



# Cal Poly Organic Farm Community Supported Agriculture Newsletter

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

## CPOF ANNOUNCEMENTS

- \* **Reminder!** Monday, Feb.16 is a Holiday. Monday shares will be available for **pick-up** on **Tuesday, Feb. 17<sup>th</sup>**.
- \* **The next Farm volunteer work day is Sat, Feb 28<sup>th</sup> from 9am- 12pm;** join us to continue on the concrete-chip wall.
- \* Join the MultiCultural Center for the celebration of Black History Month! <http://studentlife.calpoly.edu/mul>. A highlight of the month will be the *Langston Hughes Project*, Wed., Feb. 11, at the PAC Pavilion from 7:30-9:30pm. The event celebrates African American artistic heritage in the early 20th century through spoken word, live jazz, and images from the Harlem Renaissance.
- \* **Register now** for the 7th annual, **Change the Status Quo Conference**, Feb. 27<sup>th</sup>-28<sup>th</sup>. CPOF **School Garden Apprentices** will be speaking at a workshop there. Choose from 28 workshops hosted by students, professors, and non-profit organizations designed to educate and network activists on multiple issues. \$10 for students, \$20 for non-students (includes a conference t-shirt, organic breakfast and local/organic lunch). For more information visit: <http://studentlife.calpoly.edu/scs/quo/> or call 756-5834.
- \* **"Freedom of Speech and Your Career"**. Special presentation by Carol Christen, author of "What Color is Your Parachute?" The opportunity to hear a renowned author on this subject does not come around often. **Thurs., Feb. 12, 11-12pm**, Crops Unit, (bldg 17). **RSVP** to [ereneau@calpoly.edu](mailto:ereneau@calpoly.edu).
- \* **Free Guided Mushroom Walk! This Sunday**, Feb. 8, 1-4 pm, Dallidet Adobe and Gardens, 1185 Pacific St., Bring your own fungus for Mr. Dennis Sheridan, of Cuesta College, to identify! <http://www.slochs.org>.
- \* **Yoga Mass This Sunday! And 2<sup>nd</sup> Sundays of every month. 9- 11 am**, Academy of Dance Studio, 1-3422 Miguelito Court, SLO, donation \$2. Bring your own yoga mat, water and towel. Attendance is first come, first serve basis.
- \* **Tuesday, Feb. 10<sup>th</sup>**, 6pm. Guest speaker, **Naked Food's Debbie Gedayloo**. \$20 suggested donation includes: Live/Vegan hors d'oeuvres. Enjoy Tea Tonics and Elixirs. Mix and Mingle in the Harmonious Sanctuary! SLO Integrative Health, 1318 Garden Street, (805)540-0528.
- \* **"A Sheltered Sea"- A film about marine protected areas. Feb. 10<sup>th</sup>, 7- 8:30 pm**, at Rabobank, 1070 Main St., Cambria. Info: [www.greenspacecambria.org](http://www.greenspacecambria.org). Free and open to the public, however seating is limited.
- \* **Feb. 17th, 7 pm, SLO Botanical Garden**, How to Design and Install Legal Grey Water Systems for Residential Properties, Please RSVP by February 13<sup>th</sup>, (805) 801-6956, [josh@carmichaelenvironmental.com](mailto:josh@carmichaelenvironmental.com). Cost: \$15\* CLCA Members, \$20 Non-members, **\*\$20 at the door without RSVP.**

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*Feb. 9 – Feb.15, 2009*

**Welcome to Week 19!**

**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:**

Broccoli  
Head Lettuce  
Kale  
Bok Choy  
Kohlrabi  
Parsley  
Collard Greens  
Potatoes  
Satsumas (Living Soil Farm, Conventional)

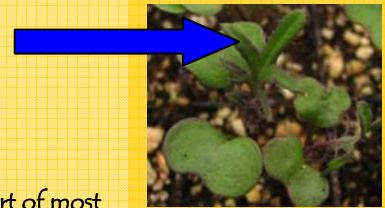
### **Large Shares Also Get:**

Radishes  
Spinach  
Brussel Sprouts (Growing Grounds Farm, Conventional)

- \* *Organic garden at the White House!* Our new President had an open contest to select a farmer to plant a five acre organic fruit and vegetable garden to be used by the White House Chef, and excess food given to area food banks. To see results, and more info: [www.whitehousefarmer.com](http://www.whitehousefarmer.com).
- \* Visit [www.greenacreslavenderfarm.com](http://www.greenacreslavenderfarm.com) to experience the benefits of **Lavender with the Green Acres Lavender Introductory Pack**. Includes Liquid Lavender Soap, Lavender Body Lotion, and more for \$45.

