



Cal Poly Organic Farm Community Supported Agriculture Newsletter

www.calpolyorgfarm.com

CPOF ANNOUNCEMENTS

- * **Welcome back new and returning CSA members! Please do not hesitate to be in touch at any time with questions/comments.**

- * Please join us for the **quarterly volunteer orientation meeting** which will be held at the Farm on Tuesday, Jan. 13th at 4 p.m.
- * There will be a **regular monthly volunteer work-day** one Saturday of the month at CPOF. We will focus on special projects such as farm beautification and children's garden maintenance at this time. Please join us on **Sat., 1/31 from 9 a.m. to noon** for the first Sat. volunteer work-day!
- * **"Green Careers in Agriculture,"** a panel of industry representatives

featuring John Paneno of Amy's Kitchen, Kris O'Connor of the Central Coast Vineyard Team, Amber Pool of California Certified Organic Farmers, Matt Kiene of Dow AgroSciences and Katie Comartin of Earthbound Farms, will be held on **Tues. Jan. 13th** from 4 to 5 p.m. in Bldg. 10, Rm. 206. For more information, please visit: www.careerservices.calpoly.edu or call 805-756-2501.

- * **Date Change: HopeDance Films** presents "HOW TO COOK YOUR LIFE" about Zen Chef Edward Epse Brown (author of the Tassajara Bread Book) on Tues., Jan. 27th (not Jan. 13th) at 7pm at the SLO Public Library. Movie trailer at: www.cookyourlifemovie.com/home.html For more information, please visit: http://www.hopedance.org/cms/component/option,com_events/task,view_detail/agid,325/year,2009/month,01/day,27/Itemid,77/
- * On the second Saturday of each month the **SLO Botanical Garden hosts a public program** at 1 p.m. There is a \$3 fee for members and a \$5 fee for non-members. The docent led tour follows at 2 p.m. Plants are also for sale from 1 p.m.- 4 p.m. Check online www.slobg.org <<http://www.slobg.org/>> on the Events & Activity page for upcoming Saturday @ Garden programs.
- * Also at the **SLO Botanical Garden, FREE tours are available to school groups** and other youth organizations. There are eight different tours, each aligned to grade level state

Jan. 12 – Jan. 18, 2009

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:

Cilantro
Purple Top Turnips
Arugula
Cauliflower
Broccoli
Fennel
Kiwi (Mallard Lake/CONVENTIONAL)
Satsuma Mandarins (CONVENTIONAL)

Large Shares Only:

Kale
Braising Greens
Head Lettuce

standards. Book your tour on month in advance by registering online at: www.slobg.org/education.htm or e-mail: education@slobg.org

We had a great turnout this Thursday for our **Farm to School Apprentice Program**. The apprentices meet every Thursday at 11 at the farm for a lesson and then volunteer at local schools. They use their knowledge and skills to help educate children in schools in variety of different subjects related to farming and gardening.

Looking for a recipe...visit: <http://calpolyorgfarm.com/newsletters.shtml> for past CPOF CSA newsletters featuring various produce items, including Fennel.

Veggie of the week: Fennel

NUTRITION Fennel is very low in calories and cholesterol. It is a good source of vitamins A and C, dietary fiber, folate, potassium, calcium and iron. It is used medicinally for treatment of flatulence, colic, urinary disorders, and constipation, as well as an eye bath or a compress to reduce inflammation. Recent research indicates that fennel also reduces the effects of alcohol, and chewing it sweetens the breath. An infusion can be used as a mouthwash or gargle to aid in the healing of gum disease or sore throats. Fusions using the seeds and roots help strengthen the digestion, treat ulcers, and suppress the appetite.

SELECTION AND STORAGE Fennel can vary significantly in size anywhere from 1/2 pound to 2 pounds. The bulb has virtually all of the usable meat, and should be a firm, clean creamy white that doesn't show any sign of brown spots, yellowing, splitting, or withering, a sign the fennel is old. Fennel stalks should be straight and the leaves a feathery bright green. Avoid fennel if there are flowers on the stalks because this is a sign that the fennel is over mature. Store fennel in a plastic bag, in the high-humidity crisper section of the refrigerator for no more than three to four days. Fennel loses its flavor quickly so it's best to use it as soon as possible. When left whole, it will keep for a long time in a cool place, though it tends to become woody as it gets older. Freezing: only if cooked first.

