



Cal Poly Organic Farm Community Supported Agriculture Newsletter

Welcome to the Cal Poly Organic Farm's Spring/Summer 2008 season!

CPOF ANNOUNCEMENTS

*** Welcome to the Cal Poly Organic Farm's Spring/Summer 2008 season!** Greetings to both returning members and all of those joining us for the first time. We are pleased to announce that all the available shares have been sold for this season and the CSA is officially closed!

The 10-week shares will end the week of June 9; the 24-week shares will end the week of September 15. We will be sending you a flier listing all the **important dates** for the season, including holidays. These "dates to remember" will also be posted online for your ongoing convenience.

*** HopeDance Films: *The Real Dirt on Farmer John***, a classic film on the epic journey of farmer/activist/actor John Peterson, will be shown Wednesday, April 9th in Templeton. Potluck begins at 6 p.m. and film shows at 7 p.m.

*** Save the Date: Saturday, April 19 is the Cal Poly Open House** (for more info, visit: studentlife.calpoly.edu/ohs/). Please come visit the Sustainable Agriculture Resource Consortium (SARC) and the Cal Poly Organic Farm at this fun community event! We'll be at the Ag Pavilion in the Farm Shop Building, on the corner of Highland Drive and Via Carta.

*** Earth Day SLO 2008, Saturday, April 26**

- Arbor Day Celebration, Laguna Lake, 9 a.m. to noon
- Green Living Expo, Mission Plaza, noon to 5 p.m.

The Earth Day Alliance and the City of San Luis Obispo will hold back-to-back events, creating the largest Earth Day event ever in SLO County. As Arbor Day SLO plants its final tree in Laguna Lake Park's Commemorative Grove, the Green Living Expo will kick off in the Mission Plaza.

The Green Living Expo will feature at over 50 exhibits that demonstrate and allow visitors to see, feel and interact with an array of green products, services and lifestyle suggestions. Visitors can count on finding earth friendly products, alternative energy sources, clean car options, homemade items, healing arts services, healthy living tools and techniques, life enhancing mini lectures, and entertainment by local musician and dancers. An awarding winning Kid's Zone sponsored by Cal Poly students will educate and activate young minds. Healthy food choices will be available for sale.

Week 1 Produce

April 6 – April 12, 2008

Full Shares expect 10-12 items
Small Shares expect 8-10 items
from the following list:

Tangerines* (CP Fruit Science) – *A tangerine is a mandarin orange, but not all mandarin oranges are tangerines.*

Carrots – *Carrots belong to the Umbelliferae family, along with parsnips, fennel, caraway, cumin and dill, which all have umbrella-like flower clusters.*

Beets – *The sweet taste of beets reflects their high sugar content.*

White butter turnips - *Remove turnip greens from the root; store them in the refrigerator separately wrapped in a plastic bag. They should keep fresh for about four days.*

Parsley - *The activity of parsley's volatile oils qualifies it as a "chemoprotective" food, and in particular, a food that can help neutralize particular types of carcinogens (like the benzopyrenes that are part of cigarette smoke and charcoal grill smoke).*

Cilantro - *This herb, commonly found in Mexican dishes and salsas, is sometimes referred to as Mexican parsley. Coriander is the ground seed of the leafy cilantro plant.*

Kale – *A member of the Brassica family, kale is a great food if you're looking to protect your health and enjoy a delicious food at the same time.*

Arugula - *This delicate green gives a nice spiciness to salads, pastas or grilled sandwiches.*

Green leaf lettuce - *Thai lettuce wraps are quick and easy to make, as well as fun to eat, either as an appetizer or as part of a main course.*

Radishes - *Radishes are good sources of folate, calcium, potassium and fiber.*

Spinach - *Calorie for calorie, leafy green vegetables like spinach with its delicate texture and jade green color, provide more nutrients than any other food.*

Braising greens- *Serve healthy sautéed greens seasoned with some tamari, lemon juice and cayenne.*

Bunched onions - *What would a kitchen be without the distinctively pungent smell and taste of onions filling out the flavors of almost every type of cuisine imaginable?*

* Not certified organic; sustainable.

