



Cal Poly Organic Farm Community Supported Agriculture Newsletter

Welcome to Week 11

Field notes from Kyle Cosgrove.....

Late season peppers are still going strong holding out as one of the last summer crops still in the field. Recent field work included direct sowings of bunching onions, beets, braising greens, carrots, and parsley. These crops look good now that sufficient labor and time were supplied to go in and hand weed between plants to eliminate competition to our crops.

Thoughts From a Future Farmer.....

I am very proud to say that I am about to celebrate my year anniversary on Cal Poly's Organic Farm (CPOF). Since my debut in the winter of '08, I have learned a tremendous amount of skills as well as lessons that can be applied to all aspects of life.

Coming from the coastal suburbia of San Diego, I came to Cal Poly with little knowledge of farming and little notion of where my food came from. Since working on the CPOF I have taken part in the entire process of growing, harvesting, and distributing our organic produce. I have become quite familiar with how rewarding the experience of growing food for myself and others in the community is. I worked farmers market last spring and meeting the members of the community face to face was one of the most fulfilling feelings I have ever encountered. Knowing that I played a part in providing the people in my community with nutritious, organic sustenance is very important to me.

Drew Gaffney

Environmental Management

Announcements

We would like to thank, the **Environmental Council and Alpha Phi Omega Fraternity** for volunteering last Saturday at the Organic Farm.

Support your young organic farmer, **SIGN UP FOR THE CAL POLY ORGANIC FARM WINTER CSA PROGRAM**

PAYMENT PLAN OPTION DUE. If you signed up for the 24 week Community Fall/Winter Share, and you opted for the payment plan, your payment is due by December 8th.

Week 11

November 30th - December 6th , 2008

Full Shares expect 10-12 items

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

Unless otherwise noted, all vegetables are certified organic.

Unless otherwise noted, all vegetables are from the CPOF.

www.calpolyorgfarm.com

805-756-6139, orgfarm@calpoly.edu

Bell Peppers

Various Spicy Peppers

Purple Top Trunips

Braising Greens

Arugula

Head Lettuce

Carrots

Radicchio

Pistachios-NPO (Organic)

*Satsuma (Mandarins)-CP Fruit Science-
Conventional*

Fejoa (Pineapple Guava)-Swift Subtropicals



The CPOF is now recruiting “School Garden Apprentices” for the Winter Quarter. Apprentices learn about building and maintaining small scale educational gardens and assist local schools along the way. For more information, please e-mail: Maria Harkleroad at: mharkler@calpoly.edu or call: 805-756-6139.

The Cal Poly Creamery is offering gift packs of its student-made cheeses for the holidays. Seven varieties of cheese are being sold including: Gouda, Smoked Gouda, Mustang Cheddar, Smoked Cheddar, Chipotle Jack, San Luis Lace and reduced-fat Lace. The sale will run through Dec. 12. For a list of cheeses, packages and prices, or for ordering information, visit www.calpolycheese.com or contact the creamery office at 805-756-6644 or e-mail: creamery@calpoly.edu.

Pacific Beach High School invites you to an Environmental Symposium to be held on Saturday December 6, 2008 at the San Luis Obispo Botanical Garden Sustainable Education Center from 10am to 2pm, located in El Chorro Regional Park across from Cuesta College.

The students will hold an environmental symposium and invite schools and community members to participate in demonstrations, displays, and activities that highlight ways to protect and preserve the environment. Pacific Beach High School Students will display eco-friendly recycled shopping bags that they have made from salvaged fabric, demonstration gardens that they have grown, and documentation of the solar panel they worked to install at a local homeless shelter.

Fruit of the Week:

FEIJOA, Pineapple Guava

The feijoa is also an egg-shaped fruit with a thin lime-green skin. The flesh inside is cream-colored and encases a jelly-like center. The texture is gritty, close to that of a pear. The flesh tastes like a combination of several other fruits, usually described as pineapple, guava, and strawberry. Some people report a taste similar to that of a quince or lemon. Feijoa is native to South America, but is now commercially grown in New Zealand and California. It is also commonly called a pineapple guava.

Selection

Select fruit that is fragrant and gives slightly to gentle pressure. Ripe feijoas are delicate, so take caution not to bruise the fruit. Imported feijoas are available from late March to June; while domestic ones reach the market in the fall. Feijoas are gaining in popularity and are becoming easier to find in supermarkets. They are already easy to find in specialty markets and can often be ordered out-of-season through several online merchants.

