



Cal Poly Organic Farm Community Supported Agriculture Newsletter

www.calpolyorgfarm.com

CPOF ANNOUNCEMENTS

- * Thanks to all who attended the Volunteer Orientation Meeting last Tuesday, looking forward to seeing you around the farm!
- * **NEW!** Starting **Sat., 1/31, (9-12)** will be the first **regular monthly volunteer work-day**. We will focus on special projects such as farm beautification and children's garden maintenance at this time. Please join us!
- * For all ECO-Farm-goers, SARC's annual '**Cal Poly Mixer**', Fri., Jan. 23rd, 5:30 – 7 pm.
- * Join the Cal Poly **Multicultural Center** for an Inauguration Review, Soup & Substance on Tuesday, January 27, UU220, 12-1pm.
- * Spiral Kitchen & **HERB GARDEN** Work party in Los Osos: 1/17 (10-2 pm). Install a spiral herb garden, set up a composting site, water-harvesting and more. Call for info: 234-7799.
- * **Coming soon:** Feb.3-6, Cal Poly will host its 2nd annual **Focus the Nation** event: Building a Sustainable Economy (Green Job Fair, showcase projects, and host leading speakers on an array of topics related to sustainability) www.focusthenationslo.com
- * **HopeDance Films** presents "**HOW TO COOK YOUR LIFE**" Zen Chef Edward Epse Brown (author of the Tassajara Bread Book) on Tues., Jan. 27th, 7pm SLO Public Library.
- * Attention Bird Nerds: Winter Bird Festival 1/16-1/18: Events, guided tours and presentations! www.morrobaybirdfestival.org
- * **This Weekend!** Central Coast United for Change a grassroots, all-volunteer organization, is coordinating a **Food Drive** 1/17th-19th throughout SLO & N. Santa Barbara counties to commemorate Martin Luther King Jr. Day of Service. www.centralcoastunitedforchange.org

Jan. 19 – Jan. 25, 2009

Welcome to Week 16

Full Shares expect 10-12 items

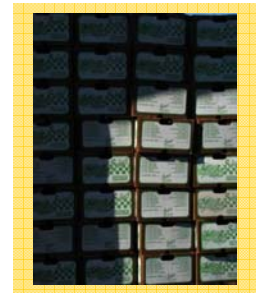
Small Shares expect 8-10 items from the following list:

Unless otherwise noted, all vegetables are certified organic.

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All Shares:

Kale
Spinach or Bok Choi
Purple Top Turnips
Braising Greens
Fennel
Cilantro
Carrots
Cauliflower (BoniPak)
Broccoli (BoniPak)
Satsuma Mandarins (Cal Poly, Conventional)



Large Shares Also Get:

Tsai Tai
Leeks
Red Turnips
Parsley



The Farm-to-School Apprentice Program learned about setting up a school garden with Nathan and Trevor as well as Vermiculture with Molly Strupp, who explained, "Your worm bin can be as intricate or as simple as you want to make it."

Veggie of the week: Turnips

NUTRITION:

- Turnips are high in Vitamin C and are an excellent source of dietary fiber.
- Turnip greens are an excellent source of vitamin A, vitamin C, vitamin E, vitamin B6 and folate and of the minerals calcium, copper and manganese.

SELECTION AND STORAGE:

