



Cal Poly Organic Farm Community Supported Agriculture Newsletter

www.calpolyorgfarm.com, we grow the future!

December 7th-12th

CPOF Announcements

Mark your calendars.

No CSA Pick up for 2 weeks, December 21st through January 3rd. We'll start back up January 4th. Happy Holidays!

In need of the Perfect Gift?

Give the Gift-O-Organic Veggies. Stylish gift certificates are available at the Farm for 1 Large Share, only \$26.50 or we will mail them to you. Contact us orgfarm@calpoly.edu, or 756 6139. HO HO HO!

***ALL SHARES** can expect from the following list:*

*Yellow Potatoes
Oranges (Old Creek Ranch)
Kiwi (Mallard Lake Kiwi Farm)
Kale
Peppers
Butternut Squash
Lettuce
Spinach*

LARGE:

*Tomatoes
Cauliflower
Basil*

The Farm has added two new drop sites for our members. We now offer an Avila Beach pick-up on Thursdays and a downtown Paso Robles pick-up on Mondays. If you wish to change your pick-up location, please contact us.

Attention! PACIFIC HOME AND GARDEN CENTER folks, please note that they are now closing at 5pm. We will get your boxes there by 3:30pm on Thursdays.

Through generous donations from community members at the SARC fundraiser, several of the farm staff will be attending this year's 30th Anniversary Eco-Farm Conference in Pacific Grove, CA in January to learn more about farming, the environment and community. If you are interested in attending or learning more about the conference visit www.eco-farm.org

Community Announcements

Morovino in Avila is one of Cal Poly Organic Farms New drop site locations!!!

Food & Wine Pairing Event - Avila Beach
Date(s): Dec. 4th, 2009

Join us for our First Friday Food & Wine Pairing Event. In honor of the cold winter weather, this months theme is: Sumptuous Soups. Explore great tasting soups paired with Morovino wines.

Cal Poly Organic Farm

www.calpolyorgfarm.com

Times: 4:00 - 6:00 p.m.
Location: Morovino Tasting Room
Address: 550 1st Street
Phone: 805.627.1443
Admission: \$12 (waived with wine purchase)

Did you know that Cal Poly students have started a **SLOW Food** club? For more info contact kcreveli@calpoly.edu. Slow Food USA seeks to create dramatic and lasting change in the food system. We reconnect Americans with the people, traditions, plants, animals, fertile soils and waters that produce our food. We seek to inspire a transformation in food policy, production practices and market forces so that they ensure equity, sustainability and pleasure in the food we eat. Taken from, <http://www.slowfoodusa.org/>.

Recipes

Here's the first recipe from **V² Wine Bistro** in downtown Paso Robles, our new drop-site.

Butternut Squash Bisque with Gruyere Croutons

Bisque:

3 pounds butternut squash (about 2 medium squash)
1/4 cup butter
1 large onion, finely chopped
4 garlic cloves, minced
2 quarts low-sodium chicken broth
1/2 teaspoon dried thyme
1/2 teaspoon dried sage
1 1/2 teaspoon ground cumin
1/2 teaspoon ground ginger
1/8 cup whipping cream

Croutons:

Olive oil
24 baguette slices, about 1/4 inch thick
1 cup gruyere cheese, grated

For bisque:

- Preheat oven to 425. Prepare the squash: cut in half, remove seeds, and brush cut side with oil. Place cut side down on baking sheet and bake for 45 minutes, or until soft. Let cool to where you can touch it.
- Melt butter in large pot over medium heat. Add onion and garlic and sauté until tender, taking care not to burn or brown.
- Scoop out squash flesh and add to pot along with thyme, sage, cumin, and ginger. Bring to boil, then reduce heat, cover and simmer until squash is very tender, about 20 minutes.
- Using immersion blender, puree soup until smooth. Alternatively, carefully pour into blender or food processor and puree. Stir in cream and serve hot with croutons.

For croutons:

Arrange bread slices on baking pan and drizzle with olive oil. Broil until golden, about 1 minute. Remove from oven and turn over. Sprinkle with cheese and return to broiler for about 1 minute until cheese melts.

Orange and Fennel Salad

<http://www.foodnetwork.com/recipes/robin-miller/orange-and-fennel-salad-recipe/index.html>

Robin Miller

Prep Time: 10 min Inactive Prep Time: -- Cook Time: Ingredients

1 large fennel bulb, trimmed and thinly sliced

2 medium oranges, peeled

1 tablespoon olive oil

1 tablespoon red wine vinegar

Salt and pepper

2 tablespoons sweetened dried cranberries

Directions

Place the sliced fennel in a salad bowl. Slice oranges to divide flesh sections and add to bowl. Drizzle with olive oil, red wine vinegar, and salt and pepper. Toss, top with sweetened cranberries and serve.

Crispy Kale Recipe

Ingredients:

6-8 cups chopped fresh kale, hard stems removed

2 Tbsp. olive oil

1 tsp. apple cider vinegar

1/2 tsp. kosher salt or sea salt

Preparation:

Place a rack on the lowest shelf of your oven. Preheat oven to 350 degrees F.

Spread kale out on a sturdy baking sheet. Drizzle with olive oil and apple cider vinegar. Toss to coat completely.

Place on the lowest rack of the oven and bake for 10 minutes.

Remove from oven and stir so that kale can get crispy all over.

Bake another 8 to 12 minutes or until kale is crispy. It should be just lightly browned and crispy to the touch.

If kale still bends, rather than crackles, when you touch it, it isn't done yet. Return it to the oven. Turn down the heat if it is getting too brown. Continue cooking until crispy.

Remove from oven, and sprinkle with sea salt (Maldon sea salt makes it taste fantastic) and serve immediately.