



# Cal Poly Organic Farm

## Community Supported Agriculture Newsletter

[www.calpolyorgfarm.com](http://www.calpolyorgfarm.com)

### CPOF ANNOUNCEMENTS

\* **CAL POLY ORGANIC FARM SUMMER CSA STARTS SOON!** Just a reminder... the 10-week Spring/Summer Season ends the week of June 9th, but the new Summer Season is right around the corner. The Cal Poly Organic Farm Summer CSA will have both 10 and 14 week shares available beginning the week of June 16th. To sign up for the Summer Season, mail in a Membership Form and payment to; Cal Poly Organic Farm, HCS Department, Cal Poly, San Luis Obispo, CA 93407. If paying by credit card, please include a Credit Card Letter FILLED OUT COMPLETELY AND SIGNED. Forms are included with this newsletter, but can always be found at our website (click on the "CSA" tab - forms are listed on the right-hand side of the page). Please note, incomplete forms cannot be processed. Space is limited! Sign up now to continue receiving beautiful, organic produce all summer long.

\* **OOPS!** In order to maximize our availability to members, the beginning of the 10 and 14 week Summer Season will now begin the week of June 16th, not the week of June 23rd as previously stated. We apologize for any inconvenience, but look forward to seeing summer members a whole week sooner!

\* Have you misplaced an old newsletter and can't find your favorite recipe? The **Cal Poly Organic Farm CSA archives** our past newsletters on our website.

\* **Gathering of the Gardeners** in Cambria, CA on Saturday, May 3<sup>rd</sup> and 4<sup>th</sup> For more information, visit: [www.gardenersevents.com/gogcambria.htm](http://www.gardenersevents.com/gogcambria.htm)

\* **Slow Food Nation:** Over Labor Day Weekend (**August 29 to September 1, 2008**) Slow Food Nation will transform San Francisco's Civic Center and Fort Mason as tens of thousands of local citizens and visitors, farmers and food artisans, political leaders, environmental advocates and health-care experts, educators and artists, and parents and children gather to experience the largest celebration of food San Francisco has ever witnessed. This first-ever event of its kind in America will present an extraordinary range of activities for all ages, including a farmers' market showcasing hundreds of California growers and artisan producers, tastings and feasts, chef's demonstrations, an urban farm, a music festival, a major conference on food values, social justice and the environment, and workshops, forums, films and interactive exhibits, all highlighting food that supports an agricultural system that is good, clean and fair. For more information: [www.slowfoodnation.org](http://www.slowfoodnation.org) or Bob Banner at: [info@hopedance.org](mailto:info@hopedance.org)

### Week 4 Produce

April 27 – May 3, 2008

**Full Shares expect 10-12 items**

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

**Arugula** – Try Arugula Salad with Shaved Parmesan and Pine Nuts (*see recipes*).

**Tangelos\* (CP Fruit Science)** – *Vitamin C is the primary water-soluble antioxidant in the body, disarming free radicals and preventing damage in the aqueous environment both inside and outside cells.*

**Carrots** – *Carrots lend themselves to every cooking method: steaming, boiling, braising, sautéing.*

**Beets (mixed)** - *Cook beets in boiling water; cut into sticks and sauté in butter with a drizzle of honey and a handful of cranberries.*

**Turnips (mixed)** - *Turnip purée: Boil ½ turnip, 6 potatoes and a small cabbage. Drain. Purée with milk, butter, salt and pepper. (Ireland)*

**Lettuce (mixed) (Growing Grounds)** - *Always dress your salad greens at the last minute, otherwise the vinaigrette may cause them to wilt.*

#### **Braising greens-**

**Spring onions** – *Bunches of fresh onions will keep for a week in the crisper of the refrigerator.*

**Kohlrabi** – *With taste and texture similar to those of a broccoli stem or cabbage heart, but milder and sweeter, kohlrabi can be eaten raw as well as cooked.*

**Endive** – *Endive is fragile and will keep for only a few days in a cool place or in the vegetable crisper of your refrigerator. To increase its keeping time, wash it, spin or shake it dry and wrap in a damp cloth.*

**Leeks** – *Found in all European civilizations, it became the emblem of Wales after a memorable battle in which the Welsh wore leeks as distinguishing marks on their hats.*

**Broccoli** – *According to Pliny, the Romans grew broccoli in the first century A.D. In the Middle Ages the word "broccoli" referred to suckers of the cabbage plant which were prepared as salad.*

**Fava Beans** - *Italians credit the fava bean as a factor in saving Sicilians from starvation during a time of famine. Since then, the fava has been considered good luck.*

\* Not certified organic; sustainable.

