



# Cal Poly Organic Farm Community Supported Agriculture Newsletter

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

## CPOF ANNOUNCEMENTS

- \* **CSA Membership Renewal!** Sign up today for the new season starting soon! To reserve your spot, go to [www.calpolyorgfarm.com](http://www.calpolyorgfarm.com) to download the membership form.
- \* The 4 winners of the **Bring Your Own Box or Tote Bag Raffle**, include: **Cesar Diaz, Brook Langle, Jesselle Miura, and Rachel Poole**. They won a Cal Poly Organic Farm tote bag that they can use when they pick up veggies or in the grocery store. We really want to thank everyone for participating in the raffle and doing your part to be green. Using reusable bags will increase the life of our boxes and decrease waste going into the landfills. **Thanks!**

### **This weekend!**

- \* **“Citizens for Planning responsibly” (CPR)** invites you to an **INSPIRATIONAL ADDRESS** by **Timothy LaSalle**, Executive Director of Rodale Institute and international expert on sustainable agriculture & **CPR APPEAL FUNDRAISER Sunday, March 8, 2009, 6 pm; talk at 7pm. SLO Library Community Room. Cal Poly Organic Farm donated hors d'oeuvres, desserts, and beverages. Tickets: \$20. [rwilvert@sbcglobal.net](mailto:rwilvert@sbcglobal.net).**
- \* The San Luis Bay Chapter of Surfrider Foundation, Monthly Meeting, **Tonight**, March 6<sup>th</sup>, 6-8 pm, SLO Down Pub, <http://slodownpub.com> on Grande Avenue in Arroyo Grande, potluck and band. \$5 at the door after 7:30PM or free if you attend the general meeting. Contact for more info: Jeff Pienak, 481-0661.
- \* **Free Solar Cooking ‘How-To’ Workshop:** March 7<sup>th</sup>, Steynberg Gallery. Learn how to cook with simple, solar ovens and save money, time, and natural resources. 11-1:00 (rain or shine). [malter1011@aol.com](mailto:malter1011@aol.com).
- \* Jon Young Workshop: **March 6<sup>th</sup>-8<sup>th</sup>**, Templeton. An **inspiring educational program** for those seeking to teach/connect with nature. This event is ideal for those interested in sustainability, health and education. The workshop is presented by Outside Now!/CCVC. 541-9900 or [www.theccvc.org](http://www.theccvc.org).
- \* For Women’s History Month at Cal Poly, LunaBar is sponsoring the Luna Fest Film Festival. **Saturday, March 7<sup>th</sup>**, 4-9 pm, Chumash Auditorium.
- \* San Luis Obispo International Film Festival, March 6-15, [www.slofilmfest.org](http://www.slofilmfest.org) or 546-FILM.
- \* Check out this link on Composting: <http://www.slocity.org/utilities/download/compostguide.pdf>.

March 9 – March 15, 2009

**Welcome to Week 23!**

*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:**

Collard Greens  
Kale  
Purple Turnips  
Spinach  
Broccoli  
Kohlrabi  
Beets  
Radishes  
Carrots  
Parsley  
Bunching Onions

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

Rutabaga  
Green Cabbage  
Sprouts (Mt Olive)

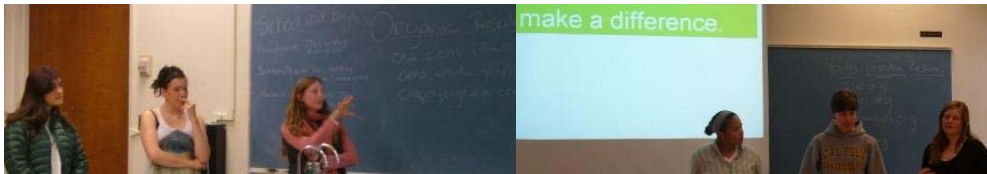
- \* **FREE** Water Smart Gardening Workshop. **Sat., Mar. 14**, 9-12. "Irrigation Basics for the Home Gardener", presented by Joe Decker, Farm Supply (SLO Store). Celeste Whitlow: 929-1133. [cwhitlow@ncsd.ca.gov](mailto:cwhitlow@ncsd.ca.gov).
- \* **Creating Kitchen Gardens.** Sun., March 22<sup>nd</sup>. 1-4pm, San Luis Obispo Botanical Garden. Oak Glen Pavilion. \$20/member \$25/non-members. Learn about various designs for installing edible landscapes in your backyard. Come help create a children's kitchen garden. [tlees@slobg.org](mailto:tlees@slobg.org), 541-1400 x304