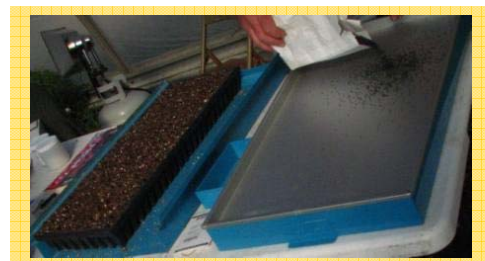
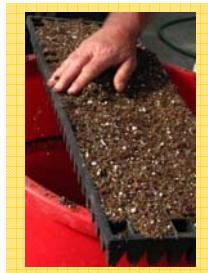
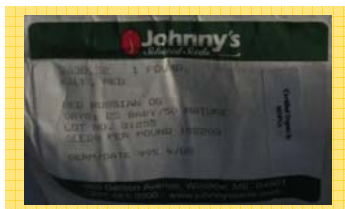
- Store in a cool dry place (55 degrees F / 12 degrees C) for 2 months, or in a plastic bag in the refrigerator up to 2 weeks. As they age, turnips dry out and soften.
- If you have purchased turnip greens with roots attached, remove them from the root. Store them in the refrigerator separately wrapped in a plastic bag. They should keep fresh for about four days.

PREPARATION:

- Turnip greens when young can be used like Arugula, adding a pungent taste to salad greens or cooked greens. They are *mustardy* because they're in the mustard family. The greens are stronger in flavor when older. Turnip greens are best when used with other greens.
- Turnips can be eaten raw, boiled, fried or cooked with other vegetables. **Cooked turnips** can be mashed like potatoes or mashed with potatoes or other root vegetables (rutabagas, for example). Boil until tender and add cream or milk and butter for a smooth, creamy, rich dish. Add lemon or nutmeg or garlic for a dish lower in fat. Use cooked turnips in stews or soups like you might use a potato.
- There is no need to peel turnips unless they are older and have thick, tough skin.
- Younger turnips can be sliced and eaten raw, for example in a salad or as a dipping vegetable. You can also shred them as part of coleslaw, and they make great parts of vegetable medleys. Older turnips often have a milder flavor, and if you overcook turnips, they lose their flavor and become unpleasant. If you plan to boil your turnips, only cook them until they become tender, which takes about 20 to 30 minutes. You can also microwave, steam and roast your turnips, using your imagination to give character to this versatile, tasty plant.

A Day in the Life of Your Future Veggies- -KALE!

(Sowed: 01/15/09)



Stay Tuned to See the Latest Developments...

Tofu Stuffed Shells (COOKS.COM)

1 doz. lg. whole wheat shells
1 lb. Tofu, any type
1 bunch Bok Choy spinach or kale
Garlic to taste
1/2 to 1 onion
Marinara sauce or crushed tomatoes
Mozzarella cheese or soy substitute

Bring shells in water to boil; cook al dente. Set aside (after drained) on baking dish (deep). Steam and chop **Bok Choy, Kale or spinach**; set aside. Saute garlic, butter or olive oil and onions until golden brown. Combine garlic, onions, Bok Choy and Tofu in blender or food processor until smooth. Stuff shells with puree from blender, top with marinara sauce and Mozzarella cheese and bake at 350 degrees for 1/2 hour.

Baby Bok Choy and Shiitake Mu Shu Wraps (Vegetarian Times)

Bok choy replaces the cabbage used in traditional mu shu wraps for a milder flavor and crisper texture.

Ingredients (Serves 6)

- 2 large eggs
- 2 Tbs. toasted sesame oil
- 1/2 lb. shiitake mushrooms, thinly sliced (from 5 large mushrooms)
- 3/4 lb. baby bok choy, thinly sliced (4 cups)
- 2 medium carrots, cut into matchsticks (1 cup)
- 3 green onions, thinly sliced
- 2 cloves garlic, minced (2 tsp.)
- 2 Tbs. low-sodium soy sauce
- 1 tsp. balsamic vinegar
- 5 oz. smoked tofu, sliced into matchsticks
- 12 warmed mu shu wraps or tortillas
- Hoisin sauce, for garnish

Directions

1. Heat nonstick skillet over high heat, and coat with cooking spray. Whisk eggs in small bowl with 2 Tbs. water; season with salt and pepper. Pour eggs into skillet and tilt pan so egg forms thin layer. Cook 2 to 3 minutes, or until eggs are set. Flip carefully with large spatula, and cook 1 minute more. Transfer eggs to cutting board, and slice into thin ribbons.
2. Heat same skillet over medium-high heat and add sesame oil. Add mushrooms, and sauté 5 to 7 minutes, or until softened. Stir in bok choy, carrots, and green onions, and cook 3 to 4 minutes, or until vegetables are crisp-tender. Add garlic and sauté 1 minute more, then add soy sauce and vinegar. Season with salt and pepper. Add tofu and egg ribbons to skillet and cook 2 minutes more or until heated through, tossing carefully. Transfer to bowl. Serve with mu shu wraps and hoisin sauce.