Storage

Ripe feijoas may be refrigerated, but they don't have to be. Ripen feijoas in a paper bag at room temperature; to ripen quicker add an apple to the bag. Ripe feijoas normally last about 3 to 5 days. Feijoas may be frozen, but only if peeled and cooked into a puree.

Preparation

Feijoas are most often eaten raw. The fruit is ripe when it is slightly soft and the jellied inner section is clear. The fruit is unripe when the jelly is white and is spoiled when the jelly is brown. Unfortunately, this test of ripeness may only be determined once the fruit is opened. Peel the fruit before preparing, as the skin is bitter.

Recipes

Fall Fruit Salad

1/2 cup pineapple guava (scooped out of the outer shells)
1/2 cup tangerines (peeled, sectioned and deseeded)
1 cup non-astringent persimmons cut into large, chunky pieces
1/4 cup chopped toasted almonds

Mix first three ingredients together. Drizzle with honey and toss lightly. Set aside for 1 hour. Sprinkle with almonds and serve.

Asian-Style Turnips Recipe

Ingredients:

4 turnips, washed, trimmed and peeled
salt


*****Marinade*****

1/2 cup water
2 tablespoons rice vinegar
2 tablespoons soy sauce
2 tablespoons sugar
2 small slices fresh ginger
1 clove garlic, minced
3 scallions, cut into 1-inch lengths
1/4 teaspoon red chili flakes

*****Garnish*****

1 tablespoon chopped chives
2 teaspoons toasted sesame seeds

Directions:

Slice the turnips into slices about 1/8 of an inch thick and place them on a cookie sheet . Sprinkle the slices with salt and allow them to stand for 2 hours.

After 2 hours, rinse and drain the slices and set them aside.

In a saucepan combine the marinade ingredients and bring the mixture to a boil. Add the turnips and toss them with the marinade. Continue cooking until the liquid comes to a boil. Allow the turnips and the liquid to cool, then transfer the slices and marinade to a glass jar. Cover the jar and refrigerate up to 12 hours, shaking the jar occasionally, to allow the flavors to blend.

Serve garnished with chives and sesame seeds.

Creole Stuffed Peppers

These green bell peppers are stuffed with rice, tomatoes, bacon, onion, and salt and pepper. **Cook Time: 15 minutes**

Ingredients:

- 3 large green bell peppers, seeded and halved lengthwise
- 3 tomatoes, peeled and coarsely chopped
- 6 slices bacon
- 1 teaspoon onion, chopped
- 1 cup cooked rice
- 1 teaspoon salt

- 1/8 teaspoon pepper
- 1/2 to 3/4 cup hot water

Preparation:

Cut bacon into quarters, reserving 6 pieces to top the peppers. Fry remaining bacon with onion until crispy; add tomatoes to the mixture. Add the rice, salt, and pepper; blend well. Spoon mixture into pepper halves, topping each with the remaining 1/4 bacon slice. Place in a baking dish; add water to the dish, and cover. Bake 15 minutes in a 350 degree oven.
Serves 6.

Sautéed Radicchio

- 2 heads radicchio
- 2 tablespoons red wine vinegar
- 1 large clove garlic, finely chopped
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 3 oil-packed anchovy fillets, finely chopped (optional)
- 5 tablespoons olive oil
- 8 sprigs fresh oregano

Cut each head of radicchio in half lengthwise, then cut each half into 4 wedges. (Leave the cores intact; they'll help hold the wedges together.) Set aside.

In a small bowl, whisk together the vinegar, garlic, salt, pepper, anchovies (if using), and 3 tablespoons of the oil; set aside.

Heat the remaining oil in a large skillet over medium heat. Add the radicchio in a single layer and cook for 3 minutes. Turn the radicchio, add the vinaigrette and oregano, and cook until the radicchio is tender and slightly browned, about 3 minutes more. Serve warm or at room temperature.

Satsuma Salad

Ingredients

- 1/3 cup red wine vinegar
- 1/3 cup olive oil
- 2 tablespoons Creole mustard
- 1 1/2 tablespoons sugar
- 1/4 teaspoon salt
- Mixed salad greens
- 1 small red onion, thinly sliced
- 3 satsuma oranges, peeled and sectioned*

Preparation

Whisk together first 5 ingredients until well blended.

Toss together mixed salad greens, onion, and satsuma segments. Drizzle with vinaigrette.