



Cal Poly Organic Farm Community Supported Agriculture Newsletter

www.calpolyorgfarm.com

CPOF ANNOUNCEMENTS

This is the last week to sign up for the 10- and 14-week summer season! This time of year the garden's bounty includes tomatoes, peppers, squash, eggplant, cucumbers, and other delectable and nourishing seasonal delights. We still have a few shares available, so tell your friends. (Added incentive: Sign up a friend and get a free CPOF tote bag!)

- ◆ **ARE YOU SIGNED UP FOR THE SUMMER SHARE OF THE COMMUNITY SUPPORTED AGRICULTURE PROGRAM?** CAL POLY ORGANIC FARM SUMMER CSA STARTS JUNE 16! Both 10- and 14-week shares will be available. Sign up forms can be found at our website, at www.calpolyorgfarm.com.

For those of you who signed up for the 24-week CSA season and opted for the payment plan, your second payment will be due no later than June 30, 2008. If you have any questions regarding your membership status or the balance you owe, please call the Cal Poly Organic Farm at 756-6139.

- ◆ **CPOF Volunteer Opportunities: Pond Work Day** on Monday, June 9 from 3:30 to 5:30 p.m. Meet at the S.E.F. for rock sorting and pond filling.
- * **Outreach opportunities are available at the California Mid-State Fair in Paso Robles.** Booth representatives are needed from 11:30 a.m. to 5:30 p.m. on: Wednesday, July 23; Saturday, July 26; Sunday, July 27; Wednesday, July 30; and Saturday, August 2.

Volunteers will be expected to provide their own transportation to and from the fair, as well as pick up, display and drop off booth materials (CPOF literature, tees, totes) to and from the CPOF's straw bale building. Volunteers will receive free admission to the fair. Please let us know at your earliest convenience if you are interested in volunteering for any of the above listed dates. Call the Cal Poly Organic Farm at 756-6139.

- ◆ **Congratulations to CPOF friends for honors received in recognition of their community service!**
 - * Last week the Empower Poly Coalition's Board of Directors recognized three CPOF associates for their commendable actions in the realms of social,

Week 10 Produce

June 8 – June 14, 2008

Full Shares expect 10-12 items

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

- Carrots** - Carrots' antioxidant compounds help protect against cardiovascular disease and cancer and also promote good vision, especially night vision.
- Onions** – Use a very sharp knife and always cut onions while standing; that way your eyes will be as far away as possible.
- Cabbage (Red or Green)** - Keeping cabbage cold will keep it fresh and help it retain its vitamin C content. Put the whole head in a plastic bag in the crisper of your refrigerator.
- Kale** - Consumption of cruciferous vegetables, such as kale, is known to reduce the risk of a number of cancers, especially lung, colon, breast, ovarian and bladder cancer.
- Parsley** – Fresh parsley should be kept in the refrigerator in a plastic bag.
- Radishes** – Radishes are a great source of vitamin C and are rich in minerals like sulphur, iron, and iodine.
- Kohlrabi** – The young stem in particular can be as crisp and juicy as an apple, although much less sweet.
- Broccoli** – Broccoli's name is derived from the Latin word *brachium*, which means branch or arm, a reflection of its tree-like shape.
- Garlic** - Marinate pressed garlic in olive oil and use this flavored oil in dressings and marinades.
- Leeks** – Fresh leeks should be stored unwashed and untrimmed in the refrigerator, where they will keep fresh for between one and two weeks. Wrapping them loosely in a plastic bag will help them to retain moisture.
- Romaine lettuce (Nojoqui Creek Farms)** – Romaine is a very good source of vitamin A, vitamin K, folate, vitamin C, manganese, chromium, dietary fiber and minerals.
- Red Leaf lettuce (Nojoqui Creek Farms)** – In China, where lettuce has been growing since the 5th century, lettuce represents good luck. It is served on birthdays, New Year's Day and other special occasions.
- Honey*** - A delicious sandwich that is enjoyed by kids of all ages is a combination of peanut (or almond) butter, with bananas and honey.

