



Cal Poly Organic Farm

Community Supported Agriculture Newsletter

CPOF ANNOUNCEMENTS

◆ **6th Annual Change the Status Quo Conference : A Student's Role in Shaping Society** will take place Friday and Saturday, February 15th and 16th in Chumash Auditorium. Come spend a day with students and members of our community who share your passions for social change and activism. Enjoy a local, organic breakfast on Saturday as well as dozens of amazing workshops organized by several different student and local groups.

Registration is \$10 for students and \$15 for non-students - register now in the Student Life & Leadership office, UU 217 and get a free t-shirt while supplies last! For more information e-mail changethestatusquo@gmail.com.

CPOF will present the workshop ***DIRT is a 4-Letter-Word***, including an overview of historical and current mismanagement of soil, followed by cultural and agricultural practices that can improve soil health, physical soil samples to compare, and a hands-on composting workshop.

"Be the change you wish to see in the world." - Ghandi

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

The Templeton screening will be on Wednesday, February 20 at the Dancing Deer Ranch, 2975 Vineyard Drive. A potluck dinner will begin at 6 p.m. and the film will start at 7:00. 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. Call 544-9663 for more information.

For more information on HopeDance publications and activities (and other featured area films), please visit: www.hopedance.org.

◆ **CPOF Spring/Summer CSA** share program starts April 7th. Sign up now to insure a spot! If you did not receive a membership form please contact the new CSA Manager, Leah Bauer at orgfarm@calpoly.edu or call 756-6139.

◆ The Spring/Summer Bread Share from **Skipping Stone Breads** also starts April 7. The cost will be \$4.50 per week for a delicious, crusty 2-pound loaf of rustic bread made from unbleached flour, whole wheat flour, rye flour, salt, water and yeast.

◆ Farewell to Sales and Marketing Supervisor, Mallory Tipple, who is relocating to southern California. Thank you for all your hard work, Mallory and good luck in your new adventures!

Week 20 Produce

February 17 – February 23

Full Shares expect 10-12 items

Small Shares expect 8-10 items

from the following list:

Tangerines* (CP Citrus Project) -Tangerines are the perfect snack and add a special tang to many recipes.

Radishes (varied) (CPOF) – An excellent source of Vitamin C!

Carrots (CPOF) – Store tops and roots separately in the fridge.

Bunching onions (CPOF) - Revered throughout time not only for their culinary use, but also for their therapeutic properties.

Butternut squash (CPOF) -To freeze winter squash, first cut it into pieces of suitable size for individual recipes.

Cauliflower (CPOF) –The stem and leaves are especially good for adding to soup stocks.

Brussels sprouts (CPOF) -Toss cooked sprouts with olive oil and balsamic vinegar for a delicious side dish.

Swiss chard (Growing Grounds) – Substitute for spinach in your favorite recipes.

Green cabbage (CPOF) -Since the stalks are thicker in texture, they will take longer to cook than the leaves, so start their cooking a few minutes earlier.

Beets (CPOF) -Don't peel beets until after cooking to prevent color from bleeding.

Turnips (CPOF) -Store roots and greens in the refrigerator separately wrapped in plastic bags.

Parsley (CPOF) - Add parsley to pesto sauce to add more texture.

Lemon grass (CPOF) - Always wrap and store separately, as lemon grass will impart its flavour to other foods.

Kale (CPOF) -Sprinkle braised kale and apples with balsamic vinegar and chopped walnuts.

** Not certified organic.*

Unless otherwise noted, all your vegetables are certified organic.

www.calpolyorgfarm.com

VEGETABLE OF THE WEEK: RADISH (*Raphanus sativus*)

The radish is an edible root vegetable of the Brassicaceae family that was domesticated in Europe in pre-Roman times. They are grown and consumed throughout the world, and in addition to their use as a food, radishes have uses as an alternative treatment for a variety of medical conditions, and the seeds can be used as a biofuel. The most popular part for eating is the taproot, although the entire plant is edible and the tops can be used as a leaf vegetable. Radishes have numerous varieties, varying in size, color and duration of required cultivation time. Most commonly known is the round, red-skinned variety but other varieties may have a pink, white or gray-black skin, and there is a yellow-skinned variety.