Unless otherwise noted, all vegetables are certified organic.  
Unless otherwise noted, all vegetables are from the CPOF.

## VEGETABLE OF THE WEEK: FAVA BEAN (*Vicia faba*)

It's taken 5,000 years, but the fava bean seems to be making inroads into the New World. The beans have a buttery texture, slight bitterness and lovely, nutty flavor. And after a long, dark winter, their fresh green color pushes you right into spring

The pale green beans in the big floppy pods have been a beloved spring food on much of the planet for centuries. Favas — also known as Windsor beans, English beans, horse beans, broad beans pigeon beans — have long been diet staples in Asia, the Middle South America, North Africa and Europe. These ancient beans are of the oldest cultivated plants and among the easiest to grow. They the *only* beans Europeans ate before they discovered America and legumes. They took our beans home and left us the fava, which really caught on.

### Nutrition

Favas are nutrition superheroes. They are low in calories and in fat, no cholesterol. They're also high in iron, and fiber, and are good sources of vitamin C, vitamin A, and potassium. They have so much protein, they are called the meat of the poor.

Favas have high concentrations of L-dopa (dopamine), an amino that is a neurotransmitter in the brain. Dopamine plays a role in brain in such activities as memory, energy and sex drive. Dopamine levels decline in brain cells as we age, so who knows role favas might play in keeping those levels up. Some think favas help in treating Parkinson's disease, and others use them as a natural alternative to Viagra.

### Selection and Storage

Select the pods when they are green, thick and have a glossy sheen. These should be well filled with large beans. To store fava bean pods, place them in a plastic bag in the crisper section of the refrigerator right away. The pods will keep for five to seven days in the refrigerator. Store cooked and peeled fava beans in a plastic bag in the refrigerator for up to five days at most.

### Preparation

There are three steps to preparing a fava bean:

1. To shell the beans, pull on the stem of the pod and unzip them, on both sides.
2. Now take the shelled beans and drop them in boiling water for 30 seconds to blanch, softening the beans for easier removal of the outer shell.
3. Plunge into ice water, and peel off the beans' waxy outer covering. Drain.

Now, they are ready for use in recipes.

### A Few Quick Serving Ideas:

- \* Try a typical Italian spring salad of fresh fava beans and young sheep cheese tossed with olive oil, lemon juice, parsley and a little hot pepper.
- \* Puree cooked fava beans with cream and butter.
- \* Fava beans can be served simply boiled, mashed and spread on crostini, or added to spring stews and soups. They are often paired with artichokes or other spring vegetables such as peas and morels.



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### **Fresh Fava Bean and Pecorino Salad**

*If you can only find a hard grating pecorino, use a soft goat cheese. If there are leftovers, sauté the beans and cheese with a little oil in a small skillet. They are fragrant and delicious as a warm appetizer.*

2 pounds fresh unshelled fava beans (about 2 cups shelled beans)  
3 tablespoons extra-virgin olive oil  
1 tablespoon freshly squeezed lemon juice  
1 teaspoon dried leaf oregano  
3 tablespoons fresh flat-leaf parsley leaves, snipped with scissors  
1/8 teaspoon crushed red peppers (hot red pepper flakes), or to taste  
8 ounces soft sheep's milk cheese such as a pecorino or a soft fresh goat's milk cheese, cut in small cubes  
Salt and freshly ground black pepper to taste

In a medium bowl, combine all ingredients, and toss to blend. Taste for seasoning. *Makes 8 to 12 servings.*

### **Fava Bean Puree**

3 cups shelled fava beans (roughly 3 pounds unshelled)  
2 tablespoons unsalted butter, melted  
1/4 cup heavy cream  
Salt and freshly ground black pepper, to taste

1. Bring a large saucepan of water to a boil. Add the beans, reduce the heat and simmer until the beans are tender, about 20 minutes.
2. Drain the beans and puree them in a food processor or blender. Add melted butter, cream, and salt and pepper. Serve immediately. *Makes 4 servings.*

### **Rigatoni with Fava Beans and Artichokes**

3 artichoke hearts and bottoms, cubed  
1 cup blanched, shelled fava beans  
1/4 cup extra-virgin olive oil  
1/4 cup vegetable broth or water  
1 yellow onion, finely chopped  
1 carrot, finely chopped  
1 cup spinach leaves, coarsely chopped  
One 28-ounce can plum tomatoes (drained)  
1 pound rigatoni pasta (cooked)  
2 tablespoons coarse sea salt  
grated Parmesan cheese.

