



Cal Poly Organic Farm Community Supported Agriculture Newsletter

CPOF ANNOUNCEMENTS

◆ Amy Kalafa and Susan Rubin are two moms on a mission: induce school districts to serve fresh, healthy foods, rather than the junk food that has become the norm in cafeterias across the nation. Come to one of the **HopeDance** screenings of the film *Two Angry Moms* to view their struggles.

The Templeton screening will be on Wednesday, February 20 at the Dancing Deer Ranch, 2975 Vineyard Drive. A pot luck dinner will begin at 6 p.m. and the film will start at 7:00. Suggested donation is \$5-\$10. Shows will be held in the San Luis Obispo Library (Pismo & Osos Streets) on Monday, February 25 at 10:00 a.m. and 7:00 p.m. There is a suggested donation of \$10. Call 544-9663 for more information.

The purpose of HopeDance is to report on the outrageous, pioneering and inspiring activities of outstanding individuals and organizations creating a new world. For more information on HopeDance publications and activities (and other featured area films), please visit: www.hopedance.org.

◆ Representatives from **SLO Grown Kids**, a coalition of parents and other community members in and around San Luis Obispo who recognize the connection between healthful diet and students' ability to learn effectively, will be on hand at the *Two Angry Moms* screening to answer questions. This organization will also be offering three workshops, "**Ten Ways to Prevent Obesity in Your Children**" by Cathe Olson. For times and locations call 528-1190 or e-mail goco@utech.net. For more information about SLO Grown Kids, you may visit www.slogrownkids.org/

◆ Cal Poly Organic Farm is happy to announce an upcoming Spring/Summer Bread Share from **Skipping Stone Breads**. Starting April 7, 2008, the cost will be \$4.50 per week for a delicious, crusty 2-pound loaf of "fully fermented" rustic bread made from wheat and rye flour. As bakers Ciro and Kim Pasciuto say, "It is bread that is best imagined in the satchel of a shepherd or in the fisherman's basket; connected to the sustainable, rural community." We wholeheartedly agree! Look for a complimentary loaf in this week's box.

◆ Correction: Last week's newsletter erroneously stated that the new season started March 31, 2008. However, the **Spring/Summer CSA Season will officially begin April 7, 2008**. We apologize for any inconvenience this may have caused any of our members. Look for your membership forms via e-mail this week. If you do not receive a membership form please contact the new CSA Manager, Leah Bauer at orgfarm@calpoly.edu or call 756-6139.

◆ We will miss Farm Manager Cindy Douglas while she is out on Maternity Leave. Good luck Cindy! See you in April!

Week 19 Produce

February 10 – February 16

Full Shares expect 10-12 items

Small Shares expect 8-10 items

from the following list:

Pistachios (Nurses Pistachio Orchard, Paso Robles) - *Today 98% of the world supply is consumed in the U.S.*

Broccoli (CPOF/BonniPak) - *One cup of broccoli contains the RDA for vitamin C.*

Carrots (CPOF) – *This was the first vegetable to be canned in the North American colonies in the early 1800s.*

Bunching onions (CPOF) - *These culinary essentials have been cultivated for over five thousand years.*

Butternut squash (CPOF) - *Squash should be kept away from direct exposure to light and should not be subject to extreme heat or cold.*

Celery (CPOF) - *If you have celery that has wilted, sprinkle it with a little water and place it in the refrigerator for several hours where it will regain its crispness.*

Brussels sprouts (CPOF) – *Although usually served hot, sprouts make a nice addition to cold salads.*

Swiss chard (Growing Grounds, Santa Maria) - *Its exceptionally impressive list of health promoting nutrients makes chard one of the vegetable valedictorians.*

Green cabbage (CPOF) - *Ancient Greeks and Romans used cabbage to treat a host of health conditions.*

Bread* (Skipping Stone) – *The staff of life!*

Cauliflower (BonniPak) - *Sauté cauliflower with garlic, minced ginger and tamari.*

* Not certified organic.

Unless otherwise noted, all your vegetables are certified organic.

www.calpolyorgfarm.com

VEGETABLE OF THE WEEK: CAULIFLOWER (*Brassica oleracea*)

This week we celebrate cauliflower, another member of the cruciferous family of vegetables along with broccoli, cabbage, and Brussels sprouts. Cauliflower traces its ancestry to the wild cabbage, a plant thought to have originated in ancient Asia Minor, which resembled kale or collards more than the vegetable that we now know.

