



# Cal Poly Organic Farm Community Supported Agriculture Newsletter

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

## CPOF ANNOUNCEMENTS

- \* CPOF is **NOW enrolling for the Spring/Summer** Season of its Community Supported Agriculture (CSA) Program. Hard copies of the membership forms will be available near the sign out sheet at your pick up location and will be e-mailed to you. In addition, membership forms can be downloaded from our website at: [www.calpolyorgfarm.com](http://www.calpolyorgfarm.com).
- \* Special **THANKS** to the professors and students from The Culinary Institute of America in Hyde Park, New York who visited the farm this week and helped pre-harvest carrots! We appreciate the extra help and sharing ideas.
- \* **THANKS** also to Cal Poly's Environmental Council who have motivated yet another Work-Day at the Cal Poly Organic Farm!
- \* **Toot, Toot...**the Cal Poly Organic Farm received Honorable Mention from Cal Poly's Mustang Daily for "Best Organic Produce."
- \* **Register now! Change the Status Quo Conference**, Feb. 27<sup>th</sup>-28<sup>th</sup>. CPOF's Farm-to-School Apprentices will speak at a workshop on Saturday. \$10 students, \$20 non-students (includes a conference t-shirt & organic food). <http://studentlife.calpoly.edu/scs/quo/>, 756-5834.
- \* Strive & Struggle: Documenting the Civil Rights Movement, 1967-1975, Black History Month exhibit, through Mar.1st, Cal Poly, Kennedy Library.

### **Tomorrow! Saturday (Feb. 21)**

- \* **Fungus Foray** in the Elfin Forest with Dennis Sheridan at 9:30 am. Info. 528-0392.
- \* **7 pm, Documentary, "The Future of Food"** on genetically engineered food and how it affects us personally & collectively. \$5-7. [www.sloartcenter.org](http://www.sloartcenter.org)
- \* **12th Annual Children's Exploratorium, 10am-2pm**, Monarch Grove Elementary School, Los Osos.\$5 that covers 25 booths: crafts, petting zoos, computer recycling, and safety information. Info: 550-3715.
- \* **California Rare Fruit Growers (CRFG)**, Free Grafting Party & Scion Exchange, Cal Poly. Info: 544-1056. Meeting is at the corner of Highland and Mt. Bishop Road on the university campus. 1:30-4 pm.
- \* **Wed., Feb. 25<sup>th</sup>**, 1:30-3:30pm. Project LEAN offers a **free**, hands-on workshop of their proposed wellness policy-Policy In Action, designed to discuss the importance of school wellness policy, and also how it serves as a roadmap for improving or implementing school nutrition and physical activity policies. Lillian Larsen Elementary, 1601 L Street, **San Miguel**, CA 93451, in Room 22. Carpool from SLO Public Health Dept. at 12:30. Anyone is more than welcome to join the group! Please email about carpooling [vadame@co.slo.ca.us](mailto:vadame@co.slo.ca.us). RSVP to [erogers@smjUSD.k12.ca.us](mailto:erogers@smjUSD.k12.ca.us). Visit: <http://www.californiaprojectlean.org>.

*Feb. 23 – March 1, 2009*

**Welcome to Week 21!**

*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.**

#### **All Shares:**

Kale  
Broccoli  
White Top Turnips  
Carrots  
Bunching Onions  
Sprouts (Mt. Olive Organic Farm/Organic)  
Kiwi (Mallard Lake Ranch/CONVENTIONAL)