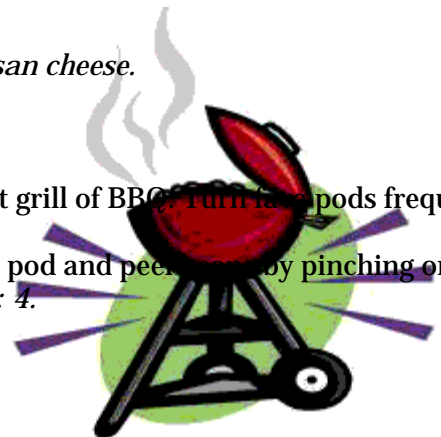
1. In large frying pan over medium-high heat warm olive oil. Add carrot and onion and cook until tender, about 7 minutes.
2. Add artichokes, fava beans, spinach, broth, salt and pepper. Cook until heated through.
3. Stir in tomatoes and simmer about 15 minutes. Add cooked drained rigatoni to sauce and gently toss. Plate and top pasta with shaved Parmesan cheese. *Serves: 4.*

### **Grilled Fava Beans**

*Grilled fava beans are delicious served as an appetizer with slices of Parmesan cheese.*

2 pounds fresh fava beans

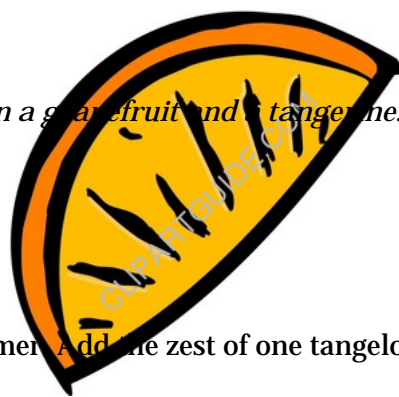
1. Spray whole fava bean pods with cooking spray. Place pods directly on hot grill of BBQ. Turn the pods frequently until pods char and begin to burst open (about 7 to 10 minutes).
2. Remove from grill and cool pods for 10 minutes. Remove fava beans from pod and peel by pinching one end of the bean to pop bright green fava bean from its waxy shell. *Serves: 4.*



### Tangelo Sorbet

*The flavor of the recipe is just like fresh tangelos, which are a cross between a grapefruit and a tangerine.*

4 cups fresh-squeezed tangelo juice (about 8 tangelos)  
Zest from one tangelo  
1 cup sugar  
1 cup water



1. Add water and sugar to a sauce pan and bring to a boil and then to a simmer. Add the zest of one tangelo. Simmer for 10 minutes.
2. Juice the tangelos straining the seeds and pulp from the juice so you have 4 cups. Place juice into a bowl over an ice bath. Add the syrup to the juice and cool below 45 degrees.
3. Place strain the tangelo mixture one more time and then add to your ice cream maker and freeze to your units particular directions. You can serve the Sorbet straight from the maker or can place in an air tight container to make it firmer. *Serves 8.*

### Open Lasagna with Broccoli and Pistachio Nuts

*(Lasagne Aperte Coi Broccoli ed i Pistacchi)*

12 squares of fresh egg pasta, about 1 1/4 pounds in all  
1 pound broccoli florets  
1 clove garlic, crushed and peeled  
8 cherry tomatoes, sliced into sixths  
A small bunch parsley  
1 tablespoon shelled pistachio nuts, chopped  
Olive oil  
Salt and shredded hot pepper to taste

1. Wash the broccoli florets and boil them in lightly salted water. When they are fork tender transfer them to a skillet using a slotted spoon; add to them garlic, the tomato, 1 tablespoon of olive oil, and a healthy pinch of hot pepper. Heat the mixture through, squashing the vegetables down with the back of a spoon, remove and discard the garlic, and keep everything else warm.
2. In the meantime cook the squares of pasta in the water you cooked the broccoli in, adding a couple of tablespoons of oil to keep the squares from sticking. When they reach the al dente stage remove them from the water with a strainer and arrange them in piles of three on serving plates, interlay ring them with the broccoli mixture.
3. Make a sauce by blending the parsley with 2 tablespoons of olive oil and 4 tablespoons of the water you cooked the pasta in, sprinkle it over the lasagna, dust the lasagna with the chopped pistachio nuts, and serve. *Serves 4.*

