



Cal Poly Organic Farm Community Supported Agriculture Newsletter

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CPOF ANNOUNCEMENTS

Summer CSA shares are still available; for all of those folks who are continuing your membership **thank you** for your support of organic agricultural education here at Cal Poly.

- Make **Helmut “the tank” Lopez** a friend on Face Book. See what our farm van does with his “spare tire”.
- Check out “**Food, Inc**”, a new movie about industrial agriculture and how you are bringing about change by being a CSA member, <http://www.foodincmovie.com/> Maybe it will come to the Palm?

New Farmers/Alumni News

Levi Thomas Guerena was born on Sunday, June 14th 6:35 pm eastern time. He was 8lbs 6oz and is doing great (son of Beth and David Guerena). David worked at CPOF for several years while he worked on his Bachelor's of Science in Soil Science. Now he is enrolled in the International Ag PhD program at Cornell University.

- * The Cal Poly Organic Farm will host an interactive/informational booth at the San Luis Obispo County **Water Fest '09** on Saturday, June 20th at the Rock in Morro Bay. <http://www.slowaterfest.org/>
- * Stop by the Green Acres Lavender Farm for their 4th annual two-weekend long **Lavender Festival** on Saturday 7/11, Sunday 7/12 and Saturday 7/18 and 7/19. Cal Poly Organic farm will be hosting an informational booth at the event! For more information, please visit: <http://www.greenacreslavenderfarm.com/> or call: (805)466-0837.
- * **CPOF was awarded \$10,000 by the President Baker's office to continue its Farm-to-School Apprenticeship program.** Here's what one apprentice had to say about her experience this past spring...

My Experience in the Farm-To-School Program by Charlene Mills

My favorite and most fulfilling experience with farm-to-school this quarter was when we went to Montessori elementary school and helped the kids make seed-balls for Mothers day. At first we didn't know what to expect, if the kids would have a good time, or if they would be scared to get their hands dirty. In the end they really seemed to enjoy it and were very excited to be

June 22 –June 26th, 2009

Welcome to Week 13!

All Shares will receive:

CHERRIES, summer goodness (M and M Peach Ranch, Lake Hughes, CA)

Summer Squash

Kohlrabi

Cabbage

Carrots

Onion

Lettuce

Large Shares will also receive:

Peaches (Cal Poly Fruit enterprise)

Kale

Rosemary

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

able to answer some of the questions we asked (some that I couldn't answer myself) and to be able to name some of the seeds in the seed-balls. I didn't even recycle before this class and now I take the time to rip off the unrecyclable plastic that is sometimes around the recyclable plastic bottle. I'm also planning to minor in sustainable agriculture, this defiantly would not have happened without the farm-to-school opportunity and I'm very grateful for it.

Organic Agriculture Vocabulary Words of the Week:

(don't worry you are not going to be quizzed on these)

Biodynamic- a type of organic farming system developed by Austrian scientist and philosopher Rudolf Steiner in the early 1900's. Biodynamic farming takes into consideration both biological cycles and also "dynamic"-metaphysical or spiritual-aspects of the farm, with the intention of achieving balance between physical and non-physical realms.

Bio-Intensive: a combination of biodynamics and the French-intensive method of farming, which involves the use of raised beds, with crops planted very close together and in combination with other crops.

Mulching: a practice of spreading organic materials - such as straw, compost, or wood chips-over otherwise bare soil between and among crop plants. Mulching helps to conserve moisture, suppress weeds, and build soil matter.

Recipes

Chard and Summer Squash Frittata

1 lb. chard
1 summer squash, sliced thin
4 garlic cloves, minced or pressed
1 cup chopped onions
2 tsp. Olive oil
6 egg whites
2 whole eggs
3 Tbs. Chopped fresh basil
1/4 tsp. Salt
1/2 tsp. Ground black pepper
grated Parmesan cheese (optional)

Wash the Swiss chard, remove and discard the large stems, and finely chop the leaves. In a 10 inch cast iron skillet, saute the garlic, summer squash and onions in 1 teaspoon of the oil for 3 minutes on medium heat. Add the Swiss chard, stir, cover, lower the heat, and cook for a bout 10 minutes. Remove the skillet from the heat and drain the Swiss chard if juicy.

In a large bowl, beat the egg whites, eggs, basil, salt, and pepper until blended. Stir in the sauteed

Swiss chard. Coat the bottom of the skillet with the remaining tsp. of oil and return it to medium heat. When the skillet is hot, pour in the Swiss chard-egg mixture. Cook for 5 to 8 minutes, until the edges are firm and the bottom is golden and beginning to brown. Place in a preheated 400 degree oven and cook for about 5 minutes, until the eggs are fully cooked. Serve immediately or at room temperature, topped with grated Parmesan if you wish.

Backyard Coleslaw

2 tablespoons extra-virgin olive oil
2 tablespoons red-wine vinegar
1 teaspoon sugar
1/2 teaspoon caraway seeds, crushed
Pinch of salt
Freshly ground pepper to taste
3 cups finely shredded Savoy cabbage (1/2 small-to-medium cabbage)
3 cups finely shredded red cabbage (1/4 medium cabbage), rinsed
1/3 cup coarsely grated onion

Whisk oil, vinegar, sugar, caraway seeds, salt and pepper in a large bowl. Add Savoy cabbage, red cabbage and onion. Toss to coat. Serve within 2 hours.

Peach Tea

INGREDIENTS

- 3 cups water
- 3 family size tea bags
- 2 fresh peaches - peeled, pitted and sliced
- 1 cup water
- 1 1/2 teaspoons stevia powder

DIRECTIONS

1. Bring 3 cups water to a boil in a saucepan over high heat. Add the tea bags, and steep for 15 minutes. Remove tea bags.
2. Meanwhile, place peaches with 1 cup water into the jar of a blender, and blend until very smooth. Pour the peach mixture, tea, and stevia powder into a 1 gallon pitcher. Fill the pitcher to the top with water, and stir until blended.