesan Cheese

1 pound linguine
1/2 cup olive oil
4 ounces arugula, trimmed
1 cup freshly grated Parmesan cheese
1/2 cup pine nuts, toasted
additional freshly grated Parmesan cheese

- 1. Cook linguine in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.*
- 2. Meanwhile, heat oil in heavy large skillet over medium heat. Add arugula and stir until just wilted, about 30 seconds. Remove from heat.*
- 3. Drain pasta and return to pot. Add arugula and toss well. Add 1 cup Parmesan and salt and pepper to taste; toss well.*
- 4. Transfer to bowl. Sprinkle with pine nuts. Serve immediately, adding additional Parmesan, if desired.*

Arugula, Orange and Red Onion Salad

2 bunches arugula, washed and trimmed
1 tablespoon extra virgin olive oil
1 teaspoon fresh lemon juice
2 large navel oranges, peel and white pith removed, cut into segments
8 very thin slices red onion, separated into rings
Freshly ground black pepper

- 1. Drizzle the arugula with half of the olive oil and the lemon juice; toss to coat and divide among 4 salad plates.*
- 2. Arrange the orange segments and onions on top, dividing evenly. Drizzle with remaining oil and season with black pepper.*

Persimmon Salad (Italian style)

Arugula, or other bitter salad greens, or romaine or spinach
Oriental persimmon, cut into bite-sized pieces
Fresh-grated shavings of parmigiano reggiano
Roasted and salted pecan pieces
Balsamic vinegar to taste
Olive oil to taste
Salt and pepper to taste
Prep: Toss all ingredients together and serve immediately.