Storage

To store, break the leaves off, put the roots in a plastic bag, and keep refrigerated no more than a week. When you're serving them, you can soak radish in ice water for an hour or two for extra crispness.

Nutrition

Radishes are low in saturated fat and cholesterol and high in dietary fiber, Vitamin C, folate, potassium, riboflavin, Vitamin B6, calcium, magnesium, copper and manganese.

Preparation Tips and Serving Ideas:

- Before serving radishes, you can soak them in ice water for an hour or two for extra crispness.
- Because of its shape and taste, radishes make wonderful crudité for dipping in sauces.
- Radishes can be added to vegetable juice to spice up the flavor a little. In this form, they can help clear your sinus cavities and soothe your sore throat.
- Don't throw out your radish greens. Believe it or not, those fuzzy leaves can be transformed into a smooth green soup, with a hint of watercress flavor.

HERB OF THE WEEK: LEMON GRASS (*Cymbopogon citratus*)

Lemon grass is a long thick grass with leaves at the top and a solid portion several inches long at the root end. The leaves and base of this tender perennial are used as a food flavoring, particularly in fish and poultry dishes, and its essential oils are used medicinally. Its distinctive flavor balances hot chillies and contributes to the elaborate, multi-layered flavors of many dishes in South East Asian cuisine.

In addition to fresh, lemon grass may be purchased dried or powdered. The dried product has to be soaked in hot water and reconstituted before use. The powdered variety is useful in teas and curries but it's not a good substitute for the fresh product. For best results in recipes use the fresh herb.



Lemon grass is also used commercially as the lemon scent in many products including soaps, perfumes and candles.

Storage

Store fresh lemon grass in the refrigerator in a tightly sealed plastic bag for up to three weeks. You can also freeze it for about six months without any flavor loss.

Nutrition

This grass is rich in a substance called citral, the active ingredient in lemon peel. This substance is said to aid in digestion as well as relieve spasms, muscle cramps, rheumatism and headaches. In addition to its calming effect that relieves insomnia or stress, studies have shown that the lemon grass has antibacterial and antifungal properties.

Preparation Tips and Serving Ideas:

- As the long, thin, grey-green leaves are tough and fibrous, the outside leaves and the tips are usually chopped very finely or discarded from the dish before it is served.
- "Bruising" is a common term found in recipes that call for using lemon grass. This process releases the flavor of the grass just as you would do with garlic. Simply press down on the bulb end of the lemon grass with the side of a large knife (such as a Chef's knife) or pound lightly with a kitchen mallet.
- Powdered lemon grass is found under the name "Sereh powder" and a teaspoon is equal to one small stalk.
- You can substitute fresh lemon zest, Sereh powder, as well as lemon balm or lemon verbena, in recipes calling for lemon grass. Zest of 1 lemon = 2 small lemon grass stalks.

Lemon Grass Tea

1/4 cup chopped fresh lemon grass tops or 2 tablespoons dried lemon grass
4 cups boiling water
Sugar to taste

Preheat teapot with boiling water; discard water. Add lemongrass and boiling water, steep 8 to 10 minutes; strain. Serve hot or allow to cool and serve in tall glasses with ice. Sweeten to taste. *Serves 4.*

Thai Rice Pilaf

1 and 1/2 cups basmati rice
2 cloves garlic, finely minced
2 tablespoons finely minced lemongrass (optional)
2 cups chicken stock
1/2 cup coconut milk
2 tablespoons dry sherry
2 tablespoons fish sauce
1 teaspoon Asian chili sauce
1/2 teaspoon salt
2 teaspoons orange skin, very finely grated
3 tablespoons cooking oil
1/3 cup currants
1 red bell pepper, stemmed and seeded
1/2 cup minced green onions
1/4 cup minced basil leaves
1/4 cup minced mint leaves
1/4 cup white sesame seeds

