



Cal Poly Organic Farm Community Supported Agriculture Newsletter

Welcome to 2008!!!! We at the farm hope everyone enjoyed the holiday season with lots of family and friends!!!!

Welcome back from our 2 weeks break!!! Everyone can continue to pick their produce at the regular time and place for the remaining 11 weeks of the season. Just a note the season ends the week of March 17, we hope to see everyone back next season plus some new faces.

There is one change the week of January 21, all CSA member will have to pick up on Wednesday January 23, regular time and place. Please mark your calendars!!!! The reason for the change is the farm staff will be attending the Eco-Farm Conference in Pacific Grove. The Ecological Farming Association is dedicated to the development of ecologically-based food systems, both domestically and throughout the world by educating farmers, the agriculture industry, and other stewards of the land about practical and economically viable techniques of ecological agriculture, informing consumers and policy makers about ecological food production and its connection to the health of people and communities, and promoting alliances between individuals and organizations who share our vision of a transformed global food system. We would like to give thanks to all that donated to help send the staff this year. For more information about the conference visit www.eco-farm.org.

Currently we have 14 Organic Farming enterprise students enrolled in the Winter Season. The goal is educate these students through participation in our CSA, so thank you for being part of the process. If you are a student who would like to take part please feel free to contact us at the farm.

Week 14 Produce

January 6 – January 12

Full Shares expect 10-12 items

Small Shares expect 7-9 items

From the following list:

- Carrots** - Combine shredded carrots, beets and apples, and eat as a salad.
- Cilantro** – Try freezing in ice cube trays covered with either water or stock; add to soups or stews.
- Bunching Onions** - Perk up plain rice: sprinkle some onions and sesame seeds on top.
- Radish** - Easy to pack and perfect as crudité for that favorite dip.
- Napa Cabbage** - Sauté with onions and serve over cooked buckwheat for a hardy side dish.
- Broccoli** - Add florets and chopped stalks to omelets.
- Turnips** - Use turnip greens in addition to spinach when making vegetarian lasagna.
- Mandarins** – Serve segments with fennel and boiled beets for a refreshing salad. (Cal Poly Citrus Enterprise NOT ORGANIC)
- Colored Cauliflower** - Sauté with garlic, minced ginger and tamari.
- Winter squash** - Top puréed cooked squash with cinnamon and maple syrup.
- Walnuts** - Mix crushed walnuts into plain yogurt and top with maple syrup.
- Kale**-From Growing Grounds-NOT ORGANIC

All items are certified organic.

www.calpolyorgfarm.com

VEGETABLE OF THE WEEK: Turnip

Turnip, *Brassica rapa*, belongs to the Cruciferae family, a cousin to other health-protective giants including kale, collards, cabbage and broccoli. Turnips are an ancient vegetable that is thought to have been cultivated almost 4,000 years ago in the Near East. Both the Greeks and Romans thought highly of the turnip and developed several new varieties. Its widespread popularity in Europe has continued, although since the advent of the potato, it is less widely cultivated than it once was.



Turnips were introduced into North America by the early European settlers and colonists. They grew well in the South and became a popular food in the local cuisine of this region. Turnip greens, which became an integral part of Southern African-American cuisine, are thought to have been adopted into this food culture because of the role they played during the days of slavery. Supposedly, the slave owners would reserve the turnip roots for themselves, leaving the leaves for the slaves. As Western African cuisine traditionally utilizes a wide variety of green leaves in its cooking, the African slaves adopted turnip greens as a substitute and incorporated them into their foodways.

Storage

- Remove turnip greens from the root. Store greens in the refrigerator separately wrapped in a plastic bag. They should keep fresh for about four days.
- The turnips should be kept in the fridge, or other cool, dry place. Baby turnips should be used within 2 or 3 days, larger winter turnips will keep for a week or so.

Nutrition

- Turnips are low in saturated fat and cholesterol and high in dietary fiber, Vitamin C, manganese, Vitamin B6, folate, calcium, potassium and copper.
- Turnip greens are an excellent source of many vitamins including vitamin A, vitamin C, vitamin E, vitamin B6 and folate. They are also an excellent source of the minerals calcium, copper and manganese. In addition, turnip greens are an excellent source of dietary fiber.