### Arugula Salad with Shaved Parmesan and Pine Nuts

arugula or other salad greens as desired  
4 slices of bacon (optional)  
4-8 tablespoons pine nuts  
16-20 shavings of parmigiano reggiano (parmesan)

Vinaigrette

1/2 cup extra-virgin olive oil  
2 tablespoons honey  
4 tablespoons balsamic vinegar  
1/2 clove of garlic, minced

1. Wash the arugula and tear it up coarsely. Place in a bowl.
2. Cut the bacon into small pieces; sauté gently in a skillet until crispy; drain.
3. Sauté the pine nuts in the bacon fat until lightly colored; drain. If you're not using bacon, you can toast the pine nuts in a dry non-stick pan.
4. Make the vinaigrette by combining all the ingredients. Serve the arugula with the vinaigrette, bacon bits, pine nuts and Parmesan shavings.

### Leek Tart

1 ready-to-use rolled-out piecrust  
1 egg white, lightly beaten

### Filling:

2 leeks, trimmed, cut lengthwise, rinsed, cut crosswise 1/4 inch thick (2 cups)  
2 tablespoons unsalted butter  
1 large garlic clove, finely chopped  
2 eggs  
2/3 cup half-and-half  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1 cup shredded havarti cheese

1. Heat oven to 400°. Unfold crust; press into bottom and up sides of 9-inch tart pan with removable bottom. Trim excess; prick bottom with fork; line tart shell with foil. Fill with pie weights or beans.
2. Bake in 400° oven 15 minutes. Remove from oven; remove foil. Brush crust with egg white. Bake 8 minutes or until golden brown.
3. Filling: Boil leeks in water 5 minutes. Drain; squeeze out water.
4. Heat butter in nonstick skillet. Add garlic; cook for 2 minutes. Add leeks; cook for 5 minutes.
5. Whisk together eggs, half-and-half, salt and pepper in a bowl.
6. Sprinkle cheese over bottom of crust. Evenly distribute leeks over cheese. Slowly pour in egg mixture.
7. Bake in 400° oven 30 minutes or until custard is set. If edges begin to brown too quickly, cover with foil.

### Tangelo Muffins

1 tangelo  
1 cup raisins  
2 medium carrots, peeled, chopped  
2 large eggs  
1 cup milk  
1/4 cup vegetable oil  
4 cups biscuit baking mix  
1-1/2 cups granulated sugar  
1/4 cup wheat germ  
1/3 cup all-purpose flour  
1/2 cup granulated sugar  
1-1/2 teaspoons ground cinnamon  
1/4 cup butter  
1/2 cup nuts, chopped



1. Chop unpeeled tangelo; discard the core and seeds. Place in a blender and process for 30 seconds. Add raisins, chopped carrots, eggs, milk, and oil. Process until well mixed, but not smooth.
2. In a bowl, combine biscuit baking mix, 1 1/2 cup sugar, and wheat germ; stir in the tangerine mixture and mix until just moistened. Fill greased muffin tins two-thirds full.
3. Combine 1/2-cup sugar, flour and cinnamon in a small bowl. Cut in butter until crumbly. Add chopped nuts; mix well. Sprinkle over the muffins.
4. Bake at 400°F oven for 15 minutes, or until light brown. Cool on wire racks. *Makes one dozen muffins.*



**Cal Poly Organic Farm**  
HCS Dept. Building 11, Room 227  
Cal Poly San Luis Obispo, CA 93407

Phone: 805 756-6139  
[orgfarm@calpoly.edu](mailto:orgfarm@calpoly.edu)  
[www.calpolyorgfarm.com](http://www.calpolyorgfarm.com)

## 2008 Cal Poly Organic Farm Summer Share CSA Membership Form

Name(s) \_\_\_\_\_

\_\_\_\_\_

Street Address \_\_\_\_\_

City and Zip Code \_\_\_\_\_

Email address(es) \_\_\_\_\_

Phone Number(s) \_\_\_\_\_

Both 10 and 14 week Summer Shares begin the week of June 16th, 2008. 10 week Summer Shares expire the week of August 18th, 2008. 14 week Summer Shares expire the week of September 15th, 2008.

|                 | <b>Large (\$26.50/week)</b>     | <b>Small (\$19/week)</b>        |
|-----------------|---------------------------------|---------------------------------|
| 10 week share   | \$265.00                        | \$190.00                        |
| <b>Or</b>       |                                 |                                 |
| 14 week share** | \$363.50 (2% discount included) | \$260.50 (2% discount included) |

\*\*14 week share has an automatic 2% discount included.