Cauliflower's compact head (called a "curd") is composed of undeveloped flower buds attached to a central stalk. Surrounding the curd are ribbed, coarse green leaves that protect it from sunlight, impeding the development of chlorophyll. While this process contributes to the white coloring of most of the varieties, cauliflower can also be found in light green and purple colors. Between these leaves and the florets are smaller, tender leaves that are edible.

Storage

Store uncooked cauliflower in a paper or plastic bag in the refrigerator where it will keep for up to a week. To prevent moisture from developing in the floret clusters, store it with the stem side down. Since cooking causes cauliflower to spoil quicker, consume it within two to three days of placing in the refrigerator after cooking.

Nutrition

One cup of boiled cauliflower is an excellent source of vitamin C (91.5% of the DV), folate (13.6% of the DV), and dietary fiber (13.4% of the DV). That same amount of cauliflower also serves as a very good source of vitamin B5, vitamin B6, manganese and omega-3 fatty acids.



Preparation Tips

- Cauliflower florets are the part of the plant that most people eat. However, the stem and leaves are edible too and are especially good for adding to soup stocks.
- To cut cauliflower, first remove the outer leaves and then slice the florets at the base where they meet the stalks. You can further cut them, if you desire pieces that are smaller or of uniform size. Trim any brown coloration that may exist on the edges.
- Cauliflower contains phytonutrients that release odorous sulfur compounds when heated. These odors become stronger with increased cooking time. If you want to minimize odor, retain the vegetable's crisp texture, and reduce nutrient loss, cook the cauliflower for only a short time. Some phytonutrients may react with iron in cookware and cause the cauliflower to take on a brownish hue. To prevent this, add a bit of lemon juice to the water in which you blanch the cauliflower.

A Few Quick Serving Ideas:

- For cauliflower with a vivid yellow color, "healthy sauté" it briefly with a spoonful of turmeric or generous pinch of saffron.
- Puree cooked cauliflower, add fennel seeds and your other favorite herbs and spices and serve as soup.
- Because of its shape and taste, cauliflower florets make wonderful crudité's for dipping in sauces.

Gingered Cabbage

6 cups chopped green cabbage
½ cup chopped scallion
1 tablespoon minced garlic
1 tablespoon minced fresh ginger
1 tablespoon chicken or vegetable broth
1- ½ tablespoons soy sauce
½ tablespoon rice vinegar
Salt and white pepper to taste

1. Heat 1 tablespoon broth in a large stainless steel skillet. Sauté cabbage, scallion, garlic, and ginger over medium heat for 3-4 minutes stirring frequently.
2. Add soy sauce, rice vinegar, and season with salt and pepper to taste. *Serves 4.*

Cauliflower Soup

2 teaspoons canola olive oil
1 medium onion, finely chopped
2 cloves garlic, crushed
1 medium leek, white part only, finely sliced
1 stick of celery, thinly sliced
1 teaspoon dried thyme
1 medium cauliflower (about 1 1/2 -2 pounds), trimmed and cut into small florets
1 medium Yukon gold potato, cut into 1-inch pieces
4 cups fat-free, low-sodium broth
1/4 cup fresh parsley, chopped
Freshly ground black pepper



1. Heat oil on medium in a large heavy-bottomed saucepan or soup pot. Sauté onions, garlic, leek and celery, and cook until softened - about 4-5 minutes. Sprinkle thyme.
2. Add cauliflower florets and potato pieces followed by the chicken broth. Bring to a boil, then turn heat to low; stir in parsley, then cover and simmer for 25 minutes, until cauliflower and potato are soft.
3. Remove from heat and cool a little. Blend in batches in a blender or food processor. Add freshly ground pepper to taste. *Makes 8 cups.*

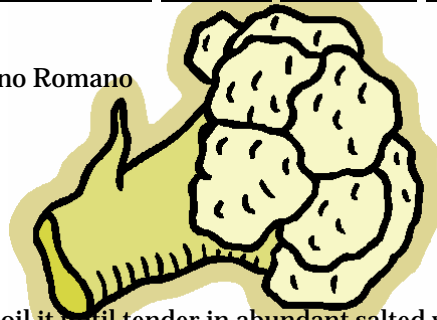
Cauliflower Casserole

1 large cauliflower, broken into flowerets
6 tablespoons butter
1/4 cup flour
1 teaspoon salt
2 cups milk
2 tablespoons prepared mustard
1/2 cup soft bread crumbs
1/4 cup Parmesan cheese