### From the Greenhouse...

- The Kale we have been watching grow, has its' first true leaves! See photo:
- Greenhouse tomatoes are green on the vine; will they ever turn red?!
- Looking towards summer...Basil and tomatoes were sowed this week.



"Waiting for foods to come into season means tasting them when they're good, But waiting is also part of most value equations. Treating foods this way can help move "eating" in the consumer's mind from the Routine Maintenance Department over to the Division of Recreation. It's hard to reduce our modern complex of food choices to unifying principles, but this is one that generally works: eating home-cooked meals from whole, in-season ingredients obtained from the most local source available is eating well, in every sense. Good for the habitat, good for the body." Barbara Kingsolver, *Animal, Vegetable, Miracle*.

## Kohlrabi (*Brassica oleracea* variety *caulo-rapa*)

Kohlrabi can be an intimidating vegetable if you haven't encountered it before. With an appearance compared to Sputnik, the taste and texture of this member of the cabbage family are similar to those of a broccoli stem, but milder and sweeter. This aboveground enlarged stem may be white, green or purple in color.

### History

A relatively new vegetable, kohlrabi was unknown a mere 500 years ago. The first description was by a European botanist in 1554. By the end of the 16th century it was known in Germany, England, Italy, Spain, Tripoli, and the eastern Mediterranean. The name comes from the German *kohl*, meaning cabbage, and *rabi*, or turnip. Although records of its use go back to 1806 in the United States, kohlrabi is still not a commonly used vegetable here.

### Storage

- If the kohlrabi leaves are still attached to the bulb, trim them and store separately.
- If the leaves are in good shape (firm and green) they can be cooked, but use within a couple days.
- Store bulbs, unwashed, in a plastic bag. They will hold for ~ 1 week in the refrigerator.

### Nutrition

- Kohlrabi is a good source of vitamin C and potassium.
- It is low in both sodium and calories.
- One cup diced and cooked kohlrabi contains only 40 calories and 140% of the RDA for vitamin C.

### Preparation Tips

- Tender, young kohlrabi is delicious eaten raw. Peel the outer skin with a paring knife. Slice, dice, or grate, and add to salads. Use on raw vegetable platters or serve with a creamy dip. Substitute in recipes calling for radishes. Grated kohlrabi can be added to slaw, but lightly salt it first and let stand for several minutes. Squeeze to remove any excess water before adding dressing.
- Kohlrabi can also be steamed or boiled. For this preparation don't peel until after bulbs are cooked. Steam or boil until bulbs are tender, peel skin, and season with butter, salt, and pepper, a cheese sauce, or just enjoy plain.

- The leaves can be enjoyed as a cooked green. Wash the leaves and remove the ribs. Blanch in boiling water until just wilted, 3 to 5 minutes. Drain and squeeze excess water from leaves. Chop leaves, then sauté in a little olive oil or butter. Season with salt and pepper. Add a splash of vinegar or squeeze of fresh lemon juice.
- Kohlrabi leaves even make a nutritious pesto! Add some cilantro or fresh or dried basil to mix to give it that familiar pesto-taste.

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

### **Scalloped Kohlrabi** (CookitSimply.com) Serves 6

175 g (6 oz) onion, skinned & thinly sliced  
3 Tbsp (40 g) butter  
2 lb (900 g) kohlrabi  
7 fl oz (200 ml) milk  
salt and freshly ground pepper  
chopped fresh parsley to garnish

1. Soften the onion in 25 g (1 oz) butter in a covered pan.
2. Thickly peel kohlrabi to remove the entire woody outer layer.
3. Slice thinly and layer with the onions and seasoning in a 1.7 litre (3 pint) lightly buttered shallow ovenproof dish, topping with a neat layer of kohlrabi.
4. Pour over the milk and dot with remaining butter. Place on a baking tray and cook in the oven at 400°F for about 1 & 1/2 hours, until tender.
5. Garnish with chopped parsley for serving.