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

* Not certified organic; sustainable.

economic and environmental sustainability. Cal Poly Sustainable Agriculture Resource Consortium (SARC) Program Associate and CSA member Hunter Francis, Cal Poly English professor Steven Marx, and Organic Enterprise student Doug White were all honored with the Agents of Change Award.

- * CPOF Farm Manager Cindy Douglas is being awarded for her “volunteer efforts” in relation to the Farm by the SLO Parks and Recreation Department this coming Wednesday.

- ◆ Urban Farming expands to Paso Robles and launches the pilot **VINEYARDS GROWING VEGGIES™ PROGRAM** at Steinbeck Vineyards & Winery. Help feed your family and our community! Learn how to grow 100% organic veggies! Urban Farming teams up with Steinbeck Vineyards & Winery, Farm Supply, Hometown Nursery, Meyer Trucking and the Winery Music Awards to launch their Vineyards Growing Veggies™ Pilot Program.

Steinbeck Vineyards will be the first vineyard in the United States to grow veggies for local food banks and Paso Robles families in need. Urban Farming is a 501c3 nonprofit whose mission is to end hunger in our generation by planting food on unused land and space. Community residents are taught to care for the land, encouraged to take as much food as they can use, then give away the extra food to hungry families.

Help join in on the mission to end hunger in our community! Plant veggies with us on: Saturday, June 7, 8:00– 11:00 a.m. at Steinbeck Vineyards & Winery, 5940 Union Road, Paso Robles. Contact Cindy Newkirk (805) 674-1909 to RSVP (we'll provide drinks and snacks). Please wear work clothes and sunblock! Bring gloves, hats, garden tools marked with your name, and your enthusiasm to help feed our community and your family! Children are welcomed and encouraged. For more information, see www.UrbanFarming.org.

- ◆ **EUCALYPTUS TALK** at Botanical Garden: June 14 at 1pm. Cal Poly Biology Professor Matt Ritter presents "The Eucalyptus - the most common non-native trees in California". Held in the Education Center. Fee: \$5 (Members \$4). Info: call 541-1400 or visit www.slobg.org.

VEGETABLE OF THE WEEK: GARLIC (*Allium sativum*)

For a small vegetable, garlic has a big reputation. This member of the Lily family, a cousin to onions, leeks and chives, can transform any meal into a bold, aromatic and healthy culinary experience.

Native to central Asia, garlic is one of the oldest cultivated plants in the world and has been grown for over 5000 years. Ancient Egyptians seem to have been the first to cultivate this plant that played an important role in their culture.

Garlic was not only bestowed with sacred qualities and placed in the tomb of Pharaohs, but it was given to the slaves that built the Pyramids to enhance their endurance and strength. This strength-enhancing quality was also honored by the ancient Greeks and Romans, civilizations whose athletes ate garlic before sporting events and whose soldiers consumed it before going off to war. Garlic was introduced into various regions throughout the globe by migrating cultural tribes and explorers. By the 6th century BC, garlic was known in both China and India, the latter country using it for therapeutic purposes.



Throughout the millennia, garlic has been a beloved plant in many cultures for both its culinary and medicinal properties. Over the last few years, it has gained unprecedented popularity since researchers have been scientifically validating its numerous health benefits.

Selection and Storage

- ❖ For maximum flavor and nutritional benefits, always purchase fresh garlic. Although garlic in flake, powder or paste form may be more convenient, you will derive less culinary and health benefits from these forms.
- ❖ Purchase garlic that is plump and has unbroken skin. Gently squeeze the garlic bulb between your fingers to check that it feels firm and is not damp.
- ❖ Avoid garlic that is soft, shriveled and moldy or that has begun to sprout. These may be indications of decay that will cause inferior flavor and texture. Size is often not an indication of quality. If your recipe calls for a large amount of garlic, remember that it is always easier to peel and chop a few larger cloves than many smaller ones.
- ❖ Store fresh garlic in either an uncovered or a loosely covered container in a cool, dark place away from exposure to heat and sunlight. This will help maintain its maximum freshness and help prevent sprouting, which reduces its flavor and causes excess waste. It is not necessary to refrigerate garlic. Some people freeze peeled garlic; however, this process reduces its flavor profile and changes its texture.