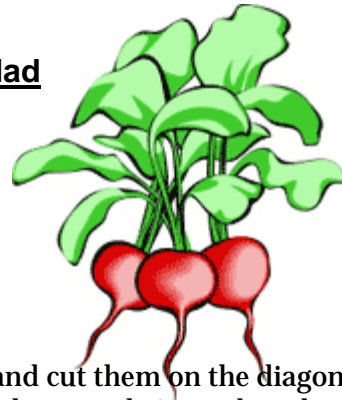


Advance Preparation:

1. Place rice in sieve and wash under cold water, stirring rice with your fingers until the water is no longer cloudy, about 2 minutes. Drain thoroughly.
2. Mince garlic and lemon grass.
3. In a small bowl combine: stock, coconut milk, sherry, fish sauce, chili sauce, salt, orange skin, and kaffir leaf.
4. Place a 2 and 1/2 quart saucepan over high heat and add cooking oil. Add garlic and lemon grass. Sauté 15 seconds, and then add rice and currants. Sauté rice 5 minutes until well heated; then add coconut-stock mixture. Bring to low simmer, cover pot, reduce heat to low, and simmer rice 20 minutes. Rice is cooked when all the liquid disappears and the rice tastes tender. Can be done up to this point in advance of serving. Up to 2 hours ahead, set aside at room temperature; if done further ahead, cool to room temperature, then cover and refrigerate.
5. Within 2 hours of serving the rice, mince the red pepper and set aside with green onions, basil and mint. Place sesame seeds in a small sauté pan, put over high heat and cook until the sesame seeds turn light golden; then set aside.

Last Minute Cooking: If reheating rice, then cover saucepan and warm in a preheated 325°F oven for 20 minutes. Remove from oven and stir in herbs, pepper, and sesame seeds. Taste and adjust seasonings. Serve at once.

Spring Radish Salad



1 bunch fresh radishes
2-3 very sweet carrots
2 bunches arugula
salt and pepper to taste
Extra virgin olive oil
2 tablespoons freshly grated Parmesan cheese
Lemon wedges

1. Trim the radishes and slice them thinly. Peel the carrots and cut them on the diagonal into very thin slices. Snap off the tough stems from the arugula. Gather the arugula into a bunch and cut it crosswise into strips.
2. Arrange the arugula on a platter. Scatter the sliced radishes and carrots over the arugula. Season with salt and pepper to taste. Drizzle with enough olive oil to lightly moisten the vegetables. Sprinkle the Parmesan over the top. Serve with lemon wedges to squeeze over the salad.

Radish Top Soup

6 tablespoons butter
1 cup chopped onions or leeks
8 cups loosely packed radish leaves
2 cups diced peeled potatoes
6 cups liquid (water, chicken stock)
Salt
1/2 cup cream (optional)
Freshly ground pepper

1. Melt 4 tablespoons butter in a large saucepan, add onions or leeks, and cook until golden, approximately 5 minutes. Stir in radish tops, cover pan, and cook over low heat until wilted, 8-10 minutes.
2. Meanwhile, cook potatoes until soft in liquid along with 1 teaspoon salt.
3. Combine with radish tops and broth, and cook, covered, for 5 minutes to mingle flavors. Puree finely in a food processor. Add cream if desired. Season to taste with butter, salt and pepper.

Beijing Radish Salad

1 bunch watermelon radishes or one medium daikon radish
2 tablespoons rice or balsamic vinegar (or a combination)
1 tablespoon soy sauce
1 teaspoon sugar
2 teaspoons sesame oil
2 garlic cloves, finely chopped

Wash and julienne radishes. They can be peeled or not as you like. Use a mandoline to do the julienne-ing, or you can grate them. Mix together the rest of the ingredients and dress the radishes with the dressing.

Chimol

Chimol is a traditional topping for carne asada (or grilled steaks) but is also great on grilled fish or chicken, or as a topping for scrambled eggs, a chip dipper, or a taco topper.

2 icecicle radishes
3 tomatoes
1 small onion
1 bunch cilantro
2 or 3 pinches salt
juice from 1 lemon

Chop fine and mix.