



Cal Poly Organic Farm Community Supported Agriculture Newsletter

REMEMBER THE FOLLOWING HOLIDAY PICK-UP SCHEDULE!

Monday pick-up/drop-off will be on TUESDAY, Nov 13th in honor of Veterans Day.

Thanksgiving week - Thursday's pick-up/drop-off will occur on TUESDAY the 20th.

HAPPY THANKSGIVING!

Announcements:

Cal Poly Organic Farm received a small grant to increase children's tours and educational services. On Tuesday the 13th a small group of interested volunteers will meet in the strawbale to discuss the grant at 4pm. CSA members are welcome to come to the meeting. Please let your schools know we offer an organic educational experience at CPOF.

A list of folks interested in the **SLO drop off** location is being kept. If you are interested, please contact us at orgfarm@calpoly.edu and we will give you the location details.

Sunset Magazine and other national publications will be visiting the farm on Saturday November 10th as part of an Edna Valley Winery tour of this central coast.

Please continue to **spread the word about the CSA**. We are still in need of 20 more

members. The offer for a **complimentary Cal Poly Organic Farm organic cotton tote bag** to current members who successfully recruit new members still stands. Just let us know and we will make sure you get your free tote. As always, thank you for your ongoing support!!!!

UCCE Master Gardeners are presenting a **series of workshops** to help principals, teachers and garden coordinators **to create successful, sustainable and academic school gardens**.

Workshop 1: Intro. To Garden Based Learning (11/28 in S. County, 12/5 in N. County)

Workshop 2: Constructing Your Garden (1/16 in S. County, 1/22 in N. County)

Workshop 3: Planting and Seeing It Grow (in March locations/dates TBA)

The cost to attend all three workshops is \$50. For more information please contact the UCCE Master Gardeners Office in SLO at: 805-781-5939. Registration with payment is due by 11/20.

Week 8 Produce

11 November – 17 November

Full Shares expect 10-12 items

Small Shares expect 7-9 items

From the following list:

- **Cabbage** – Green and delicious.
- **Green bunching onion (scallion)**
- **Broccoli**
- **Lettuce** - *Synonymous with salads!*
- **Winter Squash (Butternut, Acorn, Kabocha)**– *This Native American crop has been consumed for over 10,000 years!*
- **Arugula** - *Dating back to the first century, AD., the Romans used Arugula seed as an ingredient in aphrodisiac concoctions. Today, arugula is an aromatic salad green.*
- **Red Carrots** - *The original carrots cultivated thousands of years ago in Asian and Middle Eastern countries featured deep purple coloring, ranging from lavender to deep eggplant.*
- **Green Beans** – *The development of the stringless string bean in the late 1800s by plant breeder Calvin Keeney accelerated the wide scale use this legume in modern times.*
- **Pineapple Guava (Feijoa)** – *These members of the rose family are related to the apple and the quince.*
- **Peppers (Bell, Anaheim and Poblano)** - *Sweet peppers can be frozen whole without first being blanched.*
- **Walnuts***

***The walnuts are from the Cal Poly Orchard Project and are not certified organic.**

VEGETABLE OF THE WEEK: Green Beans

Green beans, string beans, or snap beans are the various names given to the unripe fruits of the common bean *Phaseolus vulgaris*. Like peppers, tomatoes, and corn, beans are a gift of the Americas. They were brought home by the Spaniards, who initially used them as ornamental plants because they found the bean pods tough, but very much liked the flowers. Subsequently, they were spread through many other parts of the world by Spanish and Portuguese traders.

Selection and Storage

- Beans should have a vibrant green color and be free from brown spots or bruises. They should have a firm texture and 'snap' when broken. Finally, select beans that are roughly the same thickness and length, as they will cook at a uniform rate.
- Store unwashed fresh beans pods in a plastic bag kept in the refrigerator crisper. Whole beans stored this way should keep for about seven days.



Nutrition

Green beans, while quite low in calories, contain lots of potassium, a fair amount of calcium and phosphorous and large amounts of vitamins A, C, K, manganese, and dietary fiber.

Tips for Preparing Green Beans:

- Just prior to using the green beans, wash them under running water. Remove both ends of the beans by either snapping them off or cutting them with a knife.
- Green beans are a classic ingredient in Salad Nicoise, a French cold salad dish that combines steamed green beans with tuna fish and potatoes.
- Prepare the perennial favorite, green beans almandine, by sprinkling slivered almonds on sautéed beans.
- Roast green beans, red peppers and garlic; combine with olive oil and seasonings to make a delicious salad.