1. Cook cauliflower in boiling salted water until just crisp-tender, about 6 minutes. Drain cauliflower and transfer to a lightly buttered 1 1/2-quart baking dish.
2. In a small saucepan, melt 3 tablespoons of butter; blend in flour and salt. Stir until smooth and bubbly. Gradually add milk, stirring constantly. Continue cooking and stirring until sauce is thickened and smooth, for about 3 minutes. Stir in mustard. Pour sauce over cauliflower in casserole.
3. Melt remaining butter in a medium saucepan; add bread crumbs and toss to coat. Sprinkle cheese over casserole then top with buttered bread crumbs. Bake at 375° for 20 minutes, or until bubbly and browned. *Serves 6.*

Cauliflower Fritters (Polpette di Cavolfiore)

2-1/4 pounds cauliflower
An egg
2 tablespoons freshly grated Pecorino Romano
A small bunch parsley, minced
A clove of garlic, minced
Flour
Breadcrumbs
Salt and pepper to taste
Oil for frying



1. Wash the cauliflower and boil it until tender in abundant salted water; drain it and let it cool. Transfer it to a bowl and mash it with a fork; season it with salt, pepper, the cheese, garlic, egg, and parsley, and work in enough breadcrumbs to obtain a fairly stiff mixture.
2. Form the mixture into balls an inch in diameter, roll them in flour, and fry them until golden.
3. Drain on absorbent paper and serve. Note: Some cooks add a teaspoon of fennel seeds to the mixture. *Serves 4.*

Savory Herbed Cheesecake

Crust:

3/4 cup bread crumbs
1 tablespoon shelled pistachio nuts
3 tablespoons extra virgin olive oil
1/4 teaspoon dried basil
1/4 teaspoon dried thyme
1/4 teaspoon dried oregano

Cheesecake:

16 ounces cream cheese, at room temperature
1/4 cup feta cheese, at room temperature and crumbled
1/4 cup Gorgonzola cheese, at room temperature and crumbled
1/2 cup fresh-grated Parmesan cheese
1/4 teaspoon salt
1/4 teaspoon white pepper
1/2 teaspoon dry mustard powder
1/2 teaspoon Worcestershire sauce
1 egg
1-1/2 cups heavy whipping cream
1 tablespoon chives

1. Preheat oven to 325° F.
2. To make the crust: Place bread crumbs, pistachios, olive oil, basil, thyme, and oregano in a food processor fitted with the metal blade. Pulse until blended and pistachios are finely chopped. Press into the bottom and up the sides of a 9-inch deep-dish glass pie plate.
3. To make the cheesecake: Whip cream cheese until soft. Add feta, Gorgonzola, Parmesan, salt, pepper, mustard powder, Worcestershire sauce, egg, and heavy cream. Beat on low speed until combined. Pour into crust. Sprinkle chives evenly over the top.
4. Bake cheesecake about 45 minutes, until lightly browned on top and no longer wiggly in the center. Let cool to room temperature, and then chill in the refrigerator until ready to serve.
5. Let sit at room temperature 15 minutes before serving. Cut into wedges and place on a serving platter surrounded with herbed crackers and toasted Italian bread rounds. *Yield: 18 servings as a spread for an elegant appetizer.*

Golden Squash Soup

1 medium sized butternut squash, peeled and cut into about 1/2 inch pieces (about 3 cups)
1 large onion, chopped
3 medium cloves garlic, chopped
1 tablespoon chopped fresh ginger
1 teaspoon turmeric
1 teaspoon curry powder
2 3/4 cups + 1 tablespoon chicken or vegetable broth
6 ounces canned coconut milk
2 tablespoons chopped fresh cilantro
Salt & white pepper to taste

1. Peel squash and cut into pieces.
2. Heat 1 tablespoon broth in medium soup pot. Healthy sauté onion in broth over medium heat for about 5 minutes, stirring frequently, until translucent. Add garlic, ginger, and continue to sauté for another minute. Add turmeric, curry powder, and mix well.
3. Add squash and broth, and mix. Bring to a boil on high heat. Once it comes to a boil reduce heat to medium low and simmer uncovered until squash is tender, about 10 minutes.
4. Place in blender and blend with coconut milk. Make sure you blend in batches filling blender only half full. Start on low speed, so hot soup does not erupt and burn you. Blend until smooth, about 1 minute. Thin with a little broth if needed. Season to taste with salt and white pepper. Reheat, and add cilantro. *Serves 4-6.*