PREPARATION Most fennel bulbs are sold with the stalk still attached, so they will need to be removed before preparation. After removing the stalks, carefully slice off the top and bottom of the fennel bulb; trimming too much will make it come apart. The outermost layer of the bulb should also be removed if the bulb is large or if its skin is bruised or split. Next, slice the trimmed bulb in half lengthwise and slice or dice the bulb as desired, discarding the dense core. Cut the halves into wedges for braising, or thin crescents for salads. The halves can also be diced as you would an onion or celery stalk. Don't throw away the stalks or leaves. Chefs use the stalks in soups and stews to add flavor and use the feathery leaves as an herb, similar to parsley or dillweed; just chop them and add to potato salad, dressings or dips. The leaves are particularly good with fish baked in parchment. You can also wet the fronds and stalks and throw them on the grill in lieu of wood chips. In addition to fish, they add excellent flavor to poultry, pork, and lamb.

Baking Cut small bulbs in half and quarter large bulbs, then sauté in olive oil for 5 minutes in an ovenproof pan. Add just enough liquid to moisten, cover and bake at 350°F for approximately 35 minutes, until just tender. You can uncover for the last few minutes and add cheese or breadcrumbs and finish cooking under the broiler.

Braising Put slices in a saucepan and barely cover with liquid of your choice: water, broth or 1 to 1 waterdiluted wine. Add garlic or a citrus zest for extra flavor and simmer uncovered, turning occasionally, for about 15 to 20 minutes or until tender.

Sautéing Cut into slivers and sauté in olive oil or stock until tender, about 10 to 15 minutes. Sauté along with garlic or onion for added flavor and sprinkle with lemon juice before serving.

Steaming Place sliced or diced fennel in a steamer basket and steam for approximately 15 minutes. Serve with a sauce or marinate in a vinaigrette, chill and add to salads.

Raw If the anise flavor of fennel is a bit pungent for you, try blanching it lightly and then chilling before adding to salads. Otherwise, slice thinly and add to salads or toss them with a citrus flavored dressing and grated Parmesan cheese. Put fennel on your crudité's platter instead of celery or serve it with Sicilian oil-cured olives in a relish dish.

Cold Hunan Noodles with Sesame & Greens

From Mollie Katzen's "Still Life with Menu Cookbook"

2-3 celery stalks

5-6 stalks of bok choy

5-6 firm fresh scallions

1 fennel bulb

12 oz. Thin noodles (egg or buckwheat)

1 cup sesame seeds or cashews (or combo of two), lightly group in blender

2 tablespoons Chinese sesame oil

2 tablespoons peanut oil

1-3 cloves of garlic, minced

1/2 teaspoon ground cinnamon

1/2 teaspoon ground cumin

2-3 teaspoons minced fresh ginger

1/4 cup rice vinegar

2 tablespoons soy sauce

1/2 teaspoon salt

fresh ground pepper, to taste

1. Slice celery in diagonal thin strips. Remove leaves from bok choy, set aside. Cut bok choy stems into pieces larger than celery and combine with celery. Slice bok choy leaves into strips and place in separate bowl. Cut scallion bottoms in half lengthwise, then at 1 1/2 inch intervals through to tops. Slice fennel into thin strips. Group scallions with bok choy leaves.
2. Steam celery, bok choy and fennel until almost tender. Add bok choy leaves & scallions until everything is just tender and bright green. Rinse immediately in cold water and set aside in colander to drain.
3. Cook noodles in boiling water until just tender (be careful not to overcook). Drain & rinse thoroughly under cold water, separating gently with hands. Drain after rinsing.
4. Transfer noodles into a big bowl. Sprinkle with ground sesame seeds and/or cashews, drizzle with oils. Mix well to evenly distribute.
5. Add remaining ingredients, sprinkle (don't dump) ground spices. Mix gently but well (may need to use hands to evenly distribute).
6. Serve at room temp. or cold.

