



Cal Poly Organic Farm Community Supported Agriculture Newsletter

Welcome to Week 26! As always, life on the farm is grand!

Featured Staff Member

Maureen (Mo) Joy Hensler

What is your job at CPOF?

This quarter I only work Mondays and Thursdays, which are our harvest days, but before harvesting, my job is to feed the animals in the mornings. I feed the goats, chickens, and cats, then collect and wash the eggs.

Where were you brought up?

Tehachapi, California

What has been the greatest influence on your life?

My family has been an amazing influence on me. They have always loved and supported me to the fullest degree. Beyond that, my greatest influence has been my relationship with God through Jesus Christ.

What year student are you, what is your major, and how did you decide to attend Cal Poly?

This is my third year in college, but my first at Cal Poly because I just transferred last fall from Cuesta. I am an English major.

I decided to attend Cal Poly because I was already living in the area and was accepted for Fall, and it was more convenient to come here than to transfer to Colorado or Santa Barbara, where I had originally thought about transferring.

Why did you apply for work at the CPOF?

I worked at a small family-owned organic farm back home in Tehachapi last summer, helping my aunt harvest in the mornings. I loved working outside and being part of the process of growing the food I was eating. Through that experience, my interest in sustainable living really began to grow. I decided that when I got back to SLO in the fall, I needed to find a job at an organic farm, and heard about the CPOF through a friend. I showed up on a Monday morning to harvest, then was hired as staff a few weeks later.

What do you consider your greatest achievement so far?

I am still young and don't really feel like I have achieved anything that is particularly noteworthy, but I know that thus far, my greatest passion has been traveling and experiencing unfamiliar peoples, cultures, and ways of life. I love a good adventure.

Please tell us more about traveling.

Taking trips down to Mexico on building projects during high school first piqued my interest in travel. I graduated from high school a semester early and went to Hawaii with a Christian organization called Youth With a Mission. After 3 months in Kona on the big island, I went on a 2-month outreach to Fiji. After that, I returned to California to go to Cuesta, and then went to Costa Rica during my summer break to go to a Spanish language school and do some traveling.
Continued . .

Fall/Winter Season 2006 - 2007

Week 26 Produce

11 March - 17 March

*Sprouts - Mt. Olive Farm
*Walnuts- Haussler Farms (full)
Salad Mix- CPOF (full)
Parsnips- CPOF
Turnips- CPOF
Collards- CPOF
Cabbage, Red- CPOF
Kale, Red Russian-CPOF
Leeks-CPOF
Parsley- CPOF
Cilantro-CPOF

* certified organic

Last school year I went back to Cuesta and then traveled to Thailand and Cambodia with a friend last summer before transferring to Cal Poly. Traveling has broadened my world and taken me out of my comfort zone more than I know how to explain. I love meeting fellow travelers from all around the world and seeing the simplicity with which other cultures live their life.

What do you value most in your friends and what do you like to do for recreation?

I value honesty and authenticity in my friends. I love that my friends and I are simply walking through life together, and we are constantly challenged by one another, and must choose to love one another through our weaknesses and faults. I value that my friends choose to love me even when I am not particularly loveable. As for recreation, I love to be outside in general. I grew up snowboarding, so I still do that as often as I can. I like to run and hike and longboard and surf if the water is warm and the waves are small. I like to sing and explore and travel.

What are your long-range goals?

I take life one-step at a time, so right now I'm just thinking about finishing this quarter.

Vegetable of the Week

PARSNIP

Botanical: *Pastinaca sativa*

Family: N.O. Umbelliferae



Parsnip is related to the carrot, which it resembles, at least in the root and habit of growth, however parsnip roots are creamy white on the exterior and white on the inside.

Nutrition: Parsnips contain useful amounts of beta-carotene, vitamin B1, vitamin B3, vitamin C, fiber, folate, potassium, phosphorous and iron. The following nutritional information is from the UC Davis Vegetable Research and Information Center:

Nutritional Value

Serving size:	1/2 cup, slices, boiled	<u>Primary Nutrients</u>	<u>%RDA(m)</u>	<u>%RDA(f)</u>
Calories	63	Folic acid	45 mcg	23
Fat	0.2 g	Vitamin C	10 mg	17
Calories from fat	3%	Magnesium	23 mg	7
Cholesterol	0		mg	8
Sodium	8 mg			
Protein	1.0 g			
Carbohydrate	15.2 g			
Dietary fiber	2.1 g	Potassium	287 mg	<u>% Min. Requirement</u>
				8

History: Parsnips are reported to have originated in the Mediterranean area where the Romans used wild forms for food. By the 16th century, parsnips were cultivated in Germany and England, and soon thereafter brought to the American colonies. Even American Indians learned to grow and store them for eating in the winter.