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

www.calpolyorgfarm.com

VEGETABLE OF THE WEEK: SPINACH (*Spinacia oleracea*)

Spinach is thought to have originated in ancient Persia (Iran). Spinach made its way to China in the 7th century when the king of Nepal sent it as a gift to this country. Spinach has a much more recent history in Europe than many other vegetables. It was only brought to that continent in the 11th century, when the Moors introduced it into Spain. In fact, for a while, spinach was known as "the Spanish vegetable" in England.

Spinach was the favorite vegetable of Catherine de Medici, a historical figure in the 16th century. When she left her home of Florence, Italy, to marry the king of France, she brought along her own cooks, who could prepare spinach the ways that she especially liked. Since this time, dishes prepared on a bed of spinach are referred to as "a la Florentine."

Storage

Store fresh spinach loosely packed in a plastic bag in the refrigerator crisper where it will keep fresh for about five days. Do not wash it before storing as the moisture will cause it to spoil. Keep spinach wrapped in a damp cloth. Once cooked, eat spinach immediately since it oxidizes quickly and can become toxic. Avoid reheating. Can be frozen if blanched first for 5 minutes.

Nutrition

Spinach is an excellent source of vitamin K, vitamin A, manganese, folate, magnesium, iron, vitamin C, vitamin B2, calcium, potassium, and vitamin B6. It is a very good source of dietary fiber, copper, protein, phosphorous, zinc and vitamin E. In addition, it is a good source of omega-3 fatty acids, niacin and selenium.

We all know that Popeye made himself super strong by eating spinach, but you may be surprised to learn that he may also have been protecting himself against osteoporosis, heart disease, colon cancer, arthritis, and other diseases at the same time.



Tips for Preparing Spinach:

- Spinach, whether bunched or prepackaged, should be washed very well since the leaves and stems tend to collect sand and soil. Before washing, trim off the roots and separate the leaves. Place the spinach in a large bowl of tepid water and swish the leaves around with your hands as this will allow any dirt to become dislodged. Remove the leaves from the water, empty the bowl, refill with clean water and repeat this process until no dirt remains in the water (usually two to three times will do the trick).
- Cut away any overly thick stems to ensure for more even cooking. If you are going to use the spinach in a salad, you can dry it in either a salad spinner or by shaking it in a colander. If you are going to cook it, you do not need to worry about drying it well as the remaining water will serve to help it cook.
- Spinach is one of the few vegetables we suggest quick boiling (for one minute). That's because boiling will help to reduce the amount of oxalic acids found in spinach, resulting in a sweeter taste.

Equivalents

4 cups leaves = 6 ounces

1 pound fresh = 1 cup cooked

15 to 16 ounce can = 1 1/2 - 2 cups

10 ounce bag = 6 cups of leaves, 1 1/4 cups cooked, 2/3 cup cooked & squeezed dry

10 ounces frozen = 1 1/2 cups cooked

A Few Quick Serving Ideas:

- Add layers of steamed spinach to your next lasagna recipe.
- Toss steamed spinach with pressed garlic, fresh lemon juice and olive oil. Sprinkle with a little Parmesan cheese.
- Pine nuts are a great addition to cooked spinach.
- Spinach salads are a classic easy and delicious meal or side dish.
- For breakfast, place a soft-cooked egg on a bed of spinach and garnish with toast triangles.
- Use young leaves in a salad with mandarins or orange segments, pine nuts and a sweet honey vinaigrette.

Pan-Seared Penne and Greens with Feta and Pine Nuts Recipe

Pasta:

1-pound penne pasta
2 to 3 tablespoons olive oil
2 to 4 tablespoons clarified butter (see *Note*)
Salt and cracked pepper to taste (not too much salt, because the feta is salty)
8 shallots, minced

Greens:

4 cups (packed) stemmed and torn kale leaves
1/2 head Savoy or green cabbage, cored and sliced
1 to 2 tablespoons good-quality olive oil
8 cloves garlic, minced
1 cup crumbled good-quality feta cheese, plus additional for garnish
3 tablespoons coarsely chopped fresh basil
3 tablespoons coarsely chopped fresh flat-leaf parsley
1 pound spinach, stems removed, washed, and dried