- ❖ Depending upon its age and variety, whole garlic bulbs will keep fresh from two weeks to two months. Inspect the bulb frequently and remove any cloves that appear to be dried out or moldy. Once you break the head of garlic, it greatly reduces its shelf life to just a few days.

Health Benefits

Whole books have been written about garlic, an herb affectionately called "the stinking rose" in light of its numerous therapeutic benefits. A member of the lily or *Allium* family, which also includes onions, garlic is rich in a variety of powerful sulfur-containing compounds including *thiosulfinates* (of which the best known compound is *allicin*), *sulfoxides* (among which the best known compound is *alliin*), and *dithiins* (in which the most researched compound is *ajoene*). While these compounds are responsible for garlic's characteristically pungent odor, they are also the source of many of its health-promoting effects. In addition, garlic is an excellent source of manganese, a very good source of vitamin B6 and vitamin C and a good source of selenium.

Preparation Tips

- ❖ The first step to using garlic (unless you are roasting the entire bulb) is to separate the individual cloves. An easy way to do this is to place the bulb on a cutting board or hard surface and gently, but firmly, apply pressure with the palm of your hand at an angle. This will cause the layers of skin that hold the bulb together to separate.
- ❖ To separate the skin from the individual cloves, place a clove with the smooth side down on a cutting board and gently tap it with the flat side of a wide knife. You can then remove the skin either with your fingers or with a small knife. If there is a green sprout in the clove's center, gently remove it since it is difficult to digest.
- ❖ Chopping or crushing stimulates the enzymatic process that converts the phytonutrient alliin into allicin, a compound to which many of garlic's health benefits are attributed. In order to allow for maximal allicin production, wait several minutes before eating or cooking the garlic. Crush, then cook garlic cloves lightly for the most health benefits, say Agricultural Research Service scientists. Although cooking for 10 minutes completely suppressed garlic's phytonutrient actions, *lightly* cooking garlic was no problem—except for microwaving, which almost entirely stripped garlic of its blood-thinning effects

A Few Quick Serving Ideas:

- ❖ Purée fresh garlic, canned garbanzo beans, tahini, olive oil and lemon juice to make quick and easy hummus dip.
- ❖ Healthy sauté steamed spinach, garlic, and fresh lemon juice.
- ❖ Add garlic to sauces and soups.
- ❖ Purée roasted garlic, cooked potatoes and olive oil together to make delicious garlic mashed potatoes. Season to taste.

Garlic Potatoes

3/4 cup olive oil
 12 medium-size new (thin-skinned) potatoes (about 1 pound), halved if necessary to keep them uniform in size
 24 garlic cloves, unpeeled
 6 bay leaves
 4 sprigs thyme
 4 sprigs rosemary
 Coarse salt
 Freshly ground black pepper



1. Cover the bottom of a glass baking dish with the oil. Toss in the potatoes and garlic, making sure both are coated with the oil. Toss in the bay leaves and sprigs of herbs and season generously with salt and pepper.
2. Bake this dish in a 425°F oven until the potatoes are tender when pierced with a fork, about 35 minutes. Open the oven and stir the potatoes twice during the cooking time. (When serving, be sure to show the guests how to squeeze the softened garlic and mash it into the potatoes.) *Serves 6.*

Garlic Rosemary Bagel Crisps

4 bagels (about 1 pound), cut into very thin slices with a serrated knife
 1 1/2 teaspoons dried rosemary
 4 large garlic cloves, minced with 1/4 teaspoon salt
 1/2 cup olive oil
 1 tablespoon coarse salt

