



Cal Poly Organic Farm Community Supported Agriculture Newsletter

www.calpolyorgfarm.com

CPOF ANNOUNCEMENTS

- * **CSA MEMBERSHIPS EXPIRE**- It's that time again! Remember ALL CSA SHARES (both student and community) expire the week of March 16th. You will pick up your final share that week. **Want to be a member next season?** Sign up today! Just fill out one of the Membership Forms at the end of this week's newsletter and follow the directions or go to www.calpolyorgfarm.com for forms and information about the CSA program. This is our most popular season and we expect to fill to capacity soon, so get those forms in early! **We hope to have you as members of the Cal Poly Organic Farm CSA program for many years to come.**
- * **Bike Kitchen**, March 7th, 10-3 pm (1st Sunday of each month), Mitchell Park, SLO. Fix your bike, donate parts, or attend a clinic. Sous-chefs@slobikekitchen.org.
- * **Morro Bay Bike Night**, Mar. 11th (2nd Wed. of each month). Meet at the MB Brewing Company and enjoy Irish music from 7-8:30. The ride to the Rock leaves at 8:30. Bring a headlamp. Kids welcome!
- * **Green Mixer**, Wed. Mar. 11th, Café Luna, \$10, Food by Pizza Fusion, 5:30-7 pm. www.slosolstice.com
- * **Polar Plunge** in Pismo Beach at the pier, **Feb. 28**, starting at 10am with the plunge happening at noon. Proceeds benefit Special Olympics. Donate or participate. Info: 473-0232 or www.slopolarplunge.com.
- * **Sun. Mar. 8th 6-9 pm** Urban Organic Ag talk hosted by Citizens for Planning Responsibly (CPR), with speaker Timothy LaSalle, international expert on organic agriculture and Executive Director of Rodale Institute. He will show slides at the SLO Library on "**Regenerative Organic Agriculture: a Solution to Global Warming**" as well as discuss the possibilities for the 90 acres of prime soil soon to be available to the city for an urban farm, community gardens, workshops, etc. Hors d'oeuvres, veggies, desserts, and beverages will be served. Tickets: \$20. This is also a final fundraiser in CPR's long, successful efforts to save this open space, as it is designated in the County General Plan. 544-8365, rwilvert@sbcglobal.net.
- * Bike Happening on the first Thurs. of the month at 9:30 pm, start at Mission in SLO. www.bikehappening.org.
- * SLO Mountain Run on Feb. 28th and March 1st. Info & schedule: 546-8077 or www.slomountainrun.com.
- * **Friends of the SLO Library Book Sale**, SLO Vets Hall, Members only March 6th. \$10 membership sold at door. Open to the public March 7th & 8th.
- * Art After Dark, Downtown SLO, 6-9 pm, Friday, March 6th. www.artsobispo.org.

March 2 – March 8, 2009

Welcome to Week 22!

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:

Purple Top Turnips
Kohlrabi
Kale
Beets
White Top Turnips
Broccoli
Navel Oranges (Cal Poly Fruit Science/
CONVENTIONAL)

Large Shares Will Also Get:

Bok Choi
Bunching Onions
Spinach
Green Cabbage

Small Shares Will Also Get:

Celery

- * Feed Your Face Cooking Demos, with Debbie Bennett of Naked Food. All dishes are created with vegan, organic, local, cooked and live food. March 1st and 29th. Info and pre-registration: nakedfood@gmail.com or 550-2487.
- * San Luis Obispo International Film Festival, March 6-15, www.slofilmfest.org or 546-FILM.

The Harvest Must Go On!

The boxes are packed at the end of a recent harvest day and CPOF staff and volunteers have the muddy boots (and clothes) to show for it! A big thank you for all of the hard work in the field during this rainy month. We appreciate your efforts to produce fresh, organic veggies for the weekly shares. The rain definitely makes harvest slower, planting a little trickier and the laundry load a little larger! Thanks again and keep up the good work.