2 lemons, cut into wedges

1/4-cup pine nuts, toasted

Red pepper flakes

3 to 6 peeled and deveined shrimp per person, browned in olive oil (optional)

1. Bring a large pot of water to a rolling boil. Add the penne pasta and cook until it is edible but still quite firm. Drain the pasta in a colander. Immediately pour the olive oil over the penne and toss so that the pasta does not stick together. Cool under cold running water to completely stop the cooking. (The pasta will be cooked again, so at this stage it must be left underdone.)
2. In a large sauté pan over medium heat, pour in some of the clarified butter; don't allow the butter to turn brown or smoke. Drop in some penne and add a little salt and pepper. Shake the pan around until at least one side of the penne is golden brown. If you go too far, the pasta will either burn or become hard and dried out. When the pasta is almost done, add some shallots. Let them cook the rest of the way with the penne. Depending on the size of your pan, this process may have to be repeated a few times until all the penne and shallots have been seared.
3. In another large sauté pan over high heat, sauté the kale and cabbage in the olive oil until soft and slightly browned but not mushy. Add the garlic and sauté for another minute or two. Add the feta cheese, basil, and parsley. Toss the greens with the penne and, lastly, toss in the spinach. The spinach only needs to be wilted.
4. Divide the penne and greens among 4 plates. Squeeze a lemon wedge over each plate. Crumble more feta on top and sprinkle with pine nuts and red pepper flakes. Place the shrimp, if using, and lemon wedges on the very top of each dish. *Yield: 4 servings.*

Note: To make clarified butter, simply melt 3 to 5 tablespoons butter. Let stand. When the butter has separated, pour the "oil" off the top. This is clarified butter. Discard the cloudy, milky part at the bottom.



Pear and Spinach Salad

Fresh spinach

2 pears, unpeeled

1/2 cup diced red pepper

1/2 cup coarsely chopped walnuts

3-4 slices of bacon, well cooked and diced

1/4-cup vinaigrette (olive oil and balsamic vinegar)

1 teaspoon orange zest

1. Quarter the pears lengthwise, core them and rub with lemon to prevent them from darkening;
2. Slice each quarter thinly.
3. In a large bowl, combine the spinach, sliced pears, red pepper, walnuts and bacon.
4. Mix the zest into the prepared dressing and pour over the salad.
5. Toss well and serve with toasted bread as a first course.



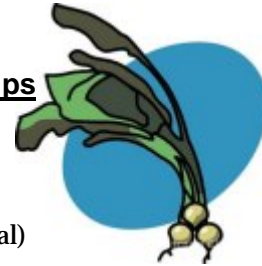
Gratin of Yukon Gold Potatoes, Bacon & Arugula



12 ounces bacon slices, chopped
2-1/2 cups whipping cream
1-1/2 cups whole milk
3-1/2 pounds Yukon Gold potatoes (or russets), peeled, thinly sliced into rounds
1-1/2 teaspoons salt
1 teaspoon freshly ground black pepper
8 ounces arugula, trimmed, coarsely chopped
2 cups grated Gruyere cheese

1. Position rack in center of oven and preheat to 375°F. Butter 13 x9 x 2-inch baking dish. Cook bacon in heavy large skillet over medium-high heat until crisp. Using slotted spoon, transfer bacon to paper towels and drain.
2. Mix cream and milk in 4-cup measuring cup. Layer 1/3 of potatoes in prepared dish; overlap slightly. Sprinkle with 1/2-teaspoon salt and 1/4 teaspoon pepper. Top potatoes with half of arugula. Top with 1/3 of cheese and 1/3 of bacon. Pour 1 cup cream mixture over. Repeat layering. Top with remaining potatoes. Sprinkle with 1/2-teaspoon salt, 1/2-teaspoon pepper, remaining cheese and bacon. Pour remaining cream mixture over.
3. Bake gratin uncovered until potatoes are tender and cream mixture thickens, about 1 hour 15 minutes. Let stand 15 minutes before serving. (Can be made 1 day ahead. Cool slightly. Chill uncovered until cold, then cover and keep refrigerated. Rewarm, covered with foil, in 375°F oven about 30 minutes.) *Yield: 10 servings.*

