



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 three 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.

→ Earth Day SLO 2008, Saturday, 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.

→ Over the last year the community at the **Cal Poly Organic Farm** has been eager to improve our **children's garden and educational outreach program**. Most recently, we have started construction of new raised beds for children to learn about, and interact with, plants and soils, a beautiful herb garden, and worm composting demonstrations. We are also in the process of designing and painting a large educational mural explaining and illustrating photosynthesis. **Are you able to donate some exterior paint to help with this project?** If all goes well, we are planning on beginning painting this Saturday. If this sounds fun to you, please join us! For more info, call Lucia at (650)575-5422. We appreciate your generous support.

→ "Animal Emancipation," a local grassroots all-volunteer nonprofit organization will host "**The Great American Meatout**" on Saturday, March 15, 6pm, at the San Luis Obispo Public Library Community Room. The public will be treated to vegetarian snacks, recipes to take home, and an entertaining, informative DVD, "Peaceable Kingdom". This film is about breaking generations of silence in the farm community, while weaving together themes of respect, forgiveness, commitment, and healing, and offering a vision of a more peaceful world. The event is free; however donations will be graciously accepted. For information, call Peggy Koteen at 544-1580.

→ **The SLO Film Festival** will screen **Heart & Soil** on Sunday, March 9, at 4:00 p.m. at the Downtown Cinema on Marsh Street. *Heart & Soil* vignettes the lives of farming families who inspire us through their efforts to provide for a more sustainable planet. This movie will inspire you to dig in and grow your own, or support those who do for our personal and planetary health. To see the trailer, go to <http://www.heartandsoilfilm.com/> or email Bob Banner at info@hopedance.org.

Week 23 Produce

March 9 – March 15, 2008

Full Shares expect 10-12 items

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

Tangerines* (CP Fruit Science) – *Tangerines make the perfect snack and add a special tang to many recipes.*

Carrots – *Carrots are an excellent source of antioxidant compounds, and the richest vegetable source of the pro-vitamin A carotenes.*

Beets - *Orange segments, fennel and boiled beets make a delightfully refreshing salad. .*

Purple Top Turnips - *Turnip greens are supercharged with so many different nutrients, their consumption can help prevent or heal a wide range of health conditions.*

Parsley - *Fresh parsley should be washed right before using since it is highly fragile.*

Cilantro - *Fresh coriander leaves are more commonly known as cilantro and bear a strong resemblance to Italian flat leaf parsley.*

Red Russian Kale – *Delicious in many recipes. Try it today!*

Rosemary – *Add fresh rosemary to omelets and frittatas.*

Pistachios (NPO) - *One of the oldest flowering nut trees, we have eaten pistachio nuts for at least 9,000 years.*

Lettuce (Growing Grounds Farm) -

Sugar Snap peas (TKP Farms) - *This cross between the garden and snow pea, has a plump edible pod with a crisp, snappy texture and a slightly sweeter and cooler taste than the garden pea.*

Bunched onions – *Sauté onions and ginger, and then deglaze the pan with orange juice. Use this liquid as a sauce for salmon or tuna.*

Kohlrabi - *The taste and texture of kohlrabi are similar to those of a broccoli stem or cabbage heart, but milder and sweeter.*

Salad Mix - *The simple mixture of a good wine vinegar, good olive oil, salt, pepper, and fresh green herbs in season is a brilliant start to a great vinaigrette recipe.*

* Not certified organic, sustainable

FRUIT OF THE WEEK: ORANGE (*Citrus sinensis*)

Oranges are classified into two general categories—sweet and bitter—with the former being the type most commonly consumed. Popular varieties of the sweet orange (*Citrus sinensis*) include Valencia, Navel and Jaffa oranges, as well as the blood orange, a hybrid species that is smaller in size, more aromatic in flavor and has red hues running throughout its flesh. Bitter oranges (*Citrus aurantium*) are oftentimes used to make jam or marmalade, and their zest serves as the flavoring for liqueurs such as Grand Marnier and Cointreau.



Oranges originated thousands of years ago in Asia, in the region from southern China to Indonesia from which they spread to India. Sweet oranges were introduced into Europe around the 15th century by various groups including the Moors, and the Portuguese as well as the Italian traders and explorers who found them on their voyages to Asia and the Middle East. Spanish explorers are responsible for bringing oranges to Florida in the 16th century, while Spanish missionaries brought them to California in the 18th century, beginning the cultivation of this citrus fruit in the two states widely known for their oranges.

Before the 20th century, oranges were very expensive and therefore they were not regularly consumed, but rather eaten on special holidays such as Christmas. After more efficient means of transportation were developed, and food processors invented methods for utilizing orange by-products such as citric acid and bioflavonoids, the price of oranges dropped, and they could be consumed on a wide scale, as they are today.