#### **Large Shares Also Get:**

Head Lettuce  
Kohlrabi, Spinach or Bok Choi  
Beets

- \* Yellow Starthistle Workshop presented by the Upper Salinas Las Tablas Resource Conservation District, **Feb. 25<sup>th</sup>, 6-8 pm**. Templeton Community Center. Learn to ID this noxious plant. Info. 434-2312.
- \* Sat, Feb. 28<sup>th</sup>, 9-5pm, Exploration Station (867 Ramona Avenue in Grover Beach) is open to recycle your unwanted computers, tvs, monitors & other electronics. Please no microwave ovens or other appliances. Help keep unwanted electronics out of landfills. Donations are tax-deductible & proceeds benefit ongoing children's programs. 473-1421.
- \* Through Feb. 28<sup>th</sup>, Season of Rice, A documentary photo exhibit by Patty Arnold. Preparation for rice farming takes on two very different looks in California and in Bali. [www.sloartcenter.org](http://www.sloartcenter.org).
- \* **Sustainability educational series** on Feb. 26<sup>th</sup>, March 10<sup>th</sup>, April 28<sup>th</sup> at 5 pm \$30-45. Green building and more. At SieMatic by Richard Jess, 75 Higuera. Info and RSVP: 547-2247
- \* SLO Chapter of the California Native Plant Society (CNPS) hosts "Wonderful Wildflowers of the North County", March 5<sup>th</sup>. Social mixer at 7pm, program at 7:30 pm. Atascadero Library, 6850 Morro Rd.,(Highway 41). Info: Jeff Prostovich, 441-3777, prostovich@earthlink.net.
- \* **Bike Kitchen**, March 7<sup>th</sup>, 10-3 pm at Mitchell Park in SLO, and the first Sun. of each month thereafter. Fix your bike, donate parts or attend a clinic. [Sous-chefs@slobikekitchen.org](mailto:Sous-chefs@slobikekitchen.org) or 540-8566.
- \* San Luis Obispo International Film Festival, March 6-15, slofilmfest.org or 546-FILM.
- \* Cocoa mulch may be harmful to your pets, see: <http://www.snopes.com/critters/crusader/cocoamulch.asp>.
- \* Learn **permaculture and natural building, & how sustainability touches the ground** at Quail Springs. 10-2pm. All ages welcome, carpooling strongly encouraged. Feb. 28<sup>th</sup>, March 28, April 25, May 23, June 27. Suggested donation: \$20/adult, \$5/child - *includes lunch and tour*. Register: [info@quailsprings.org](mailto:info@quailsprings.org) or 886-7239.
- \* Four Elements Farm is hosting a Tiny House workshop with revered Tiny House master and homesteader from Vermont, Peter King! April 10-12<sup>th</sup>, 9am-5pm, \$250/person. Learn basic concepts, build a model, build a complete Tiny House, and take away the skills to go home and build a Tiny House. Farm off of Hwy 41 W. Contact Ryan Rich for more info: 674-4272. Watch this entertaining video, at: <http://7d.blogs.com/stuckinvt/2008/11/tiny-houses-105.html>.

## **CSA Member Spotlight:**

From left to right: Friends Pavel, Nina and Jahan explore the farm after Mavis picks up her family's box of veggies for the week. They have been a part of the farm for 3 years now.

The kids enjoy visiting the chickens and playing with the worms they find. Jahan's favorite recipe is Leek & Potato Soup and Pavel loves the carrots. Mavis said that Bok Choy is a big hit with her family.



### ***Featured Veggie:* Broccoli**

Broccoli was an Italian vegetable, as its name suggests, long before it was eaten elsewhere. The wild cabbage originating along the northern and western coasts of the Mediterranean was eventually bred into widely varying forms,

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including broccoli, cauliflower, cabbage, kale, kohlrabi, and brussels sprouts. Thomas Jefferson planted broccoli at Monticello, but it remained an exotic in American gardens until the 1920's. Italian immigrant brothers Stephano and Andrea D'Arrigo began commercial cultivation in 1922 by shipping crates of broccoli from their small San Jose, California plantings to Boston, where there was a thriving Italian immigrant culture. The broccoli business boomed, with the D'Arrigo's brand name "Andy Boy" named after Stephano's two-year-old son, Andrew, and backed with advertisements on the radio. Today ninety percent of the broccoli grown in the US comes from California's Salinas Valley in North and Santa Maria in the Central region.

### Medicinal Benefits

- Due to the Beta carotene, vitamin C, calcium, fiber, and phytochemicals; broccoli and its kin may be responsible for boosting enzymes that help detoxify the body and help prevent cancer, diabetes, heart disease, osteoporosis, and high blood pressure.
- Broccoli along with onions, carrots, and cabbage may also help to lower blood cholesterol.
- Broccoli's wealth of chromium may be effective in preventing adult-onset diabetes in some people.
- Great for pregnant women: a cup of broccoli supplies 50 mg of folic acid (13% of DV), a B-vitamin essential for proper cellular division due to its necessity in DNA synthesis.

### Storage

Wrap broccoli in plastic & refrigerate. Never wash broccoli before storing; excess moisture promotes mold.

### Preparation

Allow 1/2 pound per serving. A medium bunch, about 1 1/2 to 2 pounds, will serve 3 to 4 people. For the best flavor and nutritional benefit, cook broccoli soon after purchase. *Any vegetable that sits around for a week, even if refrigerated, will lose considerable vitamin value along with flavor.* Wash broccoli thoroughly just before using. Trim tough portion of the stem about one inch from the bottom.

### Raw

- Chop or dice broccoli florets and stems into your salad bowl along with romaine lettuce and fresh vegetables.
- *Enjoy a broccoli slaw by shredding the stems* on a coarse grater or the shredding disc of your food processor. Combine with shredded carrots and other veggies of your choice, add a little extra virgin olive oil, some lemon or lime juice, and season to taste.
- Broccoli makes a dramatic sauce when combined in a blender with garlic, extra virgin olive oil, vegetable juices of your choice, and your favorite seasonings.
- Include broccoli florets in your crudite platter as an appetizer, and serve along with your favorite dip.

### Steamed

- Cut broccoli into florets and steam in a covered saucepan with a small amount of water for 4 to 5 mins.
- If you choose to steam an entire stalk of broccoli, rather than cutting it into smaller servings, you might consider cutting through the stalks about half-way up the stem. This method will produce stems that cook tender in the same length of time as the florets.
- Take care not to overcook broccoli or your kitchen will be engulfed with the odor of rotten eggs from the sulphur compounds that include ammonia and hydrogen sulfide released with long cooking.