Arrange the bagel slices in one layer on 2 large baking sheets. In a blender purée the rosemary and the garlic mixture with the oil until the mixture is smooth. Brush the slices with the mixture, sprinkle them with the salt, and bake them in a preheated 350°F oven for 15 to 18 minutes, or until they are golden. *Makes about 1 pound.*

Roasted Garlic Crostini with Assorted Toppings

For the roasted garlic:

4 heads garlic
1/4 cup olive oil

For the crostini:

12 slices of baguette or country-style Italian bread, sliced at a 45-degree angle about 1/2 inch thick
1/4 cup extra-virgin olive oil
Puréeed garlic from 4 whole roasted heads of garlic (see above)



Assorted topping options:

Shaved Parmesan, dry jack or Gruyère cheese
Fresh, creamy goat cheese, at room temperature
Roasted red bell peppers, home-roasted or bottled, cut into thin strips
Prepared tapenade (black olive and anchovy paste)
Oil-packed sun-dried tomatoes, cut into thin strips
Capers, drained
Roma tomatoes, thinly sliced, or halved, seeded, and diced
Fresh basil leaves, cut into fine julienne strips or left whole
Crushed red pepper flakes
Balsamic vinegar
Thinly sliced prosciutto
Anchovy fillets packed in olive oil, drained
Fresh mozzarella cheese, sliced

1. Preheat the oven to 375°F. Put the garlic in a roasting pan and drizzle on the olive oil. Toss to coat thoroughly. Bake for 50 to 60 minutes, or until the garlic bulbs are very tender but not overly brown. Test by carefully giving a bulb a gentle squeeze while protecting your hand with a folded kitchen towel or an oven glove. Remove from the oven and allow to cool.
2. Using a sharp serrated knife, cut each head of garlic crosswise in half, midway between its leaf and root ends, to expose all the cloves inside. Their pulp will be golden brown and as soft as butter. You can squeeze it out of each half by hand or scoop it out with a small spoon or knife. Transfer the roasted garlic to a small bowl, pour in any olive oil from the baking dish, and stir and mash with a fork to form a smooth purée. You'll have 1/3 to 1/2 cup of purée, depending on the size of the garlic heads.
3. To make the Roasted Garlic Crostini, preheat the oven to 375° F. Brush the bread slices with the olive oil and arrange them on a baking sheet. Bake them until golden, 12 to 15 minutes. Remove them from the oven and let them cool to room temperature. Spread the puréed roasted garlic evenly on the tops of the crostini. Top the crostini with any of the options listed above, or make an assortment. Spread some with 1 tablespoon each of goat cheese; then decorate the cheese with strips of roasted bell pepper or a mixture of sun-dried tomato strips and capers, or a smear of tapenade. In place of the goat cheese, top others with diced tomato tossed with some fresh basil, a pinch of crushed red pepper flakes, and a drizzle of balsamic vinegar; with prosciutto and Parmesan cheese; with anchovy fillets and freshly ground black pepper; or with slices of Roma tomato and fresh mozzarella, topped with fresh basil leaves. *Makes 4 servings.*

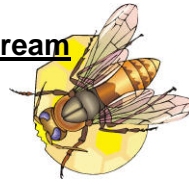
- * The roasted garlic will keep for up to 3 days, covered, in the refrigerator.
- * In addition to using the garlic for the crostini, try mixing it into stir-fried vegetables and spooning it onto pizzas; stir it into risottos or your mashed potatoes; add it to sauces for meat, poultry, seafood, or pasta; or purée it with butter to make the best garlic bread you can imagine.

