



Cal Poly Organic Farm

Community Supported Agriculture Newsletter

ANNOUNCEMENTS

- **Paint needed!** We are still in need of primer and exterior white paint for some of the Farm buildings. This is the perfect opportunity to help the Farm while cleaning out your basement or garage.
- **Association of Applied Insect Ecologists:** AAIE will be visiting the CPOF on Tuesday, February 5 at 3:00 p.m. AAIE provides quality information about ecology-based pest management while encouraging environmentally compatible approaches and an awareness of Integrated Pest Management (IPM). The organization also establishes a forum for the exchange of information through member services and other means. AAIE was established in 1967 to allow practitioners of IPM to exchange philosophical ideas and technical information. Today, AAIE's 200-plus members lead the development, adoption and implementation of IPM. Under its guidance, professionals, agriculturalists and horticulturalists are better informed and equipped to raise plants within sound environmental principals. For more info on AAIE: www.aaie.net/about.htm.
- **CSA Spring season begins the week of March 31!** Members who sign up for another 24 weeks will receive a 5% discount. Prices will remain the same for the upcoming season.
- **Children's Garden Committee:** If you are interested in participating in our farm Children's Garden please email AKillham@calpoly.edu.

Veggie Tip:

Carrots, turnips, onions, fennel, potatoes, celery, beets, etc. In a 2 to 3-quart baking dish, toss your selection of root vegetables and herbs with olive oil. Bake uncovered for 45 - 60 minutes at 425°F, stirring occasionally, until vegetables are tender and lightly browned.

Week 18 Produce

February 3 – February 9

Full Shares expect 10-12 items

Small Shares expect 8-10 items

From the following list:

- **Walnuts** - Mix crushed walnuts into plain yogurt and top with maple syrup.
- **Kiwifruit** - Packed with more vitamin C than an equivalent amount of orange, kiwi adds a dramatic tropical flair to any fruit salad.
- **Butternut squash** – Add cubes of winter squash to your favorite vegetable soup recipe.
- **Braising greens** – Toss chopped tomatoes, pine nuts, goat cheese, pasta and greens with a little olive oil.
- **Broccoli** – Sprinkle lemon juice and sesame seeds over lightly steamed broccoli.
- **Celery** – Add celery leaves and sliced celery stalks to soups, stews, casseroles, and healthy stir fries.
- **Onions** – Sautéed chopped onions are so versatile that they can be added to most any vegetable dish.
- **White butter turnips** – Try mashed with potatoes.
- **Beets** - Grate raw beets for a delicious and colorful addition to salads or soups.
- **Cilantro**- Combine chopped onions, tomatoes, avocado and cilantro for an all-in-one guacamole salsa dip.
- **Parsley** – Chopped parsley can be sprinkled on a host of different recipes.
- **Carrots** – Shredded raw carrots and chopped carrot greens make great additions to salads.
- **Red Russian Kale** - Braise chopped kale and apples. Before serving, sprinkle with balsamic vinegar and chopped walnuts.

Unless otherwise noted, all your vegetables are certified organic.

www.calpolyorgfarm.com



VEGETABLE OF THE WEEK: Celery (*Apium graveolens*)

Celery is a biennial vegetable that belongs to the *Umbelliferae* family, whose other members include carrots, fennel, parsley and dill. While most people associate celery with its prized stalks, its leaves, roots and seeds are also used as a food and seasoning as well as a natural medicinal remedy.

The celery that we know today was derived from wild celery, thought to have its origins in the Mediterranean regions of northern Africa and southern Europe. Celery has a long and prestigious history of use, first as a medicine and then later as a food. The initial mention of the medicinal properties of celery leaves dates back to the 9th century B.C., when celery made an appearance in the *Odyssey*, the famous epic by the Greek poet, Homer. The Ancient Greeks used the leaves as laurels to decorate their renowned athletes, while the ancient Romans used it as a seasoning, a tradition that has carried through the centuries.

It was not until the Middle Ages that celery's use expanded beyond medicine and seasoning into consideration as a food. And while today, for most people thoughts of celery conjure up images of dips and crudité platters, eating this delicious crunchy vegetable raw did not really become popular until the 18th century in Europe. Celery was introduced in the United States early in the 19th century.

Storage

To store celery, place it in a sealed container or wrap it in a plastic bag or damp cloth and store it in the refrigerator. If you are storing cut or peeled celery, ensure that it is dry and free from water residue, as this can drain some of its nutrients.



Nutrition

Celery contains vitamin C and several other active compounds that promote health, including *phalides*, which may help lower cholesterol, and *coumarins*, that may be useful in cancer prevention.

Preparation Tips

To clean celery, cut off the base and leaves, then wash the leaves and stalks under running water. Cut the stalks into pieces of desired length. If the outside of the celery stalk has fibrous strings, remove them by making a thin cut into one end of the stalk and peeling away the fibers. Be sure to use the leaves—they contain the most vitamin C, calcium and potassium—but use them within a day or two as they do not store very well.

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.

A Few Quick Serving Ideas:

- Add chopped celery to your favorite tuna fish or chicken salad recipe.
- Enjoy the delicious tradition of eating peanut butter on celery stalks.
- Use celery leaves in salads.
- Braise chopped celery, radicchio and onions and serve topped with walnuts and your favorite soft cheese.
- When making fresh squeezed carrot juice, give it a unique taste dimension by adding some celery.

NUT OF THE WEEK: Walnuts (*Juglans regia*)

The English walnut originated in India and the regions surrounding the Caspian Sea, hence it is known as the Persian walnut. In the 4th century AD, the ancient Romans introduced the walnut into many European countries where it has been grown since. Throughout its history, the walnut tree has been highly revered; not only does it have a life span that is several times that of humans, but its uses include food, medicine, shelter, dye and lamp oil. It is thought that the walnuts grown in North America gained the moniker "English walnuts," since they were introduced into America via English merchant ships.