Curried Squash Soup with Frizzled Leeks (Epicurious.com)

Ingredients

- white and pale green parts of 1 pound **leeks** (about 4 medium), chopped
- 1 medium onion chopped
- 2 tablespoons unsalted butter

- 1 1/2 teaspoons curry powder
- 3 1/2 pounds butternut squash, peeled, seeded, and cut into 1-inch pieces (about 8 cups)
- 1 medium carrot chopped
- 4 cups chicken broth
- 4 cups water
- white and pale green parts of 1/2 pound leeks (about 2 medium), cut crosswise into 2-inch pieces
- vegetable oil for deep-frying

Preparation

Make soup: In a large bowl of water wash leeks and drain by lifting leeks from water into a colander. In a heavy kettle cook onion in butter over moderately low heat, stirring until softened. Add leeks and salt to taste and cook, stirring, until softened. Add curry powder and cook, stirring, 1 minute. Add remaining soup ingredients and simmer, covered, 30 minutes, or until vegetables are soft. Cool soup slightly and in a blender or food processor purée in batches, transferring as puréed to a bowl. Season soup with salt and pepper. Soup may be made 5 days ahead and cooled, uncovered, before chilling, covered. Reheat soup, thinning with water if desired.

Make frizzled leeks: Cut leeks lengthwise into thin strips. In a bowl of water wash leeks, drain by lifting leeks from water into colander. Dry leeks very well between layers of paper towels. In a saucepan at least 3 1/2 inches deep heat 1 inch oil to 375°F. on a deep-fat thermometer. Working in very small batches fry leeks (oil will bubble up quite high) until golden, about 10 to 15 seconds, transferring with a slotted spoon to paper towels to drain. Season with salt. Leeks may be fried 1 day ahead and kept in an airtight container at room temperature. Serve soup topped with frizzled leeks.

Leek, Mushroom & Lemon Risotto (Vegetarian, Valerie Ferguson) (Serves 4)

2 tablespoons olive oil
 3 garlic cloves, crushed
 8 oz trimmed leeks, sliced
 8 oz/2-3 cups brown cap mushrooms, sliced
 6 tablespoons butter
 1 large onion, roughly chopped
 1 ¾ cups risotto rice
 5 cups simmering vegetable stock
 Grated rind of 1 lemon
 3 tablespoons lemon juice
 2/3 cup freshly grated Parmesan cheese
 4 tablespoons mixed chopped fresh chives and flat leaf parsley
 Salt and ground black pepper

1. Heat the olive oil in a large pan and cook the garlic for 1 minute. Add the leeks and mushrooms and season to taste with salt and pepper. Cook over a low heat, stirring occasionally, for about 10 minutes, or until the leeks have softened and browned. Spoon the mixture into a bowl and set aside.
2. Melt 2 tablespoons of the butter in the pan and cook the onion, stirring occasionally, for 5 minutes, until it has softened and is golden. Stir in the rice until coated, then add a ladleful of hot stock. Cook gently, stirring frequently, until all the liquid has been absorbed.
3. Continue to add the remaining stock, a little at a time, and stirring constantly. After about 25-30 minutes, the rice will have absorbed all the stock and the risotto will be moist and creamy.
4. Add the leeks and mushrooms, with the remaining butter. Stir in the lemon rind and juice, then the grated Parmesan and the herbs. Adjust the seasoning, spoon into a bowl and serve.