Buttered Cabbage

1 pound fresh Savoy cabbage
2 to 4 tablespoons butter
salt and freshly ground pepper
an extra knob of butter

1. Remove all the tough outer leaves from the cabbage. Cut the cabbage into four, remove the stalk and then cut each quarter into fine shreds, working across the grain.
2. Put 2 or 3 tablespoons of water into a wide saucepan, together with the butter and a pinch of salt. Bring to a boil, add the cabbage and toss over a high heat, then cover the saucepan and cook for a few minutes. Toss again and add some salt, freshly ground pepper and the knob of butter. Serve immediately. *Serves 6 to 8.*

Honey Lavender Ice Cream



2 cups heavy cream
1 cup half-and-half
2/3 cup mild honey
2 tablespoons dried edible lavender flowers
2 large eggs
1/8 teaspoon salt

Special equipment: a candy or instant-read thermometer; an ice cream maker

1. Bring cream, half-and-half, honey, and lavender just to a boil in a 2-quart heavy saucepan over moderate heat, stirring occasionally, then remove pan from heat. Let steep, covered, 30 minutes.
2. Pour cream mixture through a fine-mesh sieve into a bowl and discard lavender. Return mixture to cleaned saucepan and heat over moderate heat until hot.
3. Whisk together eggs and salt in a large bowl, then add 1 cup hot cream mixture in a slow stream, whisking. Pour into remaining hot cream mixture in saucepan and cook over moderately low heat, stirring constantly with a wooden spoon, until thick enough to coat back of spoon and registers 170 to 175°F on thermometer, about 5 minutes (do not let boil).
4. Pour custard through sieve into cleaned bowl and cool completely, stirring occasionally. To cool custard quickly, set bowl in a larger bowl of ice and cold water and stir until chilled. Chill, covered, until cold, at least 3 hours and up to 1 day before freezing.
5. Freeze custard in ice cream maker. Transfer ice cream to an airtight container and put in freezer to harden. Ice cream keeps 1 week. *Makes about 1 quart.*

Braised Leeks with Lemon

4 medium leeks, tough outer leaves discarded, trimmed to about 7 inches long and cut lengthwise into quarters or eighths
2 tablespoons unsalted butter
1/4 cup chicken broth
1 teaspoon freshly grated lemon zest

In a shallow dish soak leeks in cold water to cover 15 minutes, rubbing occasionally to remove any grit. In a heavy skillet melt butter over moderate heat. lift leeks out of the water and with water still clinging to them add to skillet. Cook leeks, stirring occasionally, five minutes and add broth and zest. Braise leeks, covered, 5 minutes, or until very tender, and season with salt and pepper. *Serves 2.*

Inside-Out Carrot Cake Cookies



1 1/8 cups all-purpose flour
1 teaspoon cinnamon
1/2 teaspoon baking soda
1/2 teaspoon salt
1 stick (1/2 cup) unsalted butter, softened
1/3 cup plus 2 tablespoons packed light brown sugar
1/3 cup plus 2 tablespoons granulated sugar
1 large egg
1/2 teaspoon vanilla
1 cup coarsely grated carrots (2 medium)
1 scant cup walnuts, chopped
1/2 cup raisins
8 ounces cream cheese
1/4 cup honey

1. Put oven racks in upper and lower thirds of oven and preheat oven to 375°F. Butter 2 baking sheets.
2. Whisk together flour, cinnamon, baking soda, and salt in a bowl.
3. Beat together butter, sugars, egg, and vanilla in a bowl with an electric mixer at medium speed until pale and fluffy, about 2 minutes. Mix in carrots, nuts, and raisins at low speed, then add flour mixture and beat until just combined.
4. Drop 1 1/2 tablespoons batter per cookie 2 inches apart on baking sheets and bake, switching position of sheets halfway through baking, until cookies are lightly browned and springy to the touch, 12 to 16 minutes total. Cool cookies on sheets on racks 1 minute, then transfer cookies to racks to cool completely.
5. While cookies are baking, blend cream cheese and honey in a food processor until smooth. Sandwich flat sides of cookies together with a generous tablespoon of cream cheese filling in between. *Makes about 13 cookies.*