Selection and Storage

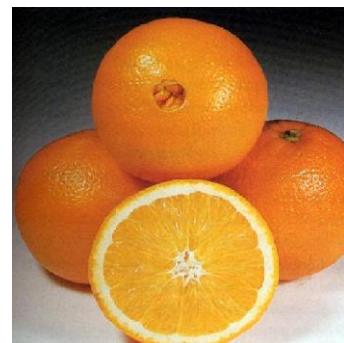
- Oranges do not necessarily have to have a bright orange color to be good. In fact, the uniform color of non-organic oranges may be due to injection of Citrus Red Number 2 (an artificial dye) into their skins at the level of 2 parts per million. Whether organic or not, oranges that are partially green or have brown russetting may be just as ripe and tasty as those that are solid orange in color. Avoid those that have soft spots or traces of mold. And, because oranges are among the top 20 foods in which pesticide residues are most frequently found, buy organic oranges whenever possible.
- Choose oranges that have smoothly textured skin and are firm and heavy for their size. These will have higher juice content than those that are either spongy or lighter in weight. In general, oranges that are smaller will be juicier than those that are larger in size, as will those that feature thinner skins.
- Oranges can either be stored at room temperature or in the refrigerator, depending upon your preference. They will generally last the same amount of time, two weeks with either method, and will retain nearly the same level of their vitamin content. The best way to store oranges is loose rather than wrapped in a plastic bag since if exposed to moisture, they can easily develop mold.
- Orange juice and zest can also be stored for later use. Place freshly squeezed orange juice in ice cube trays until frozen, and then store them in plastic bags in the freezer. Dried orange zest should be stored in a cool, dry place in an airtight glass container.

Nutrition

Oranges are an excellent source of vitamin C. They are also a very good source of dietary fiber. In addition, oranges are a good source of B vitamins including vitamin B1 and folate as well as vitamin A, calcium and potassium.

Preparation Tips

- Oranges can be eaten as a snack—just peel and enjoy. Before cutting the orange in half horizontally through the center, wash the skin so that any dirt or bacteria residing on the surface will not be transferred to the fruit. Proceed to cut the sections into halves or thirds, depending upon your personal preference.
- Thin-skinned oranges can be easily peeled with your fingers. For easy peeling of the thicker skinned varieties, first cut a small section of the peel from the top of the orange. You can then either make four longitudinal cuts from top to bottom and peel away these sections of skin, or starting at the top, peel the orange in a spiral fashion.
- Oranges are oftentimes called for in recipes in the form of orange juice. As oranges, like most citrus fruits, will produce more juice when warmer; always juice them when they are at room temperature. Rolling the orange under the palm of your hand on a flat surface will also help to extract more juice.
- If your recipe calls for orange zest, make sure that you use an orange that is organically grown since most conventionally grown fruits will have pesticide residues on their skin and may be artificially colored. After washing and drying the orange, use a zester, paring knife or vegetable peeler to remove the zest, which is the orange part of the peel. Make sure not to remove too much of the peel as the white pith underneath is bitter and should not be used. The zest can then be more finely chopped or diced if necessary.



Blood Orange, Avocado, and Red Onion Salsa

1 blood orange
1/2 cup 1/3-inch cubes avocado
1/3 cup chopped red onion
2 teaspoons minced red jalapeño
2 teaspoons fresh lime juice
2 teaspoons olive oil



1. Using small sharp knife, cut peel and white pith from orange. Working over small bowl, cut between membranes to release segments.
2. Add avocado, onion, jalapeño, and lime juice to oranges in bowl; stir gently to blend. Season salsa to taste with salt.

Blood Orange Sorbet

Regular oranges work just as well, but they won't impart the same fiery sunset color.

4 pounds blood oranges or other oranges
1 1/4 cups water
3/4 cup sugar

1. Finely grate enough peel from oranges to measure 1 1/2 tablespoons. Combine 1 1/4 cups water, sugar, and 1 1/2 tablespoons orange peel in heavy medium saucepan. Stir over high heat until sugar dissolves and syrup boils; remove syrup from heat.
2. Cut all peel and pith from oranges. Working over bowl to catch juices, cut between membranes to release orange segments. Discard any seeds. Transfer orange mixture to processor; puree until smooth, about 30 seconds.
3. Measure 2 1/3 cups orange puree and mix into orange syrup (reserve any remaining puree for another use). Cover orange mixture; refrigerate at least 6 hours and up to 1 day to blend flavors.
4. Process orange mixture in ice cream maker according to manufacturer's instructions. Transfer to container; cover and freeze. (Can be made 2 days ahead.) *Makes about 1 quart.*

Rosemary Shortbread

The following shortbread is a delicate balance of sweet and savory and makes a wonderful accompaniment to tea.