FRUIT OF THE WEEK: Pineapple Guava

Also known as: Feijoa, Pineapple Guava, Guavasteen

- Interesting Tidbits: Feijoa is native to extreme southern Brazil, northern Argentina, western Paraguay and Uruguay where it is common in the mountains
- Recognized as a rich source of water-soluble iodine compounds, ranging from 1.5 to 4 milligrams per kilogram of fresh fruit.
- The fruit is ripe when slightly soft and ripe, peel or spoon the flesh out of the shell and enjoy it as is or in almost any preparation calling for bananas or apples. The feiloa is tasty in yogurt, fruit salads, compotes, and other desserts. It may be made into jam or jelly. Pureed, it is an excellent flavoring for ice cream, sherbet, flans, or puddings.
- The fruit has been promoted for its high antioxidant properties.

RECIPES

FEIJOA & GINGER MUFFINS Recipe

Compliments of Epicurean.com

Ingredients:

- 1-1/2 cups flour
- 1 cup wholemeal flour
- 2 tsp ground ginger
- 1 cup milk
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 cup raw sugar
- 1 cup milk

1/4 cup butter
1 tsp vanilla extract
1 beaten egg
1 cup chopped feijoas

Directions:

Preheat oven to 180oC (350oF), prepare pans. Mix together the flour, ginger, baking powder & soda & sugar. Rub in the butter until it resembles fine breadcrumbs. Combine the liquid ingredients, add the dry mix and feijoas until just combined. Spoon into pans & bake for 15 mins. A small slice of crystallised ginger may be placed on top of each muffin before baking if desired.

Makes 12.

Feijoa - A waxy green fruit about 3" long. Although it is not a guava you may know it as a Pineapple Guava. Feijoa sellowiana is an evergreen shrub, growing to 10-16 ft. It thrives in subtropical regions but is hardy & once established will tolerate moderate frosts. They are either eaten raw (with or without the skin) or made into jellies, sauces & chutneys.

Feijoa Salsa Recipe

Ingredients:

3 feijoas, peeled and finely chopped
1 onion, peeled and finely chopped
1 Tbsp brown sugar
fresh ground black pepper

Directions:

Mix all ingredients together; purie if desired. Serve as a dip with tortilla strips, or as a topping for steak, fish, or chicken.

LEMON-WALNUT GREEN BEANS

3 pounds small green beans
1/2 teaspoon salt
1/3 cup butter or margarine
12 sliced green onions
2/3 cup chopped walnuts, toasted
1-1/2 tablespoons chopped fresh or crushed dried rosemary
3 tablespoons fresh lemon juice
1-1/2 tablespoons grated lemon rind



1. Sprinkle beans with salt, and arrange in a steamer basket over boiling water. Cover and steam 8 to 12 minutes or until crisp-tender. Plunge beans into cold water to stop the cooking process; drain.
2. Melt butter in a Dutch oven over medium-high heat; add green onions and sauté until tender. Add green beans, walnuts, rosemary, and lemon juice; cook, stirring constantly, until thoroughly heated. Sprinkle with lemon rind. Serve immediately.

PASTA WITH GORGONZOLA AND WALNUT SAUCE Recipe

Ingredients:

2 tbsp. butter
5 green onions, finely chopped
1 tbsp. plus 2 tsp. fresh thyme, chopped or 1 1/2 tsp. dried, crumbled
2 c. whipping cream
1/2 lb. Gorgonzola cheese, crumbled
Freshly ground pepper
1 1/2 lb. fusilli, penne, or zitipasta
1 c. walnuts, coarsely chopped
1/2 c. freshly grated Romano or
Parmesan cheese (about 2 oz.)

Directions:

Melt butter in heavy medium skillet over medium heat. Add shallots and saute until translucent, about 5 minutes. Stir in thyme. Add cream and Gorgonzola and stir until cheese melts and sauce thickens slightly.

Season with pepper. Can be prepared 1 day ahead. Cover and refrigerate. Re-warm over low heat before using. Cook pasta in large pot of rapidly boiling salted water until tender but still firm to bite, stirring occasionally. Drain well. Return to pot. Add sauce and stir over low heat until pasta is coated. Mix in walnuts. Transfer to serving dish. Sprinkle with Romano cheese and serve immediately.

Walnut-Baked Brie Recipe

Ingredients:

1 (8 oz.) round Brie
2 tbsp. brown sugar
1/4 c. walnuts, toasted and coarsely chopped

Directions:

Remove top rind from Brie. Cut cheese into 6 wedges; place on lightly greased baking sheet. Sprinkle cheese with brown sugar & walnuts. Bake at 450 for 2-3 minutes or just until soft. Serve immediately. 6 servings.

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Candied Walnuts or Pecans Recipe

Ingredients:

2 C raw walnuts or pecans
1 C sugar
1/2 C water
salt

Directions:

Preheat oven to 300F. Butter a large baking pan.

Combine nuts, sugar and water in a heavy saucepan over medium heat. Cook and stir until mixture crystallizes, about 15 minutes. Spread pecans on the prepared baking pan and sprinkle with salt. Bake for 15 minutes. Turn with an oiled metal spatula and bake an additional 15 minutes. Cool and store in an airtight container.

