



Cal Poly Organic Farm Community Supported Agriculture Newsletter

Welcome to Week 1/13

Holiday Schedule Reminder!

CSA Shares will NOT be available for pick up the weeks of 12/22 or 12/29. The CSA will resume as normal the week of 1/5!

Please Note: CPOF produce is also available for purchase at the Thursday evening San Luis Obispo Farmer's Market from 6-9p.m. and the Saturday morning SLO Farmer's Market in the Gottschalk's parking lot from 8-10:30 a.m.

The Farm needs about 25 more members for our winter CSA to make our planned budget. Please help us to spread the word and, remember, if you refer someone who signs up you get a FREE organic CPOF tote bag! If you would like fliers emailed or mailed to you please contact us.

Week 1/13

December 15 –December 21, 2008

Full Shares expect 10-12 items

Small Shares expect 8-10 items

All:

Peppers-Sweet/Spicy
White Butter Turnips
Purple Top Turnips
Broccoli
Red/Green Leaf Lettuce
Fennel
Cilantro
Satsuma Mandarins

Large Only:

Beets
Chives
Arugula
Braising Greens

Unless otherwise noted, all vegetables are grown at CPOF and certified organic.

www.calpolyorgfarm.com

805-756-6139, orgfarm@calpoly.edu



Announcements:

It's time already for our monthly children's activity for the CSA members. This month we are jazzing up flower pots by turning them into red nosed Rudolfs. Then they will be ready to plant a little something into them-- perfect to keep or give as a gift. This activity will be taking place in the pack shed from 3:00pm to 5:30pm Monday 15th and Thursday 18th. Look forward to seeing you there.

Gift Certificate for the "Gift of Veggies" are available during CSA Pick up hours on Monday and Thursdays from 3 p.m. to 6 p.m. or by calling: 805-756-6139.

Cuesta Environmental Biology class will visit the farm and help plant garlic this Saturday, Dec 13th at 11:30 a.m.; if you would like to help us, please do.

Other News from Farm Manager Cindy Douglas: Federal Work/Study Program Dries up for University Students

Recently, the financial aid office e-mailed me with some dreary news. Due to a significant drop in Federal funding in the Federal Work-Study (FWS) Program, there are a limited number of students with FWS funds. They also informed that there are no additional FWS funds available for this academic year, nor will increases in existing Federal Work-Study awards be possible. The FWS program has helped the farm employ many students over the past year. Without it we simply cannot hire as many aspiring farmers as we have and will have to rely more on volunteers. I encourage all of you to write your federal legislators to keep this program funded. The Federal Work Study program is a great idea because it supports local businesses and non-profits in hiring university students who might otherwise get overlooked for more experienced employees. It also encourages students and community members to work together and gives real work experience to young adults, giving them hope for their futures.

Recipes

Pizza with Caramelized Fennel, Onion, and Olives

From Cooking Light 11/01

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=521637&package_id=1184727

Yield: 6 servings (serving size: 1 wedge)

Ingredients:

DOUGH:

- 1 1/2 teaspoons dry yeast
- 2/3 cup warm water (100° to 110°)
- 2 cups all-purpose flour, divided
- 1/2 teaspoon salt
- Cooking spray
- 2 teaspoons yellow cornmeal

TOPPING:

- 1 tablespoon olive oil
- 4 cups thinly sliced fennel bulb (about 4 small bulbs)
- 2 cups thinly sliced onion
- 1/2 teaspoon salt
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried thyme
- 1/4 teaspoon black pepper

REMAINING INGREDIENTS:

- 1 cup bottled tomato-basil pasta sauce (such as Classico)
- 1 cup (4 ounces) shredded part-skim mozzarella cheese
- 1/4 cup coarsely chopped pitted kalamata olives

Preparation:

To prepare dough, dissolve yeast in warm water in a large bowl, and let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife. Add 1 3/4 cups flour and salt, and beat with a mixer at medium speed until smooth. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).

Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 45 minutes or until doubled in size. (Press two fingers into the dough. If an indentation remains, dough has risen enough.) Punch dough down; knead 5 times, and let rest for 15 minutes. Roll dough into a 12-inch circle on a floured surface. Place dough on a (12-inch) pizza pan or baking sheet coated with cooking spray and sprinkled with cornmeal. Crimp edges of dough with fingers to form a rim.