Tips for Preparing Turnips:

- Wash and trim turnips before use. Baby turnips can be used whole (they're good grated raw in salads), larger ones should be peeled.
- To bake, cut into slices or cubes and place in a baking dish with a sprinkling of water. Cover and bake until tender (30 to 45 minutes). Larger chunks can be roasted like potatoes or can also be boiled or steamed. The flavor intensifies during cooking so avoid cooking for too long or the taste can be a bit overpowering.
- For basic turnip green preparation, wash the leaves and fold each leaf in half with the top side of the green folded inward. Cut along the stem and remove. If you plan to cook the greens for a long time, such as when using them in soup, you can keep the leaves intact with their center stem.
- The easiest way to clean the leaves is like you would clean spinach. Place them in a large bowl of tepid water and swish them around with your hands. This will allow any sand and dirt to become dislodged. Remove the greens from the water, empty the bowl, refill with clean water and repeat this process until no sand or dirt remains in the water (usually two or three times will do the trick).



A Few Quick Serving Ideas:

- Serve healthy sautéed turnip greens seasoned with some tamari, lemon juice and cayenne pepper.
- Make a simple meal with a little Southern inspiration. Serve cooked turnip greens with beans and rice.
- Healthy sauté turnip greens, sweet potatoes and tofu, and serve alongside your favorite grain.

FRUIT OF THE WEEK: Mandarin orange

The Mandarin orange is a citrus fruit, *Citrus reticulata*, including such varieties as Satsuma, Clementine, Dancy, Honey, Pixie, and tangerines in general. Most are sweeter than their other citrus cousins, have a bright orange skin that is easy to peel, and inner segments that are easily separated. Tangerines are the most common

variety of fresh mandarin orange found in the US. Although cultivated for over 3,000 years in China, mandarin oranges did not reach Europe and North America until the nineteenth century.

Storage

They may be stored in a cool, dark spot for a few days, but ideally should be refrigerated to extend shelf life up to two weeks.

Tips and Hints

- When substituting fresh for canned, you may need to add water or simple syrup.
- Most canned mandarins come in 11-ounce tins. Four-ounce snack sizes are also now widely available.
- One 11-ounce can equals 1-1/4 cups mandarin oranges.
- Use mandarin oranges as a colorful, sweet accent in green salads for a touch of class.
- Mandarins work well in sweet and sour sauces.
- They are especially good in desserts. Use as a decoration, a topping on ice cream with a drizzle of Grand Marnier, or as a dipper for chocolate fondue for quick desserts.
- Mandarin oranges are less acidic than oranges and generally sweeter.
- When grating mandarin orange peel, keep in mind that the skin is thinner than most oranges, so less pressure will be necessary.



RECIPES

Rice with Turnips Milanese Style

14 ounces tender white turnips
6 ounces (3/4 cup) short-grained rice
5 cups beef or vegetable broth
1 clove garlic
Small bunch parsley
freshly grated Parmigiano (about a cup)

1. Mince the parsley and the garlic.
2. Bring the broth to a boil in a casserole. Shred the turnips into the broth, and then stir in the rice.
3. Cook, stirring occasionally, until the rice is just shy of being done, then add the parsley mixture and half the grated cheese.
4. Serve with the rest of the grated cheese for those who would like a little more. *Serves 4.*

Mashed Potatoes with Carrots, Turnips and Horseradish

2-1/2 pounds potatoes
3 pounds turnips peeled and cut into 2-inch pieces
6 tablespoons margarine or butter, softened
2 tablespoons horseradish cream or drained bottled horseradish, or to taste
1/4 cup grated carrots
2 to 4 teaspoons sugar
1/2 cup chopped fresh parsley
1-teaspoon ground pepper

1. In a large sauce pan cover the potatoes with salted cold water in a large pot and simmer, uncovered, until very tender, 20 to 30 minutes (depending on size of potatoes). Drain potatoes in a colander and, when just cool enough to handle, peel. Transfer potatoes to a bowl.
2. While potatoes are cooking, in another pot cover turnips with salted cold water and simmer, uncovered, until very tender, 10 to 20 minutes.
3. Add the carrots to the turnips after they have been cooking for 10 minutes.