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GREEN BEANS ITALIAN-STYLE

As a side dish, it is especially good with an Italian omelet. Try to find Italian flat beans or pole beans, but regular snap beans work as well. If you want a more substantial main dish, Italian sausage can be added. Slice and sauté before adding the garlic, then continue with the recipe as written.

2 pounds fresh green beans, cleaned and trimmed of ends

4 large tomatoes or 1 pound canned, chopped

3 tablespoons olive oil

6 large cloves garlic, minced

3 tablespoons fresh chopped oregano or 1-2 tablespoons dried

Salt and pepper to taste

1. Snap the beans into 2-inch pieces, if desired. Blanch in boiling water for 2 minutes to soften slightly. Drain well.
2. Heat the olive oil in a large skillet over medium heat. Add the garlic and sauté until softened. Add the tomatoes, oregano, salt and pepper. Simmer uncovered, until tomatoes start to break down. Add the green beans and cook, uncovered, until beans are tender. Check often for moisture; cover the pan and reduce the heat if bottom is dry. Taste the beans for seasoning and add additional salt, pepper and oregano as needed. Cook for 10 additional minutes, or until beans are very tender. *Serves 4 as a main dish, 8 as a side.*

BAKED PEARS WITH CRANBERRIES AND WALNUTS

This makes a good substitute for pie during the holidays. If you don't have pomegranate juice, use cranberry juice, red wine or apple cider instead. Enjoy with a scoop of low fat frozen yogurt or whipped topping sprinkled with a little cinnamon or nutmeg.

3 ripe but firm pears, peeled, cored and quartered

1/3 cup pomegranate juice

1/2 cup dried cranberries

1/4 cup chopped walnuts

1. Place quartered pears in a baking dish. Drizzle pomegranate juice over pears. Sprinkle cranberries and walnuts over the top.
2. Bake in a 350°F preheated oven for 20 minutes, or until pears are tender. Serve with juices and fat-free or low fat frozen vanilla yogurt.

Rice & Bean Stuffed Anaheim Peppers

8 cups water
12 (5-inch) Anaheim peppers, stems removed
1 1/2 cups cooked long grain rice
1/2 cup medium or hot salsa
1 cup (4 ounces) cheddar cheese, finely shredded
1 (15 1/2-ounce) can pinto beans, rinsed, drained
Fresh chopped cilantro, if desired

1. Heat oven to 350°F. Bring water to a full boil in Dutch oven.
2. Meanwhile, cut each pepper lengthwise down one side from stem to within 1/2-inch of tip. Place peppers in boiling water; cook 4 minutes. Remove; rinse with cold water. Remove seeds and veins from peppers; drain well.
3. Combine rice, salsa, 1/2 cup cheese and beans in medium bowl. Spray 15x10x1-inch jelly-roll pan with no stick cooking spray. Fill each pepper with about 1/4 cup bean mixture.
4. Place peppers in prepared pan. Cover with aluminum foil; bake 15 minutes. Uncover; sprinkle with remaining 1/2 cup cheese. Bake for 2 to 4 minutes or until cheese is melted and peppers are heated through. Garnish with cilantro.

Makes 12.

Nutrition Facts (1 stuffed pepper): Calories: 120 Fat: 3 g Cholesterol: 10 mg Sodium: 130 mg Carbohydrates: 18 g Dietary Fiber: 3 g Protein: 6 g

Roasted sweet peppers or chilies Recipe

Ingredients:

Red, yellow, or purple sweet peppers or Anaheim or poblano chilies.

Directions:

1. Preheat the broiler, or prepare a barbecue for medium-high-heat grilling.
2. Place the peppers or chilies on a broiler pan or on the grill about 6 inches from the heat, grill or grill until blackened on all sides. Use tongs to turn the peppers or chilies to blacken evenly.
3. Transfer the peppers or chilies to a paper bag, close tightly, and let stand for 10 minutes.
4. Remove the peppers or chilies from the bag, drain, and peel off the skins. Make a slit in each pepper or chile and open it up. Remove the core, stem, seeds, and ribs. When working with chilies, always wear rubber gloves and wash the cutting surface and knife immediately afterward.
5. With a sharp knife or pizza wheel, cut the peppers or chilies as directed in individual recipes.

Advanced preparation: This may be prepared 5 days in advance and refrigerated. Remove from the refrigerator 30 minutes before using.

Here's a unique recipe for perfectly roasted and peeled peppers or chilies. They are broiled or grilled on the barbecue to char them, then left in a paper bag to steam, which makes peeling them easier. Although you may think this is tedious the first time you try it, you'll find it actually takes little time, and the delicious results are well worth the effort. Keep the peppers covered with oil if you are preparing them in advance. They can be added to many recipes and are also excellent served alone, dressed with a light vinaigrette. If serving sweet peppers alone, place them in a serving dish and pour the dressing over them. Sprinkle with chopped fresh basil and decorate with small Niçoise olives. Serve at room temperature or slightly chilled.