



Cal Poly Organic Farm Community Supported Agriculture Newsletter

**Annual Poly Plant Shop Holiday
Open House, Sat. December 1 & Sun.
December 2, 10 am-5pm**

- *Beautiful poinsettias, fresh wreaths, centerpieces & more!
- *Support the Horticulture & Crop Science Dept.
- *Enter to win great prizes & get started on holiday shopping
- *Come and see our awesome presentations!
- *Learn about the Cal Poly Organic Farm!

Poly Plant Shop is located at the top of Via Carta across from the Horse Unit! Visit www.polyplantshop.com or call 756-1106 for more info!

Reminder: There will be a **two-week break in the Cal Poly Organic Farm Community Supported Agriculture (CSA) Program during the winter holiday**. Please note, shares will not be available for pick up or delivery on the weeks beginning 12/24 and 12/31.

Now is the time for students to enroll for the Winter Season of the Cal Poly Organic Farm's Community Supported Agriculture Program. The **10-week long season will begin on January 14th and will continue thru March 17th**. Student shares cost \$19/week and are available for pick up at the Farm on Monday or Thursday from 3 p.m. to 6 p.m. Current student members may pick up the registration form which will be available by the share sign-out sheet on regular CSA days. For more information or to enroll, please visit: www.calpolyorgfarm.com or e-mail: orgfarm@calpoly.edu or call: 756-6139.

Looking for holiday gift ideas? This year **why not give the "Gift of Veggies."** Gift certificates for a one-time large CSA share are available now for \$26.50. Simply call: 756-6139 or e-mail: orgfarm@calpoly.edu and we can arrange to send you a "Gift of Veggies" holiday certificate.

Week 10 Produce

*November 26 – December 2
Full Shares expect 10-12 items
Small Shares expect 8-10 items
From the following list:*

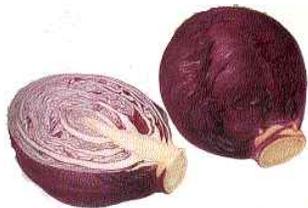
- Napa Cabbage** – More vitamin C than head cabbage!
- Salad Mix** - When it comes to salads, the only limitation is your imagination.
- Head Lettuce** - Give sandwiches extra crunch (and nutrients) by garnishing with lettuce leaves.
- Carrots** - Easy to pack and perfect as crudité for that favorite dip, the crunchy texture and sweet taste popular among both adults and children.
- Beets** – **They** have the highest sugar content of all vegetables, yet are very low in calories.
- Cilantro** - Cilantro should be washed right before using since it is highly fragile.
- Bunched Onions** - The word onion comes from the Latin word unio for "single," or "one," describing the union of the many separate, concentric layers of the onion.
- Arugula** – Great in salads!
- Peppers** - One cup of raw, chopped red peppers provides over 100% of the DV for vitamin C and vitamin A.
- Cabbage** - Recent studies show that those eating the most cruciferous vegetables have a much lower risk of prostate, colorectal and lung cancer-even when compared to those who regularly eat other vegetables.
- Broccoli** - Provides a range of tastes and textures, from soft and flowery (the floret) to fibrous and crunchy (the stem and stalk).
- Spinach** - Calorie for calorie, leafy green vegetables like spinach with its delicate texture and jade green color provide more nutrients than any other food.
- Summer Squash** - Serve raw summer squash with your favorite dips.
- Parsley** - Add parsley to pesto sauce to add more texture to its green color.
- Tomatoes** - Since tomatoes are sensitive to cold, store them at room temperature and out of direct exposure to sunlight.
- Winter Squash** - Top puréed cooked winter squash with cinnamon and maple syrup.
- White Butter Turnips** - Serve turnip greens seasoned with some tamari, lemon juice and cayenne pepper.

Unless otherwise noted, all your vegetables are certified organic.

www.calpolyorgfarm.com

VEGETABLE OF THE WEEK: Cabbage

The Cabbage family, *Brassica oleracea*, includes broccoli, Brussels sprouts, cauliflower, kohlrabi, kale, collards, and the Oriental leaf vegetables such as pak choi or Napa cabbage. Cabbage has been cultivated for more than 4,000 years and domesticated for over 2,500 years. It is thought that wild cabbage, a vegetable that was closer in appearance to collards and kale since it was composed of leaves that did not form a head, was brought to Europe around 600 B.C. by groups of Celtic wanderers. It was grown in Ancient Greek and Roman civilizations that held it in high regard as a general panacea capable of treating a host of health conditions.



Three distinguishing cabbage families are grouped as follows:

- Stem cabbage that includes kohlrabi, Chinese cabbage, kale, and collards
- Smooth-leaf and curled-leaf cabbage such as Savoy, red, white, and green head cabbages
- Inflorescent cabbages like broccoli and cauliflower.

