



# Cal Poly Organic Farm Community Supported Agriculture Newsletter

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

## CPOF ANNOUNCEMENTS

- \* **Reminder:** Spring Break is the week of 3/23 so no box pick-up. The new CSA season will start the week of 3/30. Looking forward to the next harvest!
- \* **There are still memberships available for the Spring/Summer CSA!** To reserve your spot, go to [www.calpolyorgfarm.com](http://www.calpolyorgfarm.com) to fill out the forms.
- \* Poly Plant Shop will be hosting their annual "Tomato Mania" on Fri. 4/10 & Sat. 4/11 featuring numerous varieties of tomato plants for sale. For more info, 756-1106 or visit: [www.polyplantshop.com](http://www.polyplantshop.com).
- \* **"Swan Song for the Lawn"** Tues., March 17<sup>th</sup> & 18<sup>th</sup>. 8am-5pm in Ojai. Grass removal/ garden replacement with Larry Santoyo. \$50 for both days, lunch included. 646-4870. [patallen8@comcast.net](mailto:patallen8@comcast.net).
- \* Tues., March 17<sup>th</sup>. SLO Regional Rideshare, is putting a twist on the traditional St. Patrick's Day celebration with a challenge; **Don't Just Wear Green, Be Green**. County residents are encouraged to be green and leave their car behind for the commute to work. As an incentive to walk, bike, carpool, vanpool or bus instead of driving alone, Rideshare is handing out **stickers**. <http://www.rideshare.org/cm/Home.html>.
- \* UC Cooperative Extension presents a Working Among the Oaks workshop: **"Ranching Sustainability Self-Assessment Project"**. Thurs., **March 19<sup>th</sup>, 8:30 am – 3 pm**. Veterans Memorial Building, 801 Grand Ave., SLO. Learn more about the economic, ecological, and social aspects of ranching sustainability. \$15- refreshments and lunch provided. Contact Sherry Cooper, 530-224-4902, [slcooper@nature.berkeley.edu](mailto:slcooper@nature.berkeley.edu). For more details, visit: <http://danr.ucop.edu/ihrmp/>.
- \* Tree Planting Work Party. **March 21<sup>st</sup>-22<sup>nd</sup>**. Join Quail Springs and contributors to Trees for Children ([www.treesforchildren.org](http://www.treesforchildren.org)) in establishing and developing tree systems. This will be a joyous weekend of tending the earth and community by preparing the ground and planting trees. A tour of the farm will be offered to interested volunteers. All ages and abilities are welcome, and experience is not required. Camping nearby and Potluck shared meals. This event is free of cost, although contributions to Trees for Children are welcomed. Contact to sign up or learn more: [info@quailsprings.org](mailto:info@quailsprings.org). 886-7239.
- \* March 21<sup>st</sup>, 8:30-1 pm. **Bicycle Confidence Workshop**. To register: [www.slobikelane.org](http://www.slobikelane.org), click on "Show the Road Who's Boss" or call 547-2055.
- \* **FED UP!** Genetic Engineering, Industrial Agriculture and Sustainable Alternatives. **Fri., March 27<sup>th</sup>, 7pm**. Community Center. 601 Main Street, Templeton. Sponsored by Nature's Touch & HopeDance FiLMs. The film also addresses environmentally sound alternatives to agribusiness and industrial food, introducing viewers to Bay Area organic farmers, CSAs, and food advocates who propose more sustainable approaches. Trailer: <http://tinyurl.com/bvucz>. 434-3062. <http://www.wholesomegoodness.org/>.

March 16 – March 22, 2009

**Welcome to the Final Week (24) of the Season!**

**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:

Celery  
Lettuce  
Escarole  
Kale  
Spinach  
Cilantro  
Collard  
Beets  
Carrots

### Large Shares Will Also Get:

Cabbage  
Kohlrabi  
Radish  
Parsley  
Bunching Onions

- \* Coastal Discovery Center, San Simeon Bay. Fri-Sun. 10-4 pm. Free. W.R. Hearst State Beach. 927-6575.
- \* Check out this short film: <http://storyofstuff.com/>.
- \* **KITCHEN GARDEN Workshop: 3/22.** San Luis Obispo Botanical Garden. 1-4 pm. Fee: \$20/person or \$30/couple (non-members: \$25/\$40). Come create a raised vegetable and herb garden and learn how to have a kitchen garden of your own. Three guest speakers will share knowledge about edible landscapes. Todd Davidson of Sage Eco Landscapes, Jordan Hosea of N'Credible Edibles, and Sharon Lovejoy, author of children's gardening books. Find details at: [http://www.slobg.org/Events\\_And\\_Activities.htm](http://www.slobg.org/Events_And_Activities.htm). Ask about options for Work trade towards our programs this year and/or Community service hours for school!