Mashed Potatoes with Carrots and Turnips



2-1/2 pounds potatoes
3 pounds turnips peeled and cut into 2-inch pieces
6 tablespoons margarine or butter, softened
2 tablespoons horseradish cream or drained bottled horseradish, or to taste (optional)
1/4 cup grated carrots
2 to 4 teaspoons sugar
1/2 cup chopped fresh parsley
1-teaspoon ground pepper

1. In a large sauce pan cover the potatoes with salted cold water in a large pot and simmer, uncovered, until very tender, 20 to 30 minutes (depending on size of potatoes). Drain potatoes in a colander and, when just cool enough to handle, peel. Transfer potatoes to a bowl.
2. While potatoes are cooking, in another pot cover turnips with salted cold water and simmer, uncovered, until very tender, 10 to 20 minutes. Add the carrots to the turnips after they have been cooking for 10 minutes. Drain turnips and carrots in a colander and immediately add to warm potatoes, then mash with butter and horseradish, if desired. Season with sugar (to taste), salt, and pepper and stir in parsley. *Yield: 5 to 6 servings.*

Directions to Pick-Up Locations

Cal Poly Organic Farm

From Santa Rosa/Hwy 1 North turn onto Highland Dr. (at the entrance to Cal Poly). Turn left onto Mt. Bishop Rd. (before the railroad bridge). Follow Mt. Bishop Rd. for about 400 yards. Where the paved road veers left, follow the dirt road on the right. Pass the Veterinary clinic on the left, and go up the hill past the rodeo. The farm is on the right side, across from the composting area. Please park outside the gate. Walk through the gate and down the path. Our packing shed will be on your left and this is where you will find your CSA box.

| Atascadero Pick Up

Juanita Risch has graciously offered her business as the drop site in South Atascadero. Please pick up your box every Monday after 4:30pm and no later than 6:30 pm.

If you cannot pickup on Monday, Juanita said you can pick up your box the next day during their business hours of 9 to 5. Also please flatten your empty box and return it when you pick up the next week's box.

Directions:
8790 #B Plata Lane
466-5262

Hwy 101 to Curbaril Exit, turn towards El Camino Real. Turn right at the light onto El Camino Real. Travel about a mile to Plata Lane (DK Donuts is on the right), turn right onto Plata Lane, Risch's Jewelry is on the left side of the street.

Morro Bay Pick-Up

Tim and Suzee Crowley have graciously offered their home as the drop site in Morro Bay. Please pick up your box every Monday between 4 and 7pm. Please let me know of any schedule changes so we don't burden the Crowleys with extra boxes. Also please flatten your empty box and drop it off when you pick up your box.

1041 Balboa, Cross street is Kings. 772-8775
Look for ivy on fence and brick driveway.
Walk to back of house and veggies will be on the back porch.

From Los Osos
S. Bay Blvd. towards Morro Bay
Turn left on Quintana before HWY 1
Left on La Loma
Go all the way up to dead end.
Turn right onto Balboa, 1041 Balboa

From Cambria
Take the Morro Bay Blvd. exit and go straight across onto Quintana.
Turn Right on Kings
3rd. St. is Balboa turn Left.
1041 Balboa.

Pismo Beach Pick-Up

Veggie Boxes will be at the home of Karen Kolba in Pismo Beach. Please come to pick up your box every Thursday between 4:00-7:00pm.

Karen lives at 110 Erna Way.
Phone: 489-5132

Directions:
From 101, take Oak Park EAST to James Way.
Turn LEFT (north) onto James Way.

The first street where you can turn LEFT past the shopping center is Frances (takes you into the Toucan Terrace neighborhood.) Turn LEFT onto Frances.

At the bottom of the hill, turn RIGHT onto Terry Drive, then RIGHT onto Erna Way (second street.) We are half way up the block on the LEFT.

Please note that the speed limit in Toucan Terrace is 15 mph.

Veggies will be left on the front porch.

Pacific Coast Home and Garden Pick-Up

**2034 Santa Barbara St
San Luis Obispo, CA 93401
(805)543-2191**

Just off Broad Street on Santa Barbara Avenue between the fire station and the train station.