



Cal Poly Organic Farm

Community Supported Agriculture Newsletter

CPOF ANNOUNCEMENTS

→ We're counting down to the **CPOF Spring/Summer CSA** share which starts April 7th, 2008. Only four weeks left to sign up to insure your spot!

- ▶ Large Share, 10 weeks for \$265.00
 - ▶ Small Share, 10 weeks for \$190.00
- Sign up for 24 weeks and get a 5% discount with the option to pay in 2 installments:
- ▶ Large Share, 24 weeks for \$604.00 (5% discount)
 - ▶ Small Share, 24 weeks for \$433.00 (5% discount)

BONUS! Sign up a friend for the upcoming season and get a free CPOF tote bag!

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. Sign up for a 24 week share for \$108.00 or a 10 week share for \$45.00 when you register for the upcoming Spring/Summer CSA.

→ Earth Day SLO 2008, Saturday, April 26

- ▶ **Green Living Expo**
Mission Plaza, noon to 5 p.m.
- ▶ **Arbor Day Celebration**
Laguna Lake, 9 a.m. to noon

For 2008 the Earth Day Alliance will unite its efforts and expand the impact of Earth Day by blending our efforts with the City of San Luis Obispo. Rather than compete with Cal Poly's Open House or fundraising efforts built on Earth Day, the Earth Day Alliance and the City of SLO will hold our Earth Day events back-to-back on April 26.

If you would like to learn more about Earth Day 2008 Expo, receive an application, or become a volunteer, send an email to earthdayslo@fix.net or call 544-8529. Thanks for all that you do to create a greener tomorrow.

→ **Growing Grounds Farm**, one of our suppliers, is an Adult Vocational program within Transitions-Mental Health Association, a registered non-profit. GGF provides vocational and socialization opportunities for people with mental illness. Their goal is to grow a great selection of quality plants and provide the best possible services to their employees.

GGF strives to empower employees and give them the opportunity to explore new skills. The money earned selling plants goes back into the program.

The nursery is located on about 7 acres in San Luis Obispo. Nursery stock (potted plants) covers between two and three acres, with about 850 varieties of plants, totaling almost 100,000 plants.

A wholesale grower, GGF sells plants directly to landscapers and retail nurseries. However, they do have an outlet in San Luis Obispo at Growing Grounds Downtown, 956 Chorro Street (between Marsh and Monterey). GGD is open every day.

For store hours, call (805) 544-4967 or go to www.growinggroundsfarm.org.

Week 22 Produce

March 2 – March 8, 2008

Full Shares expect 10-12 items

Small Shares expect 8-10 items
from the following list:

Blood oranges* (CP Citrus Project) - The red pigment, anthocyanin, is an antioxidant that reduces the risks associated with many ailments.

Carrots - The high content of vitamin A is beneficial and contributes to the function of the retina of the eyes.

Beets - They can be eaten raw, boiled, steamed, roasted, and sautéed.

White Butter turnips - Turnips grow wild in Siberia and have been eaten since prehistoric times.

Parsley - Parsley is the world's most popular herb.

Cilantro - It is actually the leaves (and stems) of the coriander plant and used in everything from salsas and salads to burritos or meat dishes.

Red Russian kale – If your recipe calls for the leaves only, they can be easily removed. Just take each leaf in hand, fold it in half lengthwise, and hold the folded leaves near the base where they meet the stalk, and with the other hand, gently pull on the stem.

Braising greens – Braise with olive oil and garlic.

Bok Choy - Its taste is similar to spinach or Swiss chard and it can be eaten raw as single stalks or combined into other dishes such as stir-fries and soups.

Lettuce - Wrap fresh, unwashed leaves in plastic wrap and store in the refrigerator for a few days if necessary.

Cabbage - Cabbage is a longstanding dietary staple throughout the world.

Leeks (Growing Grounds Farm) – Add sliced leeks to your favorite omelet or frittata recipe.

Watermelon radishes – Great in salads or on their own!

** Not certified organic; sustainable.*

Unless otherwise noted, all vegetables are certified organic.

Unless otherwise noted, all vegetables are from the CPOF.

www.calpolyorgfarm.com

VEGETABLE OF THE WEEK: LEEKS (*Allium porrum*)

With a more delicate and sweeter flavor than onions, leeks add a subtle touch to recipes without overpowering the other flavors that are present. Leeks are related to garlic, onions, shallots and scallions. Leeks look like large scallions, having a very small bulb and a long white cylindrical stalk of superimposed layers that flows into green, tightly wrapped, flat leaves. Cultivated leeks are usually about 12 inches in length and one to two inches in diameter, and feature a fragrant flavor that is reminiscent of shallots but sweeter and more subtle. Wild leeks, known as "ramps," are much smaller in size, but have a stronger, more intense flavor.

Leeks enjoy a long and rich history, one that can trace its heritage back through antiquity. Thought to be native to Central Asia, they have been cultivated in this region and in Europe for thousands of years.

Leeks were prized by the ancient Greeks and Romans and were especially revered for their beneficial effect upon the throat. The Romans are thought to have introduced leeks to the United Kingdom, where they were able to flourish because they could withstand cold weather. Leeks have attained an esteemed status in Wales, where they serve as this country's national emblem. The Welsh regard for leeks can be traced back to a battle that they successfully won against the Saxons in 1620, during which the Welsh soldiers placed leeks in their caps to differentiate themselves from their opponents. Today, leeks are an important vegetable in many northern European cuisines and are grown in many European countries.