General Information: Parsnips are sweeter than carrots. They contain both sugar and starch, and for this reason beer and spirits are sometimes prepared from them. In the north of Ireland, they have been often brewed with malt instead of hops and fermented with yeast, and Parsnip wine is esteemed by many people.

Part of the parsnip's attraction as a vegetable is its ability to be frozen in the ground, thawed out in the soil, and then later eaten. Winters here are seldom cool enough to produce the vigorous roots and the sweetness imparted to the roots by cooler soils. So we were fortunate to have some unusually cold winter for the parsnips this year.

Parsnip tops closely resembles the tops of broadleaf parsley. However, there are chemicals in wild parsnip leaves called psoralens (furocoumarins) that cause "phyto-photo-dermatitis." In mild cases, affected skin reddens and feels sunburned. In more severe cases, the skin reddens first, then blisters rise and for a while the area feels like it has been scalded. Places where skin is most sensitive (arms, legs, torso, face, neck) are most vulnerable - people mowing roadside weeds are often exposed to psoralens when the chopped leaves fly up.

One of wild parsnip's "signature" effects is a dark red or brownish discoloration of the skin in the area where the burn occurred. This hyper-pigmentation can persist in the skin for as long as two years.

Storing Parsnips:

Parsnip roots tend to shrivel easily in storage so they are quite often heavily waxed when marketed in retail channels. (However, much of the flavor compounds of the parsnip are found right under the skin, this is why many recipes call for parsnips to remain unpeeled.) When storing un-waxed parsnips, such as the parsnips you receive from CPOF, it is suggested that you put them in a plastic bag and place in the vegetable drawer of the refrigerator to keep fresh for 4 to 5 days. I have successfully kept un-waxed parsnips significantly longer – they must not have any moisture on them when you put them in the refrigerator.

Recipes Using Parsnips

Carrot & Parsnip Latkes

Makes 16 to 18 two-inch pancakes

2 medium carrots, peeled
5 small parsnips (about 1 pound), peeled
1/4 cup all-purpose flour
2 large eggs, beaten
1 teaspoon minced chives or scallion
1 teaspoon chopped parsley
Salt and freshly ground pepper
Peanut oil for frying

Grate the carrots and parsnips coarsely. Toss with the flour. Add the eggs, chives, parsley, and salt and pepper to taste. Mix until evenly moistened.

Heat peanut oil in a sauté pan until it is barely smoking. Drop in the batter by tablespoons and flatten. Fry over medium heat until brown on both sides.

Recipe from: [Jewish Cooking in America](#) by Joan Nathan

Potato & Parsnip Rosti

Makes 4 servings

8 oz potatoes, grated
8 oz parsnips, grated
1 onion, thinly sliced
1 tbsp creamed horseradish
2 tbsp chopped chives
3 fl oz yogurt

Mix everything together and season to taste. Pour into a shallow baking dish, cover with foil and bake for 1 hour. Uncover and bake for 15 minutes until becoming crisp and brown.

Parsnip And Potato Puree

Looks like 6 to 8 servings

1 1/2 lb parsnips, peeled and cubed
1 lb potatoes, peeled and cubed
4 cloves garlic, peeled
freshly ground nutmeg
1/2 cup skimmed milk

Cook the potatoes, parsnips and garlic together in boiling salted water until tender. Drain and mash thoroughly. Season with pepper and nutmeg.

Spiced Parsnip Soup

6 to 8 servings (?)

1 1/2 lb parsnips, peeled and cubed
2 onions, chopped
2 garlic cloves, chopped
1 tsp cumin seeds
1 tsp cardamom seeds
1 tsp coriander seeds
1 tsp turmeric
1 tsp ground ginger
2 pints (4 cups) vegetable stock

Dry roast the seeds and grind together. Sauté the onion and garlic. Add the spices and cook for a couple of minutes. Add the parsnips and stock and simmer gently until tender. Puree and serve.

And the parsnip recipe I know some have been waiting for:

Parsnip Wine---

Take 15 lb. of sliced Parsnips, and boil until quite soft in 5 gallons of water; squeeze the liquor well out of them, run it through a sieve and add 3 lb. of coarse lump sugar to every gallon of liquor. Boil the whole for 3/4 hour. When it is nearly cold, add a little yeast on toast. Let it remain in a tub for 10 days, stirring it from the bottom every day; then put it into a cask for a year. As it works over, fill it up every day.

Re: requests for how to serve escarole and frisee

Frisee and escarole are both types of endive and escarole is less bitter than other varieties. These items will probably be features in future newsletters.

