



## Cal Poly Organic Farm Community Supported Agriculture Newsletter

### Welcome to Week 12

Thank you to all the **12-week subscribers**; we hope to feed you in the future. Please take the time to fill out our CSA survey which will be emailed to you.

### Produce notes

The lettuce is looking and tasting excellent now and the peppers continue to remind us of the summer sun. Turnips are back and we suggest you use them just like a potato when you cook. Potatoes do not grow well at our farm; they often become diseased and take a lot out of our soil. Turnips, on the other hand, grow heartily and you can eat the tops as well.

### Announcements

**This holiday give the Gift-O-Veggies.** Available in small (\$20) or Large (\$26.50) share sizes. See the greeter at the farm or contact us a certificate.

**The CPOF is now recruiting "School Garden Apprentices"** for the Winter Quarter (may be community members or Cal Poly students). 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](mailto:mharkler@calpoly.edu) or call: 805-756-6139.

### Workshop Proposal Form

Student Community Services is hosting the 7th Annual Change the Status Quo Conference at Cal Poly, San Luis Obispo on February 27th and 28th, 2009! The conference is designed to educate and network activists on multiple issues and bring together people who share a passion for making a difference in their community and the world. The conference encourages students to challenge stereotypes, demand solutions, and use education to make lasting changes.

Interested in putting on a workshop to address a social issue? Turn in a completed form to the Student Community Service office at UU 217 or email to [changethestatusquo@gmail.com](mailto:changethestatusquo@gmail.com).

Deadline to Submit Workshop Proposal Form is November 24th!

### Week 12

December 8<sup>th</sup> - December 12<sup>th</sup>, 2008

**Unless otherwise noted, all vegetables are certified organic.**

**Unless otherwise noted, all vegetables are from the CPOF.**

[www.calpolyorgfarm.com](http://www.calpolyorgfarm.com)

805-756-6139, [orgfarm@calpoly.edu](mailto:orgfarm@calpoly.edu)

The farm plans on having *everyone* receive:

Bell Peppers  
Various Spicy Peppers  
Purple Top Turnips  
White Butter Turnips  
Arugula *or* Kale  
Head Lettuce  
Fennel  
Winter Squash

The farm plans on the *Large shares* receiving:

Carrots  
Pak Choy  
Beets  
Apples (Fair Oaks)

The farm plans on the *Small shares* receiving:

Braising Greens  
Feijoa *or* Persimmons (Swift Subtropicals)



Fennel

## Veggie of the Week: Fennel

Fennel is crunchy and slightly sweet, adding a refreshing contribution to the ever popular Mediterranean cuisine. Most often associated with Italian cooking, be sure to add this to your selection of fresh vegetables from the autumn through early spring when it is readily available and at its best.

Fennel is composed of a white or pale green bulb from which closely superimposed stalks are arranged. The stalks are topped with feathery green leaves near which flowers grow and produce fennel seeds. The bulb, stalk, leaves and seeds are all edible. Fennel belongs to the *Umbellifereae* family and is therefore closely related to parsley, carrots, dill and coriander. (from <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=23>)

## Recipes

**Radicchio di Treviso** has long, narrow, pink-to-red leaves that are similar in taste to Belgian endive. It can be found in specialty food markets OR IN YOUR LARGE SHARE BOX.

### ***Ingredients***

- 1 head radicchio di Treviso or medium round radicchio
- 1 tablespoon olive oil
- vegetable oil for frying
- 4 kale leaves, tough ribs discarded, washed and patted completely dry

### ***Preparation***

Cut radicchio into quarters through root end, cutting away any tough core but keeping quarters intact. In a skillet heat olive oil over moderately high heat until hot but not smoking and sauté radicchio, turning it occasionally, 5 minutes, or until tender. Season radicchio with salt and pepper and keep warm, covered.

While radicchio is cooking, in a deep heavy skillet heat 1/2 inch vegetable oil over moderate heat until hot but not smoking (about 350°F. on a deep-fat thermometer) and fry kale leaves, 1 at a time, turning them once, until crisp, about 15 seconds (kale will cause oil to spatter). Transfer kale as fried with tongs to paper towels to drain and season with salt. Serve kale with radicchio.

## **Roasted Fennel Recipe**

### **INGREDIENTS**

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

### **METHOD**

- 1 Preheat oven to 400°F.

2 Rub just enough olive oil over the fennel to coat. Sprinkle on some balsamic vinegar, also to coat. Line baking dish with [silpat](#) or aluminum foil. Lay out piece of fennel and roast for 15-20 minutes, until the fennel is cooked through and beginning to caramelize.

Serves 4.

## North Indian Vegetarian (Punjabi)

500 grams (about 20 oz.) turnips peeled and cubed  
4 small green chillies chopped  
salt to taste and a pinch of [turmeric powder](#)  
2 tablespoon(s) [ghee \(clarified butter\)](#) / butter / oil  
1 onion(s) finely chopped  
1 tablespoon(s) grated ginger  
1/2 [teaspoon\(s\)](#) red chilli powder  
1/2 [teaspoon\(s\)](#) [hot spice mix \(garam masala\)](#) powder  
1 [teaspoon\(s\)](#) [coriander-cumin powder](#)  
2 [teaspoon\(s\)](#) jaggery or sugar  
1 [teaspoon\(s\)](#) lime juice  
finely chopped [fresh coriander](#) to garnish

1. Combine turnips, half of the green chillies, salt and turmeric powder in a heavy-based pan. Add enough water. Cover and cook on low / medium heat for about 20 minutes or till the turnips have become very soft and mushy. Mash the cooked turnips with the back of a [ladle](#) whilst stirring on high heat so that it is completely mashed and dry.
2. Heat the clarified butter in a pan and fry the onion on medium heat for about 3 minutes or till the onions are brown. Add the ginger and the remaining green chillies. Fry briefly till the ginger turns brown. Add the all the dry spice powders and mix well.
3. Add the turnips and mash them with the back of a ladle whilst stirring on high heat so that it is completely mashed and dry. Add the jaggery or sugar and keep stirring to mix well. Put off the heat and mix in the lime juice.  
[Garnish](#) with chopped fresh coriander.

## BUTTERNUT SQUASH

1 butternut squash  
salt  
brown sugar (optional)

Cut 1 butternut squash in half (there is no need to peel). Sprinkle salt and brown sugar onto the squash.

Be sure the oven is preheated to 350°F before placing in oven.

Bake squash until soft; then simply scoop the squash out of the skin, add a little butter and serve!

## **Apple Beet Salad**

4 Granny Smith apples -- peeled, cored, and sliced  
16 ounces julienne beets -- drained  
1/2 cup sliced radishes  
1/4 cup diagonally sliced green onions  
1/4 cup vinegar  
1/4 cup olive oil  
1 teaspoon sugar  
1/4 teaspoon ground allspice  
Salt and pepper to taste  
1 Dash hot sauce (optional)

In large bowl, combine apples, beets, radishes, and green onions. In small bowl, vinegar, olive oil, sugar, allspice, salt, pepper, and, if desired, hot sauce; pour over apple mixture and toss well.

Cover and refrigerate at least 1 hour before serving