Cabbage Lore and Legend

Greeks and Romans placed great importance on the healing powers of cabbage, thinking the vegetable could cure just about any illness.

Egyptian pharaohs would eat large quantities of cabbage before a night of drinking, thinking the consumption would allow them to drink more alcoholic beverages without feeling the effects. Perhaps this is why many consider cabbage with vinegar as a good hangover remedy.

Captain Cook swore by the medicinal value of sauerkraut (cabbage preserved in brine) back in 1769. His ship doctor used it for compresses on soldiers who were wounded during a severe storm, saving them from gangrene.

Eating cabbage or other greens is considered good luck on New Year's Eve by many because the green leaves are representative of money.

Storage

- Keeping cabbage cold will keep it fresh and help it retain its vitamin C content. Put the whole head in a plastic bag in the crisper of your refrigerator. Red and green cabbage will keep this way for about 2 weeks while Savoy cabbage will keep for about 1 week.
- If you need to store a partial head of cabbage, cover it tightly with plastic wrap and refrigerate. Since the vitamin C content of cabbage starts to quickly degrade once it has been cut, you should use the remainder within a couple of days.



Nutrition

Cabbage is an excellent source of vitamin C. It is also a very good source of fiber, manganese, folate, vitamin B6, potassium, and omega-3 fatty acids. Cabbage is also a good source of thiamin (vitamin B1), riboflavin (vitamin B2), calcium, potassium, magnesium, vitamin A, and protein.

Preparation Tips:

- If you notice any signs of worms or insects, which sometimes appears in organically grown cabbage, soak the head in salt water or vinegar water for 15-20 minutes first. To preserve its vitamin C content, cut and wash the cabbage right before cooking or eating it. Since phytonutrients in the cabbage react with carbon steel and turn the leaves black, use a stainless steel knife to cut.
- To cut cabbage into smaller pieces, first quarter it and remove the core. Cabbage can be cut into slices of varying thickness, grated by hand or shredded in a food processor.
- Research has found that the association between frequently eating cabbage and a significantly reduced risk of breast cancer is seen with raw and short-cooked cabbage foods (steamed cabbage and sauerkraut), not long-cooked cabbage recipes (hunter's stew, cabbage rolls, pierogi). To promote the production of the most glucosinolates, slice or chop your cabbage and let sit for 5-10 minutes before cooking, and cook lightly, steaming or sautéing for 5 minutes or less.
- If you begin to smell the volatile sulfur compounds when cooking (that odor associated with cooking cabbage), you've cooked your cabbage too long. Keep the cooking brief to prevent loss of nutrients and avoid that familiar cabbage odor.

- Another trick to avoiding the cabbage odor during cooking is to add an English walnut, shell and all, to the cooking water. A stalk of celery added to the cooking water may also help to reduce or eliminate that cabbage smell.

A few quick serving ideas:

- Cabbage leaves are a great way to inspire leftovers. Spoon some leftovers such as rice salad or a vegetable mixture onto the center of a cabbage leaf and roll into a neat little package. Bake in medium heat oven until hot. Enjoy your easy and healthy version of stuffed cabbage, a traditional eastern European dish.
- Braise red cabbage with a chopped apple and red wine. This is a child-friendly dish, since the alcohol (but not the flavor or the flavonoids) will evaporate.
- Combine shredded red and white cabbage with fresh lemon juice, olive oil, and seasonings such as turmeric, cumin, coriander and black pepper to make coleslaw with an Indian twist.

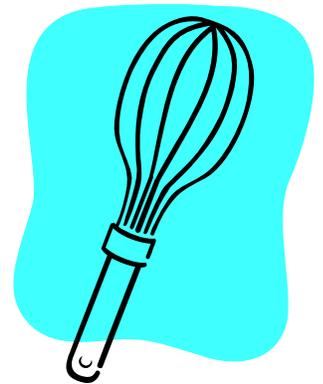
How much cabbage do you need?

- 1 medium raw cabbage = about 2 pounds = 4 cups raw shredded
- 1 pound raw shredded = 9-10 servings raw
- 1 pound raw cabbage = 2 cups cooked= 4 servings cooked

RECIPES

Best Coleslaw Recipe

1/2 cup white vinegar
 1/4 cup balsamic vinegar
 1/3 cup granulated white sugar
 1 teaspoon salt
 1/4 teaspoon celery seed
 1/2 teaspoon freshly ground black pepper
 1/2 cup vegetable oil
 8 cups cored and shredded cabbage
 1/4 cup finely chopped sweet onion
 Chopped fresh parsley for garnish, optional