To prepare the topping, heat the oil in a large nonstick skillet coated with cooking spray over medium-high heat. Add the fennel and the next 5 ingredients (fennel through black pepper), and cook for 20 minutes or until golden, stirring frequently.

Preheat oven to 450°.

Spread sauce over crust, leaving a 1/2-inch border; sprinkle with fennel mixture, cheese, and olives. Bake at 450° for 18 minutes or until browned.

Fennel, Leek, and Potato Soup**From Cooking Light 11/01**

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=521640&package_id=1184727

Yield 7 servings (serving size: 1 cup)

Ingredients:

- 1 tablespoon butter
- 2 cups chopped fennel bulb (about 2 small bulbs)
- 2 cups thinly sliced leek (about 2 large)
- 1 3/4 cups (1-inch) cubed peeled baking potato
- 1 1/4 cups water
- 1/2 teaspoon salt
- 1/4 teaspoon fennel seeds
- 1/8 teaspoon black pepper
- 2 (14 1/2-ounce) cans fat-free, less-sodium chicken broth
- Fennel fronds (optional)

Preparation: Melt the butter in a Dutch oven over medium-high heat. Add fennel bulb and leek; sauté 4 minutes. Add potato, water, salt, fennel seeds, pepper, and broth, and bring to a boil. Cover, reduce heat, and simmer 20 minutes or until potato is tender. Place half of the soup in a blender; process until smooth. Pour pureed soup into a bowl. Repeat procedure with remaining soup. Return pureed soup to pan; simmer 5 minutes or until slightly thick. Garnish with fennel fronds, if desired.

Roasted Fennel

http://www.elise.com/recipes/archives/001677roasted_fennel.php

Serves 4

Ingredients:

- 2 fennel bulbs (thick base of stalk), stalks cut off, bulbs sliced
- Olive Oil
- Balsamic Vinegar

Prep:

- Preheat oven to 400 degrees Fahrenheit
- Rub olive oil over fennel to coat. Sprinkle with balsamic vinegar to coat. Line baking dish with aluminum foil. Lay out piece of fennel and roast for 15-20 minutes, until cooked through and beginning to caramelize.

Garden Veggie Hash Browns

<http://allrecipes.com/Recipe/Garden-Veggie-Hash-Browns/Detail.aspx>

Ingredients:

- 3 tablespoons vegetable oil
- 1/3 cup chopped red onion
- 1 medium zucchini, coarsely chopped
- 8 stalks asparagus, cut into 1 1/2-inch pieces
- 1/2 cup chopped red bell pepper
- 1 1/2 cups small broccoli florets
- 20 ounces Shredded potatoes
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder

DIRECTIONS

1. Heat 1 tablespoon oil in 12-inch nonstick skillet. Add onion. Cook over medium heat, stirring occasionally, 2 to 3 minutes. Add zucchini, asparagus, red pepper and broccoli. Continue cooking 2 minutes, stirring occasionally, until vegetables are crisp tender.
2. Add 1 tablespoon oil and shredded potatoes to skillet. Spread potatoes and vegetables in an even layer; press down lightly with spatula. Sprinkle with salt and garlic powder. Cook 6 to 7 minutes or until golden brown on the bottom. Drizzle with remaining 1 tablespoon oil. Turn potatoes over with spatula. Continue cooking 6 to 8 minutes or until potatoes are golden brown and tender, turning again if necessary.

Mandarin Sorbet

<http://www.portlandfood.org/index.php?showtopic=5997>

3/4 cup sugar

1 cup water

2 1/2 cups fresh tangerine, clementine OR satsuma juice (from 12 to 14 fruits)

6 tablespoons fresh lime juice OR as needed

Make a sugar syrup by heating water to boiling, stir in sugar until dissolved. Cool completely.

Juice the mandarines and add to the sugar syrup. Add the lime juice. Adjust tartness by adding more lime juice if needed.

Strain all of this into a bowl and chill overnight to develop flavor.

Freeze according to manufacturer directions.