### *Featured Veggie:* **ESCAROLE** (*Cichorium endivia* var. *latifolium*)

- Chicory (*Cichorium intybus*) and endive (*Cichorium endiva*) are members of the Composite or sunflower family, made up of bitter leaf vegetables. Endive has two forms, narrow-leaved endive (curly endive), and broad-leaved endive (**escarole**).
- Curly endive, (sometimes mistakenly called chicory in the United States) has green, rimmed, outer leaves that curl at the tips. The off-white center leaves form a compact heart. The leaves of the curly endive have a prickly texture and slightly bitter taste.
- **Escarole has broad, slightly curved, pale green leaves with a milder flavor than either Belgian or curly endive.**
- Endives are used in salad mixtures with blander-flavored lettuce to prepare a salad with a "little bite" to the flavor. The leaves of both endive and escarole are a little more thick and chewy than those of lettuce, which is also closely related.
- Endives and escaroles produce attractive pale blue flowers on stems that stand way above the leafy foliage. Most endives and escaroles are bright green, but there are some cultivars that are bronzy brown, and some with red midribs; 18 cultivars of endive and 8 of escarole and another 4 that are intermediate in leaf shape and habit are readily available.

### **HISTORY**

- Native to the eastern portion of India, endive and escarole (which have the same growing requirements) reached the Mediterranean regions by the time of the ancient Egyptians, where they continue to be popular today.
- Endive has finely cut, loose, narrow, medium green, fringed, and curly leaves and a very pungent flavor. Escarole, on the other hand, has broad, thick, smooth leaves with a white midrib and forms a loose head.
- While it has a milder flavor than other endives, it can have a hint of bitterness. Endive and escarole (and bitter greens in general) often tend to be an acquired taste. They are both cool season plants that grow well in the spring and even better in the fall.
- Escarole, and to a lesser extent, endive, should be blanched to reduce their bitterness. Plants are covered or outer leaves are tied up so that the inner leaves and hearts are protected from the light; the leaves turn creamy white and lose some of their bitterness.

### **NUTRITION**

- Nutritional values per 100 grams: Calories: 23; Water: 95%; Carbohydrates 4.7 g; Fat 0.3 g; Protein, 1.7 g. Rich in calcium, phosphorus, Vitamins B and C.

### **SELECTION AND STORAGE**

- Select for fresh, crisp texture; avoid heads with discoloration or insect damage.
- Store curly endive and escarole, tightly wrapped, in the refrigerator for up to 3 days.

## PREPARATION

- Endive is used almost exclusively raw in salads. Restaurants often use endive as a garnish around salad bowls.
- Escarole is also a fine salad green, but it also can be braised in olive oil and garlic, or steamed or boiled like spinach.
- The slightly bitter flavor of endive and escarole are much appreciated by European salad lovers; Americans are just beginning to appreciate bitter tastes in salads. Adding something sweet or oily to a salad balances the bitterness of endive and escarole; sweet peppers, chopped hard boiled egg, and olive oil fulfill this function nicely.
- The darker outer leaves are ideal for braising or steaming. Prepared with a little garlic powder and pepper, the leaves will lose a small amount of the bitter taste and form the perfect pocket for a section of boneless chicken or fish.
- When it comes to soup, escarole can be cut into fine strips and added as a green to just about any type of soup. Escarole can be used in vegetable, chickpea or egg drop soups.

**Edible Chrysanthemum leaves**...or Chrysanthemum greens, chop-suey-green, crown daisy, garland chrysanthemum, Japanese-green, shingiku or tung hao. Whatever you call this leafy green, you will find it popular in oriental cuisine: Cantonese (soups), Japanese (tempura) and Vietnamese dishes.

- The whole plant is edible, including; leaves, shoots, stems and buds.
- The greens should be added at the last minute and not overcooked as they easily lose structure.
- For flavoring, use the young leaves and stems in soups and stir-fries.
- Steam, sauté or add the young leaves to a salad and garnish with the flower petals.
- Store in a plastic bag, refrigerate and use within a couple of days.
- This leafy plant tends to grow well in cooler climates and goes quickly to flower in warm climates.
- The dark green aromatic leaves are rich in vitamin B and minerals.
- The Japanese dip the flowers in sake and eat them at the beginning of a meal to confer good health and long life.

