



CAL POLY ORGANIC FARM

CSA NEWSLETTER

FEBRUARY 13TH - FEBRUARY 20TH

Call: 805-756-6139 Visit: www.calpolyorgfarm.com

WHAT'S IN YOUR BOX?

All Shares:

Winter squash (spaghetti), Leeks, Carrots, Lettuce, Kiwis, Cabbage, Califlower/Romanesco, Chard, Kale, Cilantro

Large Shares:

Bunching Onions, Fennel



FARM ANNOUNCEMENTS

February 15th is Presidents Day Holiday, all Monday folks please pick up on TUESDAY, Feb. 16th!

Please send in your favorite recipes and/or local activity information to share with all Cal Poly Organic Farm subscribers! (Thank you to those who send in recipes already!)

CHECK IT OUT!

In the February edition of the Santa Lucian (the local chapter of Sierra Club's newsletter), Anastasia Killham (a farm volunteer) wrote about the numerous new farmers that got their start at the Cal Poly Organic Farm. Please see the article at <http://santalucia.sierraclub.org/lucian/2010/02Feb>. if you are interested in writing about the farm, local food and or organic food please contact us for a list of media contacts.

COMMUNITY ANNOUNCEMENTS

FEB 14th Happy Valentine's Day at Morovino Winery in Avila Beach (1st St). Wine and cheese pairing in the evening. Morovino is a Cal Poly Organic Farm drop off site. More info www.morovino.com.

CHAINS OF LOVE: Valentine's Day Race

Grab some friends and race over to the Cal Poly San Luis Obispo Triathlon Team's annual Valentine's Day run including a 5k, 10k, 15k, and ½ mile Kid's Fun Run starting at 9 a.m. Get in the spirit by competing as a couple, finishing the race hand-in-hand, or set a personal record as your wind through the rolling hills of the beautiful Cal Poly campus. www.calpolytriathlon.com

CAL POLY RELEASES NEW WHITE WINE

The Cal Poly Wine and Viticulture Program has released a new wine: Mustang White, a blend of Pinot Blanc and Pinot Gris exhibiting the minerality and crispness of a European-style wine. Student winemakers produced 951 cases of the new blend using grapes grown in Arroyo Grande, Edna Valley and Santa Barbara County. Melon, tangerine, citrus, apple and pear flavors make this light, refreshing wine a perfect complement to crab cakes, smoked cheeses, bruschetta or grilled vegetables. Prices are \$14 per bottle, \$151.20 per case, including a 10 percent discount for orders placed online on the Cal Poly Wine Web site, www.calpolywine.com. *The new Mustang White is available at Central Coast Wines and Cal Poly Downtown on Higuera Street in downtown San Luis Obispo.*

FAMILY FUN: CAL POLY YOU-PICK

The Cal Poly citrus, avocado and deciduous farm enterprise students invite the public to come pick fresh and delicious Cal Poly mandarin oranges every Wednesday from 1 to 4:30 p.m. and Saturday from 10 a.m. to 1 p.m. through February. (Rain cancels.) Other fruit and nuts will also be available for purchase, including Hachiya Persimmons, Payne Walnuts, Lisbon Lemons and Kiwi fruit. To find the Cal Poly orchards, take the Highland Drive entrance to campus on Highway One. Follow the U-Pick signs to the fruit sales area on the south side of Highland Drive. For more details, call the farm at 805-756-2224, ext. 2, or e-mail questions to cpcitrusandavo@yahoo.com.

MICHAEL POLLAN ON "FOOD RULES: AN EATER'S MANUAL"

Michael Pollan, the author of *The Omnivore's Dilemma* and *In Defense of Food*, discusses the link between healthcare and diet, the dangers of processed foods, the power of the meat industry lobby, the "nutritional-industrial complex," the impact industrial agriculture has on global warming, and his sixty-four rules for eating. "The markets are full of what I call edible food-like substances that you have to avoid," says Michael Pollan. "So a lot of the rules are to help you, you know, navigate that now very treacherous landscape of the American supermarket." To read, listen to, or watch the whole story: http://www.democracynow.org/2010/2/8/michael_pollan_on_food_rules_an

THIS WEEK'S RECIPES

CABBAGE AND LEEK SOUP

1/2 cup chopped leeks
4 cups shredded cabbage
1 bay leaf
2 tablespoons butter
1 large potato, diced
2 medium carrots, sliced
4 cups beef broth
1 1/2 teaspoons fresh thyme leaves
Salt and black pepper



Sauté leeks and cabbage in the butter until limp. Add potato, carrots, broth and pepper. Simmer slowly until vegetables are soft. Remove bay leaf. Add thyme, salt and black pepper, to taste.

Serves 2 to 3.

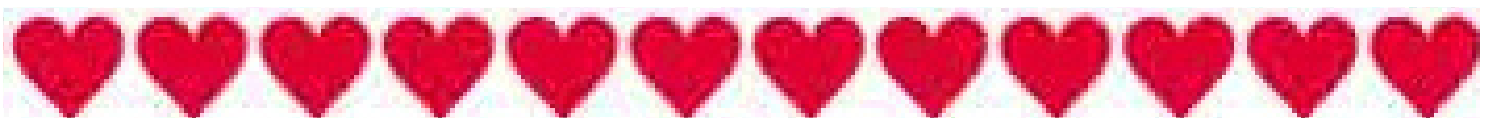
EASY ROASTED CAULIFLOWER

1 head of cauliflower
2-3 cloves of garlic, peeled and coarsely minced
Lemon juice (from 1/2 or a whole lemon)
Olive oil
Coarse salt and freshly ground black pepper
Parmesan cheese



1 Preheat oven to 400°F. Cut cauliflower into florets and put in a single layer in an oven-proof baking dish. Toss in the garlic. Squeeze lemon juice over cauliflower and drizzle each piece with olive oil. Sprinkle with salt and pepper. If the oven hasn't reached 400°F yet, set aside until it has.

2 Place casserole in the hot oven, uncovered, for 25-30 minutes, or until the top is lightly brown. Test with a fork for desired doneness. Fork tines should be able to easily pierce the cauliflower. Remove from oven and sprinkle generously with Parmesan cheese. Serve



THIS WEEKS RECIPES CONTINUED...

AMAZING SPAGHETTI SQUASH

1 spaghetti squash, halved lengthwise and seeded
2 tablespoons vegetable oil
1 onion, chopped
1 clove garlic, minced
1 1/2 cups chopped tomatoes
3/4 cup crumbled feta cheese
3 tablespoons sliced black olives
2 tablespoons chopped fresh basil



1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
2. Place spaghetti squash cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven, and set aside to cool enough to be easily handled.
3. Meanwhile, heat oil in a skillet over medium heat. Saute onion in oil until tender. Add garlic, and saute for 2 to 3 minutes. Stir in the tomatoes, and cook only until tomatoes are warm.
4. Use a large spoon to scoop the stringy pulp from the squash, and place in a medium bowl. Toss with the sauteed vegetables, feta cheese, olives, and basil. Serve warm.