1. Whisk together vinegars, sugar, salt, celery seed, pepper, and vegetable oil until combined.
2. Toss cabbage and onion with vinegar mixture. Cover and refrigerate overnight. Use some of the outer cabbage leaves as bowls for the slaw. Garnish with parsley to serve. *Yield: 8 to 10 servings.*

Pan-Seared Penne and Greens with Feta and Pine Nuts

1 pound penne pasta
 2 to 3 tablespoons olive oil
 2 to 4 tablespoons clarified butter (see Note)
 Salt and cracked pepper to taste (not too much salt, because the feta is salty)
 8 shallots, minced
 4 cups (packed) stemmed and torn kale leaves
 1/2 head Savoy or green cabbage, cored and sliced
 1 to 2 tablespoons good-quality olive oil
 8 cloves garlic, minced
 1 cup crumbled good-quality feta cheese, plus additional for garnish
 3 tablespoons coarsely chopped fresh basil
 3 tablespoons coarsely chopped fresh flat-leaf parsley
 1 pound spinach, stems removed, washed, and dried

2 lemons, cut into wedges
 1/4 cup pine nuts, toasted

Red pepper flakes

3 to 6 peeled and deveined shrimp per person, browned in olive oil (optional)

1. Bring a large pot of water to a rolling boil. Add the penne and cook until it is edible but still quite firm. Drain the pasta in a colander. Immediately pour the olive oil over the penne and toss so that the pasta does not stick together. Cool under cold running water to completely stop the cooking. (The pasta will be cooked again, so at this stage it must be left underdone.)
2. In a large sauté pan over medium heat, pour in some of the clarified butter; don't allow the butter to turn brown or smoke. Drop in some penne and add a little salt and pepper. Shake the pan around until at least one side of the penne is golden brown. If you go too far, the pasta will either burn or become hard and dried out. When the pasta is almost done, add some shallots. Let them cook the rest of the way with the penne. Depending on the size of your pan, this process may have to be repeated a few times until all the penne and shallots have been seared.
3. In another large sauté pan over high heat, sauté the kale and cabbage in the olive oil until soft and slightly browned but not mushy. Add the garlic and sauté for another minute or two. Add the feta, basil, and parsley. Toss the greens with the penne and, lastly, toss in the spinach. The spinach only needs to be wilted.
4. Divide the penne and greens among 4 plates. Squeeze a lemon wedge over each plate. Crumble more feta on top and sprinkle with pine nuts and red pepper flakes. Place the shrimp, if using, and lemon wedges on the very top of each dish. *Yield: 4 servings.*

Note: To make clarified butter, simply melt 3 to 5 tablespoons butter. Let stand. When the butter has separated, pour the "oil" off the top. This is clarified butter. Discard the cloudy, milky part at the bottom.

Winter Vegetable and Roast Turkey Chowder

Excerpted from *Soup's On! Soul-Satisfying Recipes from Your Favorite Cookbook Authors and Chefs* by Leslie Jonathan and Frankie Frankeny.

3 slices bacon, diced

1 large yellow onion, cut into 1/2-inch dice

2 large stalks celery, cut into 1/2-inch dice

2 large red potatoes (about 8 ounces each), peeled and cut into 1/2-inch dice

1 small butternut squash (about 1 pound), peeled, halved lengthwise, seeded, and cut into 1/2-inch dice

7 cups canned low-sodium chicken broth

2 cups chopped, deribbed Swiss chard leaves

2 cups 1/2-inch dice roast turkey

1 medium zucchini, cut into 1/2-inch dice

2 tablespoons minced fresh flat-leaf parsley

1 tablespoon minced fresh thyme

Salt

Freshly ground black pepper



1. In a heavy 6- to 8-quart saucepan, cook the bacon over medium heat, stirring frequently, until browned. Remove it with a slotted spoon to a plate. Set aside.
2. Pour off all but 2 tablespoons of the bacon fat, and return the pot to medium heat. Add the onion and celery. Sauté until the vegetables are soft but not browned, 3 to 5 minutes.
3. Add the potatoes, squash, and broth. Bring to a boil and reduce the heat to a simmer. Partially cover the pot and cook until the potatoes are tender, about 15 minutes.
4. Add the chard, turkey, zucchini, parsley, thyme, and reserved bacon. Cook 5 minutes longer. Add salt and pepper to taste. Ladle the soup into warmed bowls or mugs to serve. *Serves 8.*

Tips: Think of this recipe as a basic formula for improvising with vegetables and seasonings that appeal to you. Toss in a couple of chopped garlic cloves, a handful of torn fresh basil leaves, and a pinch or two of red pepper flakes or a minced chile pepper along with the thyme. Sweet potatoes could stand in for red ones. A half cup of small pasta like ditalini or macaroni or broken up spaghetti adds heartiness. Or add a can of drained and rinsed cannelloni beans. Let your imagination wander.