3/4 sticks (6 tablespoons) unsalted butter, softened
1 tablespoons honey
1/4 cup confectioners' sugar
1 cup all-purpose flour
1/4 teaspoon baking powder
1/2 teaspoon salt
1 tablespoon chopped fresh rosemary leaves or 1 1/2 teaspoons dried rosemary, crumbled



Garnish: small rosemary sprigs

1. Preheat oven to 350°F and butter generously a 9-inch cake pan or coat lightly 1 9-inch round shortbread mold with vegetable oil spray.
2. In a bowl with an electric mixer beat butter and honey with sugar until light and fluffy. In another bowl whisk together flour, baking powder, salt, and chopped or dried rosemary. Beat flour mixture into butter mixture until just combined.
3. On a lightly floured surface knead dough about 8 times, or until it just comes together. With floured hands press dough evenly into pan or mold. If using cake pan score dough into 8 wedges with floured tines of a fork and with flat sides of tines press edges decoratively. Press small rosemary sprigs on top.
4. Bake shortbread in middle of oven 20 to 30 minutes, or until pale golden, and let stand in pan for 10 minutes.
5. While shortbread is still warm, loosen edges from pan with a small knife and invert onto your hand covered with a kitchen towel. Invert shortbread onto a cutting board and cut halfway through round along score marks. Cool shortbread on a rack. *Makes 8 shortbread cookies.*

Roasted Beet and Sugar Snap Pea Salad

3 medium beets, trimmed
1/2 pound sugar snap peas, trimmed
1 tablespoon plus 1 teaspoon Dijon mustard
1 tablespoon plus 1 teaspoon cider vinegar
1/4 cup olive oil
3 tablespoons chopped fresh dill or 1 tablespoon dillweed.
1 1/2 teaspoons sugar
2 2/3-ounce packages fresh arugula, trimmed



1. Preheat oven to 375°F. Wrap beets in aluminum foil. Bake until tender, about 1 hour 15 minutes. Cool. Peel beets and cut into wedges.
2. Cook sugar snap peas in large saucepan of boiling salted water until crisp-tender, about 1 minute. Drain. Rinse with cold water; drain well. Pat dry.
3. Mix mustard and vinegar in small bowl. Gradually mix in oil, then dill and sugar. (Can be prepared 4 hours ahead. Cover sugar snap peas and chill. Cover dressing and beets separately and let stand at room temperature.)
4. Line platter with arugula. Mix beets, sugar snap peas and dressing in medium bowl. Season with salt and pepper. Spoon atop arugula. *Serves 4.*

Roasted Kohlrabi and Butternut Squash

4 medium kohlrabi (2 1/4 lb with greens or 1 3/4 lb without)
2 tablespoons extra-virgin olive oil
2 teaspoons finely chopped fresh thyme
1/2 teaspoon salt
1/4 teaspoon black pepper
2 1/2 lb butternut squash

1. Put oven rack just below middle position and put baking pan on rack, then preheat oven to 450°F.
2. Trim and peel kohlrabi, then cut into 3/4-inch pieces. Toss kohlrabi with 1 tablespoon oil, 1 teaspoon thyme, 1/4 teaspoon salt, and 3/4 teaspoon pepper in a bowl. Transfer kohlrabi to preheated pan in oven and roast 15 minutes.
3. Meanwhile, peel butternut squash, then quarter lengthwise, seed, and cut into 3/4-inch pieces. Toss squash with remaining 1 tablespoon oil, 1 teaspoon thyme, 1/4 teaspoon salt, and 3/4 teaspoon pepper in same bowl.
4. Stir kohlrabi, turning it, then push it to one side of pan. Add squash to opposite side of pan and roast, stirring and turning squash over halfway through roasting, until vegetables are tender and lightly browned, about 30 minutes total (after squash is added).
5. Toss vegetables to combine and transfer to a dish. *Makes 4 servings. (Cooks' note: Kohlrabi and butternut squash can be cut 1 day ahead and chilled in separate sealed plastic bags.)*

Turnip Gratin

2 tablespoons unsalted butter
2 1/2 pounds medium turnips, trimmed and left unpeeled
1 tablespoon chopped thyme
1/2 tablespoon chopped savory
1 1/2 teaspoons kosher salt
Rounded 1/8 teaspoon cayenne
1 cup heavy cream
1 cup grated Parmigiano-Reggiano



1. Preheat oven to 450°F with rack in middle.
2. Melt butter in an ovenproof 12-inch heavy skillet, then cool.
3. Slice turnips paper-thin with slicer, then arrange one third of slices, overlapping tightly, in skillet, keeping remaining slices covered with dampened paper towels. Sprinkle with about a third of thyme, savory, kosher salt, and cayenne. Make 2 more layers.
4. Cook, covered, over medium heat until underside is browned, about 10 minutes. Add cream and cook, covered, until center is tender, 20 to 25 minutes.
5. Sprinkle evenly with cheese, then bake, uncovered, until golden and bubbling, 10 to 15 minutes. Let stand 5 minutes before serving. *Makes 6 servings.*