### Stir Fried

- Chop broccoli into bite-size florets and stir-fry in a small amount of olive oil, about 1 teaspoon, combined with water or vegetable broth. Flavor with Bragg Liquid Aminos or tamari, lemon or lime juice, a touch of your favorite vinegar, and finish with seasonings and herbs of your choice.
- For an Asian touch, add a tablespoon of sesame oil to the stir fry and sprinkle sesame seeds as a garnish.

### Quick Serving Tips

- Sprinkle lemon juice and sesame seeds over lightly steamed broccoli.
- Toss pasta with olive oil, pine nuts and healthy sautéed broccoli florets. Add salt and pepper to taste.
- Purée cooked broccoli and cauliflower, then combine with seasonings of your choice to make a simple, yet delicious, soup.
- Add broccoli florets and chopped stalks to omelets.

## Recipes (For past CPOF CSA Newsletters, visit: <http://calpolyorgfarm.com/newsletters.shtml>)

### Chopped Broccoli with Lemon

(Vegetarian Cooking for Everyone)

1 large bunch broccoli, about 1 1/2 pounds

2-4 Tablespoons extra virgin olive oil or butter

Salt and Freshly milled pepper

Fresh lemon juice to taste

Chop the broccoli into small florets; peel and finely chop the stems. Put the stems in the steaming basket,

add the florets, then cover and steam until just a little short of being tender.

Toss with olive oil and season with salt, pepper and lemon juice to sharpen the flavors.

## Tofu Quiche with Broccoli (allrecipes.com)

### Ingredients

1 (9 inch) unbaked 9 inch pie crust  
1 pound **broccoli**, chopped  
1 tablespoon olive oil  
1 onion, finely chopped  
4 cloves garlic, minced  
1 pound firm tofu, drained  
1/2 cup soy milk  
1/4 teaspoon Dijon mustard  
3/4 teaspoon salt  
1/4 teaspoon ground nutmeg  
1/2 teaspoon ground red pepper  
black pepper to taste  
1 tablespoon dried parsley  
2 tablespoons grated Parmesan cheese

1. Preheat oven to 400 degrees. Bake pie crust for 10-12 mins.
2. Place broccoli in a steamer over 1 inch of boiling water, cover. Cook until tender but still firm, about 2-6 minutes. Drain.
3. Heat oil in a large skillet over med-high heat. Saute onion and garlic until golden. Stir in the cooked broccoli and heat through.
4. In a blender combine tofu, soy milk, mustard, salt, nutmeg, ground red pepper, black pepper, parsley and Parmesan cheese; process until smooth. In a large bowl combine tofu mixture with broccoli mixture. Pour into pie crust.
5. Bake in preheated oven for 35 to 40 minutes, or until quiche is set. Allow to stand for 5 minutes before cutting.

## Green Barley and Kale Gratin (Vegetarian Cooking for Everyone)

2/3 cup pearl barley, rinsed  
Salt and freshly milled pepper  
1 large bunch **kale**, about 1 ¼ pounds, stems entirely removed  
2 tablespoons butter  
3 tablespoons flour  
1 ½ cups milk or Basic Vegetable Stock,  
¼ teaspoon allspice  
1/8 teaspoon grated nutmeg  
½ cup grated Gruyere or provolone

1. In a saucepan, add the barley to 1 quart boiling water with ½ teaspoon salt and simmer, uncovered until tender, about 30 minutes. Drain.
2. While barley is cooking, cook the kale in a skillet of boiling salted water until tender, 6 to 10 minutes. Drain, then puree with ¼ cup of the cooking water until smooth.
3. Preheat the oven to 375 degrees F. Melt the butter in a small saucepan, whisk in the flour, then add the milk. Cook, stirring constantly over medium heat, until thick. Season with all-spice, nutmeg, salt and pepper.
4. Combine all the ingredients, check the seasonings, & transfer to a lightly buttered baking dish or ramekins.
5. Bake until lightly browned on top, about 30 minutes. If you've used ramekins, run a knife around the edges, then unmold them by giving them a sharp rap on the counter. Present them browned side up.

## Tabbouleh with Mint and Pistachios (Vegetarian Times.com)

Traditional Middle Eastern tabbouleh is more about the mint and herbs than the bulgur grains. The longer this salad sets, the better it gets, so make it up to a day ahead.

1/4 cup fine bulgur  
3 Tbs. lemon juice  
1/4 tsp. honey  
1 1/3 cup finely chopped pistachios  
1 cup finely chopped curly **parsley**  
1 small cucumber, finely chopped (1 cup)  
1 medium tomato, finely chopped (1/3 cup)  
4 **green onions**, finely chopped (1/3 cup)  
1/3 cup finely chopped fresh mint  
3 Tbs. olive oil

Place bulgur in large bowl and add 1/3 cup boiling water. Let stand 5 minutes. Stir in lemon juice and honey, and let stand 5 minutes more, or until all liquid is absorbed. Fluff bulgur with fork, and stir in remaining ingredients. Season with salt and pepper.