Featured Veggie: Kale

- Kale is a leafy green vegetable that belongs to the Brassica family, a group of vegetables including cabbage, collards and Brussels sprouts that have gained recent widespread attention due to their health promoting, **sulfur-containing phytonutrients**.
- It is easy to grow and can grow in colder temperatures where a light frost will produce especially sweet leaves. Long ruffled leaves resemble large parsley sprigs and hues that vary from lavender to chartreuse. Kale has a mild cabbage-like taste & delicate texture.
- Kale and collards are similar in many respects, differing in little more than the forms of their leaves.
- Although more highly developed forms, such as cauliflower, broccoli, and head cabbage, has been produced in the last 2,000 years or so, the kales and collards have persisted, although primitive, because of their merits as garden vegetables.
- These leafy nonheading cabbages bear the Latin name *Brassica oleracea* variety *acephala*, the last term meaning "without a head."

History

- Kale descends from wild cabbage that originated in Asia Minor, though it is known for its popularity in Scandinavia, Germany, Holland and Scotland.
- Kale was brought to the United States in the 17th century by English settlers and became a favorite in the southern states.

Where is your future Kale now?



The Kale was moved outside of the greenhouse to harden up a bit before going into the fields. Sowed: 1/15/09

- The original "cabbage" was undoubtedly a non-heading kind with a prominent stalk or stem, and the kales and collards are not far removed from it. Wild forms have become widely distributed from their place of origin and are found on the coasts of northern Europe and Britain.
- Apparently none of the several principal forms of kale and collards that we know today are new. All have been known for at least two thousand years.
- The Greeks grew kale and collards, although they made no such distinction between them as we make today. Well before the Christian era the Romans grew

- several kinds, including those with large leaved form; some with small stalks and small, sharp-tasting leaves; a broad-leaved form like collards; and others with curled leaves and a fine flavor. "Coles" were described also in the 1st, 3rd, 4th, and 13th centuries by European writers.
- It might appear that the Romans carried the Coles to Britain and France, since the plants were so well known to the Romans and the species has been popular in those countries for so long. On the other hand, they may have been taken there somewhat earlier by the Celts.
- The first mention of the kales (coleworts) in America was in 1669; but because of their popularity in European gardens it is probable that they were introduced somewhat earlier.
- Although many forms of *Brassica oleracea* are now known in parts of the Orient, they are not nearly so popular as the Far Eastern species of *Brassica*.
- Kale and collards have remained minor commercial crops in the United States, although collards are the standard winter greens in home gardens of the South. Neither crop thrives in hot weather, which gives the plants a strong, unattractive flavor. Cool growing weather, fall frosts, and mild winters, however, impart a high sugar content and fine flavor.
- Those who know both kale and collards usually consider the latter to have the better eating quality. Nutrition experts in recent years have sought to popularize both plants because they are unusually rich in the minerals and vitamins provided by green leafy foods.

Nutrition

- Kale is a good source of calcium, fiber, vitamin A, folic acid, and vitamin C and contains protein. One cup of kale provides 2 grams of protein and a little over 1 gram of fiber as well as more than the daily requirement of vitamins A and C.

Storage

- Store kale at 32°F with a relative humidity of 95-100% to maintain its fresh green color and vitamin content. Store kale with adequate air circulation. Kale should keep for between 14 to 21 days under ideal conditions.

leaves and stalks and a mild flavor; a crisp-

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

Chinese Sesame Kale

- 2 cloves garlic, minced
- 1 pound kale (about bunch)
- 2 teaspoons sesame seed oil
- 2 tablespoons water
- 1 teaspoon soy sauce
- 2 teaspoons toasted sesame seeds
- Salt and pepper, if desired

1. Mince the garlic cloves. Wash the kale and shake it over the sink. It should remain a little wet. Remove and discard the stems from the kale and tear it into bite-size pieces. Save the stems for another use, such as vegetable stock.
2. Heat the sesame seed oil in the skillet over medium-low heat. Add the minced garlic to the hot oil and sauté for about 20 seconds. Add the kale and water to the garlic and oil, and cover the skillet.
3. After 1 minute, stir the kale, then re-cover. After 1-2 more minutes, when the kale is wilted, stir in the soy sauce and sesame seeds. If desired, add salt and/or pepper to taste.