Your CSA share price = \$ \_\_\_\_\_

**Additions:**

**Drop site delivery fee** (\$1/week) x (#of weeks) = \$ \_\_\_\_\_  
(see below for drop site locations)

**CPOF Organic Tote Bag or T-Shirt** (S, M, L, XL) \$12.00 each \$ \_\_\_\_\_ (Please specify item/s)

**TOTAL DUE** = \$ \_\_\_\_\_

**Choose your pick-up location (please circle one):**

1. **Cal Poly Organic Farm** Mondays after 3:00pm – 7:00pm (No drop site delivery fee required).
2. **Cal Poly Organic Farm** Thursdays after 3:00pm – 7:00pm (No drop site delivery fee required).
3. **Morro Bay** Mondays after 4:30pm – 7:00pm.
4. **Cerro Vista** dorm at Cal Poly on Mondays after 4:00pm – 7:00pm.
5. **Atascadero** on Mondays after 4:30pm -6:30pm.
6. **SLO** (Pacific Coast Home and Garden) on Thursdays after 4:00pm – 7:00pm.
7. **Pismo Beach** on Thursdays after 4:30pm – 7:00pm.

**Please fill out all membership and payment forms completely before submitting them. Please mail this form along with payment to the address listed above. To pay by credit card, please include the Credit Card Payment Form. For other payment options please go to [www.calpolyorgfarm.com](http://www.calpolyorgfarm.com) or call (805) 756-6139.**



# Cal Poly Organic Farm Spring 2008 Student Membership Form

**Cal Poly Organic Farm's mission** is to educate students about organic and sustainable farming practices. In order to fund this mission, the farm operates a weekly produce subscription service. You can receive fresh, organic, Cal Poly produce weekly!

**A Student weekly produce box** includes 8 to 10 different vegetable and fruit items and is designed for 1 to 2 people.

**A typical Summer box would include the following:** beets, carrots, chard, cilantro, corn, cucumbers, eggplant, leeks, peppers, onions, tomatillos, tomatoes, salad, strawberries, squash and more!

**Summer Season** begins the week of June 23rd, and runs through the week of August 25th, 2008 (10 weeks). Please call the Cal Poly Organic Farm at 656-6139 to find out more about the 2008 CSA Summer share.

***To subscribe, please fill out and submit membership form and payment to the Cal Poly Organic Farm.***

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## CPOF Spring 2008 CSA Student Membership Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### **Preferred Share Pick-Up Day (please circle one):**

1. Mondays at the Cal Poly Organic Farm from 3:00pm through 7:00pm, **OR**
2. Thursdays at the Cal Poly Organic Farm from 3:00pm through 7:00pm, **OR**
3. Cerro Vista Front Desk on Mondays from 3:30pm through 7:00pm

**Make Checks Payable to:** Cal Poly Organic Farm

**Mail Membership Form and Payment to:** Cal Poly Organic Farm  
HCS Department, Building 11, Room 227  
Cal Poly San Luis Obispo, CA 93407

**OR**

**Drop Off Membership Form and Payment** to the address listed above.

**Pay By Campus Express Dollars** by filling out the following:

I authorize payment to the Cal Poly Organic Farm in the amount of \$190.00 to be deducted from my **Campus Express Card**.

Campus Express Card Account #: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Please write clearly and fill out this form completely. Incomplete forms cannot be processed.



**Cal Poly Organic Farm**  
HCS Dept. Building 11, Room 227  
Cal Poly San Luis Obispo, CA 93407

Phone: 805 756-6139/fax 756 6504  
[orgfarm@calpoly.edu](mailto:orgfarm@calpoly.edu)  
[www.calpolyorgfarm.com](http://www.calpolyorgfarm.com)

Dear Cal Poly Foundation,

I authorize you to charge my credit card (Visa or MC only please)

# \_\_\_\_\_,

exp date \_\_\_\_\_ in the amount of \$ \_\_\_\_\_, to be processed now,

for membership in the Cal Poly Organic Farm Community Supported Agriculture (CSA) program.

Thank you,

\_\_\_\_\_  
Name (Printed)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Phone Number

\*Please fill out this form COMPLETELY. Incomplete forms cannot be processed.