There are many traditional Italian recipes using escarole; two typical recipes escarole are below. There is also a recipe for soup using escarole in the February issue of Sunset magazine.

Frisee is used in cooked dishes and in salads especially combined with other hearty 'non-greens' ingredients like fruits, other vegetables, and meats. A recipe using frisee is at the bottom of the newsletter.

Escarole Soup (Zuppa Di Scarola)

1 pound sweet Italian sausage, prosciutto ends, sopressato, or pepperoni
4 quarts chicken stock
6 garlic cloves, minced
freshly ground black pepper
1 pound dry white beans, washed and drained
2 heads escarole, roughly chopped into 1-inch pieces, (up to 4 cups)
1/4 teaspoon oregano
3-4 leaves fresh basil
pinch red pepper flakes
1 bay leaf(optional)
salt
freshly grated Romano cheese

Brown the sausage or meat in a large soup pot. Remove and slice into rounds or cubes and set aside.

Add the stock, garlic and several grindings of pepper to the soup pot.

Bring to a boil, reduce heat and simmer, scraping all the browned bits from the bottom of the pan. Add the beans, herbs, and cook, covered, for 30 minutes, then add the meat. Simmer on lowest heat, until beans are tender. Add the escarole and cook until escarole is soft.

Taste and adjust seasonings.

Serve with plenty of freshly grated Romano and garlic bread for dipping.

Sicilian Escarole Salad

1 large head escarole (broad leaf type)
1/3 cup olive oil
2 tablespoons wine vinegar
3 cloves garlic, pressed or finely minced and crushed
a few drops balsamic vinegar
1/3 teaspoon sea salt (adjust if using anchovies)
pinch black pepper
1/3 teaspoon basil leaves
1/3 teaspoon oregano leaves
1/3 teaspoon (or to taste) hot red pepper flakes
1 can medium sized black ripe olives or oil cured, chopped
1 large Vidalia or red onion, sliced thinly
1 large English cucumber, quartered lengthwise, sliced into 1 inch chunks
1 can anchovies (optional)

Add wine vinegar to bottom of bowl.

Peel garlic, and using a garlic press, add garlic to vinegar and allow to sit at least 10 minutes. (Alternatively, if you don't have a garlic press, mince garlic finely and then sprinkle with salt and rub the side of your knife across it to crush garlic to a fine paste, then add to vinegar as above.) Stir pepper, oregano, basil, and red pepper flakes into vinegar. Add chopped onion mix together.

Wash and thoroughly dry the escarole and separate the leaves, tearing them into 1-2 inch pieces. Add to vinegar and garlic; chop the cucumber into one-inch pieces and season with black pepper.

If using the optional anchovies, drain, break them into sections and add to the olive oil. Otherwise, pour olive oil over salad, sprinkle with salt and mix gently but thoroughly. Taste and adjust seasonings.

Escarole salad can be easily varied to suit the ingredients that you have available, or what's seasonal at the market. But remember, it's best kept rather simple, with not too many ingredients, in the Italian tradition.

This can be topped with Parmesan croutons or served with bruschetta.

Variations:

When in season, optionally add fresh ripe tomato slices and use chopped fresh basil and oregano. Another nice addition is roasted red peppers. Or add 2" X 1/2" slices of salami, mortadella or a sharp Italian cheese such as Asiago, Provolone or Pecorino Romano cheese. Or include a can of cannelloni beans (drained), or a can of Italian Tonno (tuna) packed in olive oil for a hearty lunch.

Note: When using anchovies, adjust salt, as anchovies can be very salty depending on how they're packed.

Grilled Ham and Gouda Sandwiches With Frisee and Caramelized Onions

- 1 tablespoon extra-virgin olive oil
- 1 large onion, thinly sliced
- Unsalted butter, room temperature
- 4 1/3-inch-thick slices country white bread or sourdough bread
- 4 ounces thinly sliced smoked ham, divided
- 3 ounces Gouda cheese, thinly sliced, divided
- 2 large handfuls fries, torn into bite-size pieces (about 1 cup), divided

Heat oil in large nonstick skillet over medium heat. Add onion; sauté 5 minutes. Reduce heat to medium-low; cover and cook until onion is very tender and golden, stirring frequently, about 25 minutes longer. Season with salt and pepper. Cool slightly.

Butter 2 bread slices. Place bread, buttered side down, on platter. Divide onion, ham, cheese, and fries between bread slices. Top each with another bread slice; butter top slices.

Heat another large nonstick skillet over medium heat. Add sandwiches and cook until bread is golden brown and cheese melts, pressing occasionally with spatula, about 4 minutes per side. Cut sandwiches in half diagonally and serve immediately.

Makes 2 servings.