



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.
- **Eco-Farm Conference:** Twelve CPOF students attended the Eco-Farm Conference last week in Asilomar. Look for upcoming articles covering the highlights of this event.
- **Thanks** to all our members for their flexibility. There will be no more schedule changes until the week of March 24 (Spring Break).
- **Focus the Nation: Global Warming Solutions for America:** This Thursday, January 31, 2008, Cal Poly will participate in the largest teach-in in America's history. This will be one of more than 1,500 such events taking place at college campuses all over the nation involving thousands of presenters and millions of students. This day-long event at Chumash Auditorium will feature presentations and panel discussions from a wide range of perspectives on climate change solutions including physics, biology, architecture, engineering, agriculture, business, economics, psychology, and religious studies. The day will conclude with a non-partisan examination of the 2008 Presidential candidates' plans for solutions to climate change, as well as students engaging with local, state, and federal representatives.

CPOF will have representatives there and all our CPA members are also encouraged to attend. For more information go to www.focusthenation.org or contact focusthenationslo@gmail.com.

Week 17 Produce

January 27 – February 2

Full Shares expect 10-12 items

Small Shares expect 8-10 items

From the following list:

- **Mandarins** - Refrigerate to extend shelf life up to two weeks
- **Kiwi** - Add kiwifruit to tossed green salads.
- **Pistachios** – Store pistachios in an airtight container in the refrigerator.
- **Parsley** – Add parsley to pesto sauce to add more texture to its green color.
- **Radish** – A good source of folate, calcium, potassium and fiber.
- **Carrots** – Carrots' antioxidant compounds promote good vision, especially night vision.
- **Bunched Onions** – If preparing onions irritates your eyes, chill them for an hour or so before cutting.
- **Turnips (Purple-Top and Butter)** – Turnips are a good low calorie source of vitamin C and fiber.
- **Beets** - Cook beets lightly; studies show beets' anti-cancer activity is diminished by heat.
- **Broccoli** - Purée cooked broccoli, then combine with seasonings of your choice to make a simple, yet delicious, soup.

*Grown sustainably, but not necessarily organically
Unless otherwise noted, all your vegetables are certified organic.

www.calpolyorgfarm.com

Veggie Tip: Two-in-one veggies? Many of our root vegetables come with delicious and nutritious tops! Beets, turnips, and radish tops are perfect for soups, stir-fries, even pastas. For best storage, separate tops and place in a separate bag in the fridge.

VEGETABLE OF THE WEEK: Parsley (*Petroselinum crispum*)

This Mediterranean native is the world's most popular herb; however its delicious taste and wonderful healing properties are often under appreciated in its popular role as a table garnish. While it has been cultivated for more than 2,000 years, parsley was used medicinally prior to being consumed as a food. The ancient Greeks held parsley to be sacred, using it to not only adorn victors of athletic contests, but also for decorating the tombs of the deceased. While it is uncertain when parsley began to be consumed as a seasoning, it seems to be sometime in the Middle Ages in Europe.

Storage

- Fresh parsley should be kept in the refrigerator in a plastic bag. If the parsley is slightly wilted, either sprinkle it lightly with some water or wash it without completely drying it before storing in the refrigerator.
- If you have excess flat leaf parsley, you can easily dry it by laying it out in a single layer on a clean kitchen cloth. Once dried, it should be kept in a tightly sealed container in a cool, dark and dry place. Curly leaf parsley is best preserved by freezing, as opposed to drying. Although it will retain most of its flavor, it has a tendency to lose its crispness, so it is best used in recipes without first thawing.

Nutrition

Parsley is an excellent source of vitamin A, vitamin C, and vitamin K. It is a good source of iron and folate. Parsley's volatile oil components include myristicin, limonene, eugenol, and alpha-thujene. Its flavonoids include apiin, apigenin, crisoeriol, and luteolin.

Preparation Tips

- Fresh parsley should be washed right before using since it is highly fragile. Place it in a bowl of cold water and swish it around with your hands to dislodge any sand or dirt. Repeat this process until no dirt remains in the water.
- Since it has a stronger flavor than the curly variety, Italian flat leaf parsley holds up better to cooking and therefore is usually the type preferred for hot dishes. It should be added towards the end of the cooking process so that it can best retain its taste, color and nutritional value.
- If you are making a light colored sauce, use the stems from this variety as opposed to the leaves, so the sauce will take on the flavor of parsley but will not be imparted with its green color.



A Few Quick Serving Ideas:

- Combine chopped parsley with bulgur wheat, chopped green onions (scallions), mint leaves, lemon juice and olive oil to make the Middle Eastern classic dish, tabouli.
- Combine chopped parsley, garlic and lemon zest, and use it as a rub for chicken, lamb and beef.
- Use parsley in soups and tomato sauces.
- Serve a colorful salad of fennel, orange, cherry tomatoes, pumpkin seeds and parsley leaves.
- Chopped parsley can be sprinkled on a host of different recipes, including salads, vegetable sautés and grilled fish.

FRUIT OF THE WEEK: Kiwifruit (*Actinidia deliciosa*)

Native to China, kiwifruits were brought to New Zealand by missionaries in the early 20th century with the first commercial plantings occurring several decades later. In 1960, they were renamed Chinese Gooseberries. In 1961, Chinese Gooseberries made their first appearance at a restaurant in the United States and were subsequently "discovered" by an American produce distributor who felt that the U.S. market would be very receptive to this uniquely exotic fruit and changed its name to kiwifruit, in honor of the native bird of New Zealand, the kiwi, whose brown fuzzy coat resembled the skin of this unique fruit.