### **Kohlrabi & Carrots** (Recipezaar.com) SERVES 4

1 medium [kohlrabi](#), chopped into 3/4 "cubes (about 2 cups)  
4 large carrots cut into chunks to match the size of the kohlrabi  
1/4 teaspoon nutmeg  
1 tablespoon butter (optional)  
Salt and pepper

1. Cover the Kohlrabi & carrots w/ lightly salted water & boil until quite tender (about 15-20 mins.)
2. Drain.
3. Lightly mash, leave a lot of texture, don't try to make them smooth like mashed potatoes.
4. Add nutmeg and butter.

### **Cream of Broccoli Soup** ([Joy of Cooking](#)) About 8 cups

4 Tablespoons (1/2 stick) butter  
1 ½ cups minced celery  
1 cup coarsely chopped onions  
1 ½ pounds broccoli, trimmed and coarsely chopped  
¼ cup all-purpose flour  
4 cups Poultry Stock, Chicken Broth, or other light stock or broth  
½ to 1 cup heavy cream, half-and-half, or milk  
Salt and white or black pepper  
Optional garnish (Grated cheese such as Cheddar or Swiss)

1. Melt butter in a soup pot over medium heat
2. Add and cook, stirring, until tender but not browned: celery and onions
3. Stir in: broccoli and cover and cook 5 minutes, stirring occasionally. Stir in: flour
4. Turn the heat to high. Slowly stir in and bring to a boil: Stock of choice
5. Reduce heat to medium-low and simmer, partially covered, until the broccoli is very tender, about 25 minutes, stirring occasionally.

6. Using a food processor or an immersion blender, process until smooth. Return the soup to the pot and stir in: cream, half-and-half, or milk
7. Heat through, but do not boil. Add: Salt and white or black pepper  
Optional: Serve garnished with grated cheese.

### **Sautéed Collard Greens** (Epicurious.com)

Serves 4

- 2 1/2 pounds collard greens
- 2 garlic cloves
- 1 tablespoon unsalted butter
- 1 tablespoon olive oil
- 1 teaspoon fresh lemon juice, or to taste

1. Remove and discard stems and center ribs of collard greens. Cut leaves into 1-inch pieces.
2. In a kettle of boiling water cook collards 15 minutes and drain in a colander, pressing out excess liquid with back of a wooden spoon.
3. Mince garlic. In a 12-inch heavy skillet heat butter and oil over moderately high heat until foam subsides and stir in garlic, collards, and salt and pepper to taste.
4. Sauté collard mixture, stirring, until heated through, about 5 minutes.
5. Drizzle collards with lemon juice and toss well.

### **Peanut Cilantro Dip** (Allrecipes.com)

Serve this Thai-style dip with veggies or French bread.

- 1/2 cup chunky peanut butter
- 1/2 cup peanut oil
- 1/4 cup red wine vinegar
- 1/4 cup soy sauce
- 1/4 cup fresh lemon juice
- 4 cloves garlic, minced
- 10 sprigs fresh cilantro leaves, finely chopped
- 2 teaspoons crushed red pepper flakes
- 2 teaspoons minced fresh ginger root

1. In a food processor, thoroughly blend peanut butter, peanut oil, red wine vinegar, soy sauce, and lemon juice.
2. Mix in garlic, cilantro, red pepper flakes, and ginger. Process until smooth.
3. Cover, and refrigerate until serving.

### **Honey Valentine Cookies** (About.com)

Almond cookies are cut out in heart shapes for Valentine's Day.  
Makes 4 big heart-shaped cookies.

- 3/4 cup butter, softened
- 3/4 cup honey
- 1/4 tsp almond extract
- 2-1/2 cups flour
- 1/2 cup finely chopped almonds

With an electric mixer, beat butter, honey and almond extract until mixture is light and fluffy. Add flour, a cup at a time, beating well after each addition. Mix in almonds. Shape 1/2-cup portions of dough into heart shapes, no thicker than 1/2-inch, on ungreased baking sheet. Decorate as desired. Bake at 300° for 25 to 30 minutes or until edges are just browned. Cool 5 minutes; remove from pan.