Storage

Fresh leeks should be stored unwashed and untrimmed in the refrigerator, where they will keep fresh for between one and two weeks. Wrapping them loosely in a plastic bag will help them to retain moisture. Cooked leeks are highly perishable, and even when kept in the refrigerator, will only stay fresh for about two days. Leeks may be frozen after being blanched for two to three minutes, although they will lose some of their desirable taste and texture qualities. Leeks will keep in the freezer for about three months.

Nutrition

Leeks are a very good source of manganese and a good source of vitamin C, iron, folate and vitamin B6.

Preparation Tips

Before preparing leeks, clean them thoroughly to remove any soil that may have gotten caught within the overlapping layers of this vegetable. First, trim the rootlets and a portion of the green tops and remove the outer layer. For all preparations except cutting into cross sections, make a lengthwise incision to the centerline, fold it open, and run the leek under cool water. If your recipe calls for cross sections, first cut it into the desired pieces, then place the sliced leek in a colander and run under cool water.

Serving Ideas:

- Sauté leeks and fennel. Garnish with fresh lemon juice and thyme.
- Add finely chopped leeks to salads.
- Make vichyssoise, a cold soup made from puréed cooked leeks and potatoes.
- Add leeks to broth and stews for extra flavoring.
- Braised leeks sprinkled with fennel or mustard seeds make a wonderful side dish for fish, poultry or steak.

Sautéed Greens

This recipe is a great tasting way of receiving the many health benefits of the super food kale. The leeks are a delicious complement, and this dish can be made very easily, so you can have it often. Adding the oil at the end gives it a rich taste without heating it, making this even healthier than most sautéed greens.

1 cup sliced leeks, about 1 leek
4 cups chopped kale
1/4 cup + 1 tablespoon chicken or vegetable broth
3 medium cloves garlic, pressed
1 tsp fresh lemon juice
1 tsp extra virgin olive oil
salt and black pepper to taste

1. Heat 1 tablespoon broth in a 10-12 inch stainless steel skillet. Healthy Sauté sliced leeks in broth over medium low heat for about 5 minutes, stirring frequently. Add kale, 1/4 cup broth, cover and simmer on low heat for about 7-8 minutes, stirring occasionally.
2. Toss with pressed garlic, lemon juice, soy sauce, olive oil, salt and pepper. *Serves 2.*

Blood Orange Vinaigrette

2 tablespoons white wine vinegar
¼ cup blood orange juice
2/3 cup olive oil
½ clove garlic, crushed and finely chopped
1 tablespoon finely chopped shallots
2 teaspoons finely chopped fresh parsley
2 teaspoons finely chopped fresh chives

Place all ingredients in a jar and shake until the dressing is well blended. Alternately, you can vigorously whisk the ingredients in a small bowl until they are completely incorporated together. *Makes 4 servings.*

Poached Eggs Over Sautéed Greens

Even though this recipe calls for kale, feel free to use any type of greens to your liking that are in season.

4 free range chicken eggs
1 teaspoon light vinegar (rice, apple cider, or white wine)
about 4 cups water
1 cup thinly sliced leeks, about 1 large leek, white part only
6 medium cloves garlic, sliced
4 cups chopped kale
3 +1 tablespoons chicken broth
2 tablespoons fresh lemon juice
salt and black pepper to taste

1. Bring water and vinegar to a fast simmer in a skillet large enough to fit eggs. Make sure there is enough water to cover eggs.
2. While water is coming to a simmer, heat 1 TBS broth in a separate stainless steel 10-12 inch skillet. Sauté sliced leeks in broth over medium heat for about 3 minutes. Add garlic slices and continue to sauté stirring constantly for another minute.
3. Add kale, broth, and lemon juice, and simmer covered on medium low heat for about 10 minutes stirring occasionally.
4. When done season with salt and pepper.
5. Poach eggs until desired doneness. This will take about 5 minutes, or just until the white is set and the yolk has filmed over. Remove from vinegar water with a slotted spoon and place on top of greens. *Serves 4.*

Vegetarian Stir Fry

This healthy stir-fry cooking method makes it even healthier by not using heated oils. Feel free to add other vegetables you may have on hand to this dish if you have the time.

1 medium onion cut in half and sliced medium thick
1 tablespoon vegetable broth
4 medium cloves garlic, pressed
1 tablespoon minced fresh ginger
1 red bell pepper cut into ½ inch pieces
1 cup sliced fresh shiitake mushrooms, (remove stems)
2 cups sliced green cabbage
5 oz extra firm tofu cut into ½ inch cubes
2 tablespoons soy sauce
1 tablespoon rice vinegar
2 tablespoons chopped fresh cilantro
1 tablespoon sesame seeds
salt and white pepper to taste

1. Prepare ingredients to stir-fry.
2. Heat 1 tablespoon broth in a stainless steel wok or 12 inch skillet. Stir-fry onion for about 2 minutes in broth over medium high heat stirring constantly.
3. Add red pepper and mushrooms. Continue to stir-fry for another 2 minutes. Add garlic, ginger and continue to cook stirring for another 2-3 minutes.
4. Add cabbage, and rest of ingredients and cook for another 2 minutes. Sprinkle with sesame seeds. *Serves 4.*