Selection and Storage

When selecting kiwifruits, hold them between your thumb and forefinger and gently apply pressure; those that have the sweetest taste will yield gently to pressure. Kiwifruits can be left to ripen for a few days to a week at room temperature, away from exposure to sunlight or heat. Placing the fruits in a paper bag with an apple,

banana or pear will help to speed their ripening process. Ripe kiwifruits can be stored either at room temperature or in the refrigerator.



Nutrition

Kiwifruit is an excellent source of vitamin C and a very good source of dietary fiber. It is also a good source of the minerals potassium, magnesium, and copper. In addition, kiwi fruit is a good source of the antioxidant vitamin E.

Preparation Tips

- Kiwifruits are so delicious that they can be eaten as is. They can be peeled with a paring knife and then sliced or you can cut them in half and scoop the flesh out with a spoon. You can also enjoy the skins which are very thin like a Bosc pear and are full of nutrients and fiber; the peach like fuzz can be rubbed off before eating.
- Kiwifruits should not be eaten too long after cutting since they contain enzymes (actinic and bromic acids) that act as a food tenderizer, with the ability to further tenderize the kiwifruit itself and make it overly soft. Consequently, if you are adding kiwifruit to fruit salad, you should do so at the last minute so as to prevent the other fruits from becoming too soggy.

A Few Quick Serving Ideas:

- Serve sliced kiwifruit and strawberries, fruits whose flavors are naturally complementary, topped with yogurt.
- Mix sliced kiwifruit, orange and pineapple together to make chutney that can be served as an accompaniment to chicken or fish.
- Blend kiwifruit and cantaloupe in a food processor to make a chilled soup. For a creamier consistency, blend yogurt in with the fruit mixture.
- Kiwifruit have a wonderful flavor and appearance for use in fruit tarts.

Pistachio Muffins

Whole wheat flour and oatmeal lend healthy goodness to pistachio muffins while fat is reduced by using a combination of applesauce, canola oil, and low-fat milk. If you like a sweeter muffin, go for the variation which adds raisins. The crunchy sweet topping may be omitted, if desired.

2 cups whole-wheat flour
3/4 cup light brown sugar (packed)
1/2 cup old-fashioned oats
1/4 cup natural pistachio nuts, chopped
1 Tbsp baking powder
1/2 tsp salt
3/4 cup low-fat (2 percent) milk
1/2 cup applesauce
1/2 cup canola oil
1 egg

Topping:

1/4 cup chopped pistachios
2 Tbsp packed brown sugar

1. Mix flour, sugar, oats, pistachios, baking powder, and salt in bowl, stirring with spoon until well blended.
2. Add milk, applesauce, oil, and egg all at once. Stir lightly just to mix. Don't over mix or texture will suffer.
3. Spoon into 12 greased, paper-lined muffin cups. Spoon topping over batter. Bake at 400 F. for 18 to 22 minutes or until golden brown, turning pan around after 15 minutes for even browning. Cool 5 minutes; then remove from pan and cool on wire rack.
4. Topping: Mix pistachios with brown sugar. Sprinkle on top of muffin batter before baking. *Yield: 12 muffins.*



Ben & Jerry's Kiwi Ice Cream

6 ripe kiwis
1 cup sugar
1 Tbsp sugar
2 large eggs
2 cups heavy or whipping cream

1. Peel the kiwis and mash them in a bowl until pureed. Stir 2 tablespoons sugar into the fruit, cover, and refrigerate one hour.
2. Whisk the eggs in a mixing bowl until light and fluffy, 1 to 2 minutes. Whisk in 1 cup sugar, a little at a time, and then continue whisking until completely blended, about 1 minute more. Pour in the cream and whisk to blend. Stir in the kiwis.
3. Transfer mix to an ice cream maker and freeze following manufacturer's instructions. *Yield: 1 quart.*

Mélangé of Onions and Turnips

1 pound small boiling onions
2 tablespoons olive oil
1 1/2 pounds baby turnips, peeled
3/4 teaspoon salt
1/8 teaspoon white pepper

1. In a deep skillet, sauté the onions in the olive oil over medium-high heat for 8 minutes, until they start to caramelize.
2. Add the baby turnips, salt, and pepper. Stir the mixture, reduce the heat to low, cover, and then cook for 25 minutes. The mélangé is done when the vegetables are tender; serve hot. *Makes 8 servings.*

Capellini with a Parsley Cream Sauce

Capellini (the finest strands of spaghetti) are quick cooking and do an excellent job of bonding with creamy sauces.

14 ounces capellini
An onion, minced
A bunch of parsley, with the prettiest sprigs set aside and the remainder minced
1/2 cup dry white wine
1/3 cup heavy cream
Salt & white pepper to taste
Grated Parmigiano

1. Set pasta water to heat, salt it when it reaches a boil, and cook the pasta.
2. Wilt the onion in a pan with a little water and the wine, and then blend the mixture with the cream and check seasoning.
3. Heat the cream and add the minced parsley, timing things so you reach this step when the pasta is ready to be drained. Drain the pasta, stir the sauce into it, garnish with the reserved parsley sprigs, and serve with grated Parmigiano on the side.