Storage

Due to their high polyunsaturated fat content, walnuts are extremely perishable. Shelled walnuts should be stored in an airtight container and placed in the refrigerator, where they will keep for six months, or the

freezer, where they will last for one year. Unshelled walnuts should preferably be stored in the refrigerator, although as long as you keep them in a cool, dry, dark place they will stay fresh for up to six months.

Nutrition

Walnuts' concentration of omega-3 fatty acids (a quarter-cup provides 90.8% of the daily value for these essential fats) has many potential health benefits ranging from cardiovascular protection, to the promotion of better cognitive function, to anti-inflammatory benefits helpful in asthma, rheumatoid arthritis, and inflammatory skin diseases such as eczema and psoriasis. Also, walnuts contain an antioxidant compound called *ellagic acid* that supports the immune system and appears to have several anticancer properties.



A Few Quick Serving Ideas:

- Add walnuts to healthy sautéed vegetables.
- Walnuts are great in baked goods and breakfast treats. Some of our favorites include zucchini walnut bread, carrot walnut muffins and apple walnut pancakes.
- Purée walnuts, cooked lentils and your favorite herbs and spices in a food processor. Add enough olive or flax oil so that it achieves a dip-like consistency.
- Sprinkle walnuts onto salads.
- Add walnuts to your favorite poultry stuffing recipe.
- To roast walnuts at home, do so gently-in a 160-170°F (about 75°C) oven for 15-20 minutes-to preserve the healthy oils.

Sugar-Spiced Nuts

1/2 cup powdered sugar

Spice Mixture

2 teaspoons ground cinnamon
2 teaspoons ground cloves
2 teaspoons ground allspice
2 teaspoons ground nutmeg
2 teaspoons ground cardamom
2 teaspoons ground ginger
1/4 teaspoon ground cayenne pepper
1/4 teaspoon salt

Coating

1 tablespoon organic canola oil
1/3 cup evaporated cane juice
3/4 cup apple juice
3 cups coarsely chopped walnuts

1. Place the powdered sugar into a medium bowl and set it aside.
2. To make the spice mixture, combine the cinnamon, cloves, allspice, nutmeg, cardamom, ginger, cayenne, and salt into a small bowl or cup. Stir the mixture well and set it aside near the stove.
3. To make the coating, pour the canola oil into a large non-stick skillet. Place the evaporated cane juice, apple juice, and walnuts in separate cups or bowls and set them aside near the skillet. Heat the canola oil over high heat for about 1 minute. Add the evaporated cane juice and stir another minute until hot and bubbly.
4. Pour in the apple juice and stir constantly for about 1 minute, until the sugar is completely dissolved.
5. Quickly stir in the walnuts and continue stirring over high heat until all the liquid evaporates and the mixture becomes sticky and shiny. Cook for 1 to 2 minutes longer, or until all the liquid is absorbed.
6. Sprinkle in 2 tablespoons of the spice mixture and toss to coat the walnuts, stirring for 1 minute. Turn off the heat and add the remaining spice mixture, stirring continuously.
7. Pour the spiced walnuts into the bowl with the powdered sugar and toss to give them a white dusting. Spread the walnuts in a single layer on a large dish or baking sheet to cool completely. Stored in an airtight container at room temperature, Sugarplum Spiced Nuts will keep up to one month. *Makes 3 1/2 cups.*

Walnut-Glazed Brie

2/3 cup finely chopped walnuts
1/4 cup coffee-flavored liqueur
3 Tbsp firmly packed brown sugar
1/2 tsp vanilla extract
1 (12 ounces) round Brie cheese
Assorted crackers
Pear slices



1. Spread walnuts onto bottom of an ungreased pie plate. Bake 10 to 12 minutes, or until toasted, in a preheated 350° F oven, stirring occasionally.
2. Reduce oven temperature to 325° F.
3. Remove top rind of Brie cheese and discard. Place cheese into an ungreased shallow baking dish; top with walnut mixture. Bake, uncovered, 8 to 10 minutes or until cheese is soft and thoroughly heated. Remove from oven and serve immediately with assorted crackers and pear slices. *Yield: 4 servings.*

Cream of Celery Soup

2 tablespoons butter
2 1/2 cups chopped celery with leaves
3 tablespoons finely chopped onion
2 tablespoons all-purpose flour
1/2 teaspoon salt
2 teaspoons chicken bouillon granules or base
4 cups milk

1. In a 2-quart saucepan over low heat melt butter; add celery and onion and sauté until celery is tender.
2. Stir in the flour, base or bouillon, and salt until mixture is smooth and bubbly.
3. Stir in milk gradually, stirring constantly; bring to a boil. Boil, stirring constantly, for 1 minute. *Makes 5 cups.*

Brown Rice with Carrots, Celery & Ginger

1 cup rice
2 tablespoons sunflower oil (or any cold-pressed vegetable oil)
1/4 cup onion, chopped
2 cloves garlic, chopped
1 tablespoon fresh ginger, chopped
soy sauce to taste
1 cup celery, chopped
2 cups water
1/2 cup carrots, diced & steamed
1/2 cup fresh celery, chopped



1. Brown rice briefly in the oil until brown.
2. In a blender, combine the onion, garlic, ginger and soy sauce and blend until liquid.
3. To the rice, add the water, the contents of the blender, and cook covered 30 minutes over a low flame.
4. After 30 minutes add the carrots and celery. Cook 10 minutes more, covered. Let stand five minutes before serving. *Serves 4.*