### **Cream Celery Soup-Without Cream** ([www.Cooks.com](http://www.Cooks.com))

1 head **celery**, washed, trimmed of strings, and coarsely chopped (include some leaves)  
1 knob celeriac (celery root) or 2 sm. potatoes, peeled and diced  
3 med. onions, peeled and diced  
1 qt. chicken stock  
3/4 tsp. celery salt  
1/2 tsp. celery seed  
Freshly ground pepper  
Fresh **parsley**, finely chopped, for garnish

Simmer the vegetables, covered in the chicken stock in a large saucepan until tender, about 15 minutes. Drain the vegetables, reserving the cooking liquid. Puree the vegetables, adding a little liquid as needed. Stir the puree into the reserved cooking liquid and add the seasonings. Serve hot or cold. (Also freezes well).

Note: Celery root is difficult to peel but it adds a full earthy flavor. After peeling, use immediately or drop in cold water with lemon juice or vinegar to prevent it from turning brown.

### **Curried Waldorf Salad** ([www.nytimes.com](http://www.nytimes.com))

*For the Dressing:*

2 tablespoons freshly squeezed lemon juice

2 tablespoons mayonnaise  
1/2 cup plain low-fat yogurt  
3/4 teaspoon curry powder  
1/2 teaspoon ground cumin and Salt to taste

*For the salad:*

2 fuji apples  
2 teaspoons fresh lemon juice  
1/3 cup lightly toasted walnut halves  
1 cup thinly **sliced celery, from the heart of the celery**  
1/4 cup raisins  
1/4 cup celery leaves or flat-leaf **parsley** (or 2 tablespoons each), coarsely chopped

Mix together the lemon juice, yogurt, mayonnaise, curry powder, cumin, and salt. Set aside. Cut apple into 12 wedges. Cut away the core of each wedge and slice into thin crosswise slices. Toss in a large bowl with 2 teaspoons lemon juice. Add the remaining ingredients, toss together. Shortly before serving toss the salad with the dressing. This will hold for a few hours in the refrigerator.

**“Venice in Your Mouth” Escarole** ([www.inmybox.wordpress.com/2007/11/10/escarole/](http://www.inmybox.wordpress.com/2007/11/10/escarole/))

1 large bag **escarole**, washed thoroughly and chopped into 1 1/2 inch strips  
2 or 3 T. extra-virgin olive oil  
1 T. Earth Balance (or butter)  
4 cloves garlic, thinly sliced  
A sprinkle of red pepper flakes  
1 t. sugar  
Salt and Pepper to taste

Heat oil and butter together in a wok over medium heat. Add the garlic and red pepper flakes and cook until the garlic begins to brown. Pile on the greens, tossing and stirring until they begin to deflate. Sprinkle the sugar, salt, and pepper. Continue to cook, tossing and stirring as needed, until the greens are cooked through.

**Escarole & White Bean Soup** ([www.eatingwell.com/recipes/escarole\\_bean\\_soup.html](http://www.eatingwell.com/recipes/escarole_bean_soup.html))

1/4 cup extra-virgin olive oil  
1 large onion, chopped  
1 cup halved cherry tomatoes  
1/2 cup finely chopped **celery**  
1/2 cup finely chopped **carrot**  
1/4 cup chopped garlic  
2 teaspoons Italian seasoning or 1 tablespoon each chopped fresh basil and oregano  
1/2 teaspoon freshly ground pepper  
2 14-ounce cans vegetable broth or reduced-sodium chicken broth  
2 15-ounce cans cannellini beans, rinsed  
1 head **escarole**, chopped (or **spinach**)  
1/2 cup freshly shredded hard Italian cheese, such as Parmesan, Romano or Asiago

Heat oil in a Dutch oven over medium heat. Add onion, tomatoes, celery, carrot, garlic, Italian seasoning and pepper and cook, stirring often, until the vegetables are beginning to soften and the onion is translucent, about 10 minutes. Add broth, bring to a simmer, and cook, stirring often, until the vegetables are tender. Stir in beans and escarole and cook, stirring often, until the escarole is just tender, about 5 minutes. Serve with a sprinkle of cheese.