Potato and Fennel Soup with Savory Rosemary Scones

From "Soup Recipes 500" ed. Bridget Jones

For Soup:

6 tbsp butter
2 onions, chopped
1 tsp fennel seeds, crushed
3 bulbs fennel, coarsely chopped
2 lb. Potatoes, thinly sliced
5 cups chicken stock
2/3 cup heavy cream
salt & ground pepper

For scones:

2 cups self-raising flour
1/2 tsp salt
1 tsp baking powder
2 tsp chopped fresh rosemary
1/4 cup butter
2/3 cup milk
1 egg, beaten to glaze

1. Melt butter in pan. Add onions and cook gently for 10 minutes, stirring occasionally, until very soft. Add fennel seeds and cook for 2-3 minutes. Stir in fennel and potatoes. Cover with wet greaseproof paper. Cover and simmer gently for 10 minutes, until very soft. Remove the paper. Pour in the stock, bring to boil, cover and simmer for 35 minutes.
2. Scones: Preheat oven 450 degrees F and grease a baking tray. Sift the flour, salt, and baking powder into a bowl. Stir in rosemary, then rub in the butter. Add the milk and mix to form a soft dough.
3. Knead gently on a floured surface. Roll out to 3/4 inch thick. Stamp out 12 rounds with a cutter and place on baking tray. Brush with egg and bake for 8-10 minutes, until risen and golden. Cool on wire rack until warm.
4. Puree the soup in a food processor or blender until smooth. Press through a sieve into the rinsed out pan. Stir in the cream with seasoning to taste. Reheat gently but do not boil.
5. Ladle the soup in bowls, scatter with herb flowers and snipped chives. Serve with warm rosemary scones.

BROILED SALMON WITH LIME CILANTRO

From epicurean.com

1/2 cup Cilantro leaves, finely chopped
1 Garlic clove, large, finely chopped
2 tb Lime juice
1 tb Olive oil
1/2 ts Salt (I use 1/8 tsp salt)
4 Salmon steaks, 3/4" thick

Directions:

Combine cilantro, garlic, lime juice, oil and salt in bowl.
Reserve 2 tablespoons.
Pour remainder over fish on plate.
Let stand, covered, 10 minutes.
Spray broiler rack with nonstick cooking spray.
Place salmon on rack.
Brush with 1 tablespoon marinade.
Broil 6" from heat for about 4 minutes.
Turn steaks over.
Brush with remaining tablespoon marinade.
Broil 3 more minutes or until cooked through.

Makes 4 servings.

Cilantro Vinaigrette Recipe

From epicurean.com

Ingredients:

*2 cloves garlic crushed
1/2 tsp kosher salt
1 tsp dijon mustard
1/2 c extra virgin olive oil
2 tbsps red wine vinegar
2 tbsps cilantro chopped*

Directions:

Place garlic and salt in a small mortar. With a pestle, grind the salt into the garlic. Add the mustard and combine well. Whisk in olive oil and red wine vinegar. Mix in cilantro

Broccoli Cheddar Corn Bread

<i>3 C. coarsely chopped broccoli</i>	<i>4 large eggs, beaten lightly</i>
<i>1 C. all-purpose flour</i>	<i>1 C. finely chopped onion</i>
<i>1 C. yellow cornmeal</i>	<i>2 C. grated extra-sharp Cheddar cheese</i>
<i>4 tsp. double acting baking powder</i>	<i>1 stick (1/2 C.) unsalted butter, cut into bits</i>

In a large saucepan of boiling salted water blanch the broccoli for 2 min., drain well and pat dry between paper towels.

In a bowl whisk together the flour, cornmeal, baking powder, salt & pepper to taste; add the eggs, and whisk mixture until just combined. (Batter will be very thick.) Stir in onion, broccoli and Cheddar.

In a 9" square baking pan, heat the butter in a preheated 400 degree oven until hot but not smoking. Spoon batter into pan, spreading it evenly, and bake corn bread the middle of oven for 25-30 minutes, or until tester comes out clean. Serve the corn bread as an accompaniment to soup.