4. Drain turnips and carrots in a colander and immediately add to warm potatoes, then mash with butter and horseradish. Season with sugar (to taste), salt, and pepper and stir in parsley. *Yield: 5 to 6 servings*

Mandarin Orange Vinaigrette

1-1/2 cup extra-virgin Greek olive oil
3/4-cup vinegar
3/4 cup Mandarin juice
2 tablespoons red wine vinegar
2 tablespoons brown sugar
2 tablespoons sugar

1. Whisk all ingredients together. Serve cold or warm over your choice of green salad. Spinach salad is especially good with this dressing. *Yield: 4 servings.*



Mandarin Orange Cheesecake

Crust:

1-cup graham cracker crumbs
3/4 cup almonds, toasted and coarsely ground
1/4 cup unsalted butter, melted

Filling:

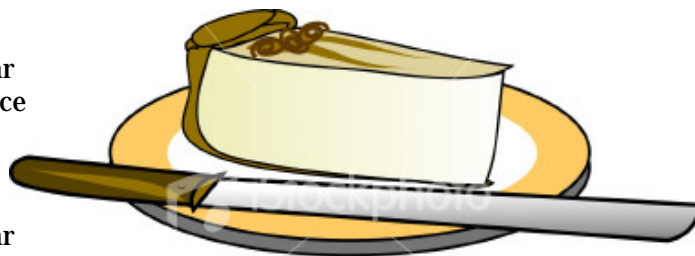
3 packages (each 8 ounces) cream cheese, softened
1/2 cup unsalted butter, softened
1 cup granulated sugar
4 eggs
1/2-cup sour cream
1-1/2 tablespoons orange zest
1/4-cup orange juice concentrate
1-teaspoon vanilla
10 ounces mandarin orange segments

Topping:

1-1/2 cup sour cream
2 tablespoons granulated sugar
2 tablespoons fresh orange juice

Decoration:

1/2 cup whipping cream
2 tablespoons granulated sugar



1. Preheat oven to 350°F. Prepare pan: 9-inch cheesecake pan, ungreased, or springform pan with 3-inch sides, greased.
2. Crust: In a medium bowl, combine graham cracker crumbs, almonds, and butter. Press into bottom of cheesecake pan and freeze.
3. Filling: In a large mixer bowl, beat cream cheese, butter and sugar on medium-high speed for 3 minutes. Add eggs, one at a time, beating after each addition. Mix in sour cream, orange zest, orange juice concentrate, and vanilla. Fold orange segments into batter. Pour over frozen crust.
4. Bake in preheated oven for 45 to 55 minutes or until the top is light brown and the center has a slight jiggle to it. Cool on the counter for 10 minutes (do not turn the oven off). The cake will sink slightly.
5. Topping: In a small bowl, combine sour cream, sugar and orange juice. Pour into center of cooled cake and spread out to edges. Bake for 5 minutes more. Cool on a rack for 2 hours. Cover and refrigerate for at least 6 hours before decorating or serving.

6. **Decoration:** In a well-chilled bowl, whip cream on medium-high speed until soft peaks form. With the mixer still running, sprinkle sugar into cream and continue whipping until firm peaks form. Ice top of cheesecake or pipe a border around cake, if desired. *Yield: 10 to 12 servings.*

Root Vegetable Roast

Use regular potatoes, cut up in 1-inch pieces, if you can't find the baby potatoes or new potatoes.

- 1 stick (4 ounces) butter, melted
- 1 1/2 pounds baby potatoes, such as Baby Dutch, or new potatoes, about 1 1/2 to 2 inches in size, halved
- 2 small turnips, cut in 3/4-inch cubes, or use 1 medium rutabaga
- 1 cup baby carrots, larger ones halved
- 3 small cloves garlic, minced
- 3 green onions, sliced
- 1 heaping teaspoon dried parsley flakes, or 1 tablespoon fresh chopped
- 1/4 teaspoon dried leaf thyme, crumbled
- 1/2 to 1-teaspoon salt, or to taste
- 1/4 to 1/2 teaspoon freshly ground black pepper

1. Preheat oven to 375°.
2. In a 2 to 3-quart baking dish, toss vegetables and herbs with the melted butter. Bake for 45 minutes.
3. Uncover and increase heat to 425°. Bake for another 15 to 20 minutes, stirring once, until vegetables are tender and lightly browned. *Serves 6 to 8.*

Old-Fashioned Turnip Greens

- 1 onion, chopped
- 3 strips bacon, cut into 2" pieces
- 1 small clove garlic, minced
- 1/2-teaspoon salt
- 1/4-teaspoon pepper
- Dash of vinegar
- 3 cups tightly packed chopped turnip greens
- 1 or 2 eggs, hard-boiled

1. Fill a large saucepan half-full of water and add onion, bacon, garlic, salt, pepper and vinegar. Bring to a boil for 1 minute.
2. Add turnip greens and cook until tender.
3. Drain (save the liquid), and top with sliced-egg garnish. *Serves 4 to 6.*

(For your next meal, reheat the cooking liquid-called pot liquor in the South-pour into individual bowls, add small chunks of cornbread, and enjoy!)