Bean Soup With Kale (allrecipes.com)

- 1 tablespoon olive oil or canola oil
- 8 large garlic cloves, crushed or minced
- 1 medium yellow onion, chopped
- 4 cups chopped raw kale (collards, mustard,
- 4 cups low-fat, low-sodium chicken or veg. broth
- 2 (15 ounce) cans white beans, such as cannellini or navy, undrained
- 4 plum tomatoes, chopped
- 2 teaspoons dried Italian herb seasoning
- Salt and pepper to taste
- 1 cup chopped parsley

In a large pot, heat olive oil. Add garlic and onion; sauté until soft. Add kale and sauté, stirring, until wilted. Add 3 cups of broth, 2 cups of beans, and all of the tomato, herbs, salt and pepper. Simmer 5 minutes. In a blender or food processor, mix the remaining beans and broth until smooth. Stir into soup to thicken. Simmer 15 minutes. Ladle into bowls; sprinkle with chopped parsley.

Lentil Salad (vegetariantimes.com)

1 cup dried lentils
1 medium-size carrot, finely diced (about 3/4 cup)
6 green onions, thinly sliced (about 2/3 cup)
1 celery stalk, finely diced (about 1/2 cup)
1/2 red bell pepper, finely diced (about 1/2 cup)
1/2 cup cilantro leaves, finely chopped
1/2 cup Italian parsley leaves, finely chopped
1 clove garlic, minced (about 1 tsp.)
1 tsp. lemon zest
1/3 cup fresh lemon juice
1/4 cup olive oil
romaine lettuce leaves, for garnish

Bring 3 cups water to a boil in large saucepan over high heat. Add lentils, and reduce heat to medium low. Cover, and simmer 15 minutes, or until lentils are just tender. Drain well. Spread lentils on large baking sheet to cool.

Toss lentils, carrot, green onions, celery, bell pepper, cilantro, parsley, garlic and lemon zest in large bowl. Drizzle with lemon juice and olive oil, and toss to coat. Season with salt and pepper. Spoon salad into bowls lined with lettuce leaves.

Marinated Turnips (justvegetablerecipes.com)

3 medium White turnips, slice thin
1/3 c Celery tops, chopped fine
1/3 cups Oil
3 Tablespoons Cider vinegar
1/2 teaspoon Salt
1/4 teaspoon Pepper

In a bowl combine all ingredients; toss and then chill until serving time.

Roasted Beets with Feta (allrecipes.com)

4 beets, trimmed, leaving 1 inch of stems attached

1/4 cup minced shallot
2 tablespoons minced fresh parsley
2 tablespoons extra-virgin olive oil
1 tablespoon balsamic vinegar
1 tablespoon red wine vinegar
salt and pepper to taste
1/4 cup crumbled feta cheese

1. Preheat oven to 400 degrees F. Wrap each beet individually in aluminum foil, and place onto a baking sheet. (Maybe a less wasteful option than using aluminum foil?)
2. Bake beets in preheated oven until easily pierced with a fork, 45 minutes to 1 hour. Once done, remove from oven, and allow to cool until you can handle them. Peel beets, and cut into 1/4 inch slices.
3. While the beets are roasting, whisk together shallot, parsley, olive oil, balsamic vinegar, and red wine vinegar in a bowl until blended; season to taste with salt and pepper, and set aside.
4. To assemble the dish, place the warm, sliced beets onto a serving dish, pour vinaigrette over the beets, and sprinkle with feta cheese before serving.