



CAL POLY ORGANIC FARM

CSA NEWSLETTER

FEBRUARY 27TH - MARCH 6TH

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

WHAT'S IN YOUR BOX?

All Shares:

Lettuce, Kale, Arugula, Cilantro, Turnips, Broccoli, Navel Oranges (Cal Poly Conventional), Avocados (Old Creek Ranch, organic)

Large Shares:

Lemons (Old Creek Ranch, organic), Fennel, Bok choy

FARM ANNOUNCEMENTS

CAL POLY ORGANIC FARM IN SUNSET MAGAZINE!

Visit <http://www.sunset.com/travel/most-innovative-cities-00400000064623/page8.html> to check out the farm! Woo Hoo!

RESTORE WILTED GREENS:

Please note this simple way to restore wilted greens: first, trim off the stem ends just a bit, then plunge them into a glass with an inch or two of water. They will revive fresh as new in just an hour or so. Thanks for all the fresh, wholesome produce every week--keep it going!!! Neva Glenn--Atascadero

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!)

COMMUNITY ANNOUNCEMENTS

SUSTAINABLE AGRICULTURE LECTURE SERIES

PRESENTER: Chuck Nicholson is an Associate Professor in the Agribusiness Department. Dr. Nicholson has extensive experience modeling the biological and economic components of agricultural systems and is on the editorial board of the journal Agricultural Systems. He has also previously taught courses on sustainability at Shoals Marine Laboratory.

The lecture will take place in the BRAE Building 8, Room 123 from 11 a.m. - 12 noon. At the end of the lecture, there will be an opportunity for Q/A, followed by an optional brown bag lunch from 12-1 PM to continue the conversation on the topic, and also on the emerging CAFES Center for Sustainability. For more information please call 805-756-5086 OR visit sarc.calpoly.edu and click on the SUSTAINABLE AGRICULTURE LECTURE SERIES.

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.

SAVING THE SEEDS RADIO SHOW: CONSERVING HEIRLOOM SEEDS

Where there were many seed companies, there are now but few. Their consolidation of the gene pool leads us to ask. Why save the many when a few might do? <<http://www.metrofarm.com/>> This Saturday at 9am Pacific, Michael Olson's Food Chain Radio hosts John Torgrimson, Editor, Seed Savers Exchange, for a conversation about saving heirloom seeds. Topics include how heritage seeds differ from hybridized and engineered seeds; why some believe it is important to save the genetics embodied in heirloom seeds; and how heirloom seeds can be saved and exchanged. Listen on your radio, computer or IPOD: Food Chain Radio <http://www.metrofarm.com/mf_Food_Chain_Radio.php>

FREE COOKING SHOW:

Let's Get Cooking w/Hospitality @ Idler's Appliances showroom. Wednesday 3/17/10 5:30-6:30. Saint Patrick's Day Special! Our special guests are: *La Petit Montagne Winery *Tom Roebuck- Guitar * Villa Valdemosa B & B * Cal Poly Organic Farms *Earthtones Gifts, Gallery & Massage * S & N Enterprises. For more information please visit www.hospitalitycatering.net. Cooking Shows are once a month please RSVP...www.hospitalitycatering.net

CHECK OUT THIS GARDEN GROWING CLUB WEBSITE:

www.growingpleasures.com Please check out our site and enjoy!

THIS WEEK'S RECIPES

BROCCOLI RAAB WITH PAPRIKA, ALMONDS AND GARLIC

3 tablespoons extra virgin olive oil
1/2 cup whole almonds, chopped
3 large cloves garlic, chopped
1 1/2 teaspoons paprika
salt
2 pounds broccoli raab, chopped into 1 inch pieces, including stems
1/3 cup water
1-2 teaspoons wine vinegar



Heat 1 tablespoon oil in heavy skillet over medium heat. Add almonds. Stir until lightly browned, 2-3 minutes. Add garlic and paprika. Sprinkle with salt; saute for 1 minute. Transfer to small bowl. Add remaining 2 tablespoons oil to skillet. Add broccoli raab, sprinkle with salt. Add 1/3 cup water. Cover and boil until crisp tender and bright green, about 4 minutes. Pour off water. Stir in almond mixture. Season to taste with salt and pepper. Mix in 1-2 teaspoons vinegar. Serve.

AVOCADO GRAPEFRUIT SALAD

1 avocado, peeled, pitted and diced
1 head fennel, fronds removed and sliced
1 grapefruit, segmented
2 tablespoons extra-virgin olive oil
Salt and freshly ground black pepper
A few sprigs fresh parsley



Add the avocado, fennel, and grapefruit segments to a large bowl. Toss with olive oil and season with salt and pepper. Place onto platter and top with parsley. Serve with grilled shrimp, if desired.

THIS WEEKS RECIPES CONTINUED...

EASY RADISH GREENS IDEAS....

1) Sauté 1 bunch of chopped radish greens, 1 cup of peanuts, 7 dry red chiles, a pinch of turmeric, and 1/2 teaspoon of mustard seed in canola oil with a very small amount of sesame oil added for flavor. Season with salt and serve hot.

2) Roast halved radishes with a bunch of chopped radish greens tossed with extra virgin olive oil, the juice of half a lemon and salt to taste. Roast at 500 degrees F until radishes and greens are tender, but not overcooked, about 15 to 20 minutes.

3) Make spicy stir fried radish greens. Cut one bunch of radish greens into 1/2 inch slices. Stir fry in 3 teaspoons of peanut oil with 2 cloves of fresh, minced garlic. Remove from pan and toss with one tablespoon soy sauce, one teaspoon of rice vinegar and 1/4 teaspoon of hot sauce. Serve immediately.

4) Add fresh, chopped radish greens to salads and soups. Radish greens can also be substituted for arugula.

DID YOU KNOW....

HOW TO USE RADISH GREENS

Don't toss those radish greens!

Don't throw those radish greens away. They are perfectly good food. Radish health benefits are many; they are a good source of vitamin C, folate and vitamin K (people with high blood pressure shouldn't overdo on the greens). They may also aid in digestion and help flush toxins from the body. Check out the above recipe to make your radish greens tonight!