### Farm-to-School Apprenticeship Program finishes up a successful second quarter!

The recent Cal Poly conference "Changing the Status Quo", featured a CPOF workshop where apprentices for this quarter had a chance to share their experiences, with excitement and passion. There were 15 apprentices this quarter, from different majors, each bringing their own perspective. This small, grant-funded project allowed students to earn credit while they learned-by-doing. Community members also got involved. The next apprenticeship will begin April 2<sup>nd</sup> and is accepting new apprentices. If you wish to join the program and learn more about youth organic gardening, or you would like more info email us at [orgfarm@calpoly.edu](mailto:orgfarm@calpoly.edu), or call us at 756 6139.

The apprentices meet every Thursday for 2 hours divided between a lecture and a practical on various topics, including setting up a school garden, irrigation, and vermiculture. On the weekends the apprentices went several local schools 5 to help them with different aspects in their school gardens.

"The reason for this program is to get kids interacting with nature and learning outside of the classroom," said Maria Harkleroad, Americorps Promisefellow Program Coordinator. "It's important to get them to appreciate where their food comes from and have fun!" She hopes to get the apprentices more involved with planning curriculum, working with kids, and inspiring teachers to see the outdoors as a classroom and get involved.



### Featured Veggie: **SPINACH (*Spinacia oleracea*)**

- Spinach belongs to the same family (*Chenopodiaceae*) as chard and beets. It shares a similar taste with two other vegetables-it has the bitterness of beet greens and the slightly salty flavor of chard.
- Spinach is thought to have originated in ancient Persia (Iran). Spinach made its way to China in the 7th century when the king of Nepal sent it as a gift to this country. Spinach has a much more recent history in Europe than many other vegetables. It was only brought to that continent in the 11th century, when the Moors introduced it into Spain. In fact, for a while, spinach was known as "the Spanish vegetable" in England. Spinach was the favorite vegetable of Catherine de Medici, a historical figure in the 16<sup>th</sup> century. When she left her home of Florence, Italy, to marry the king of France, she brought along her own cooks, who could prepare spinach the ways that she especially liked. Since this time, dishes prepared on a bed of spinach are referred to as "a la Florentine."

#### Selection and Storage

- Choose spinach that has vibrant deep green leaves and stems with no signs of yellowing. The leaves should look fresh and tender, and not be wilted or bruised. Avoid those that have a slimy coating as this is an indication of decay.
- **Store fresh spinach loosely packed in a plastic bag** in the refrigerator crisper where it will keep fresh for about five days. Do not wash it before storing as the moisture will cause it to spoil. Avoid storing cooked spinach as it will not keep very well.

#### Nutrition

- We all know that Popeye made himself super strong by eating spinach, but you may be surprised to learn that he may also have been **protecting himself against osteoporosis, heart disease, colon**

**cancer, arthritis, and other diseases** at the same time. Researchers have identified at least 13 different flavonoid compounds in spinach that **function as antioxidants and as anti-cancer agents**.

- Spinach is an excellent source of **vitamin K, vitamin A, manganese, folate, magnesium, iron, vitamin C, vitamin B2, calcium, potassium, and vitamin B6**. It is a very good source of dietary fiber, copper, protein, phosphorous, zinc and vitamin E. In addition, it is a good source of omega-3 fatty acids, niacin and selenium.

#### Preparation Tips

- Spinach should be washed very well since the leaves and stems tend to collect sand and soil. Before washing, trim off the roots and separate the leaves. **Place the spinach in a large bowl of tepid water and swish the leaves around with your hands as this will allow any dirt to become dislodged.** Remove the leaves from the water, empty the bowl, refill with clean water and repeat this process until no dirt remains in the water (usually two to three times will do the trick). Cut away any overly thick stems to ensure for more even cooking.
- If you are going to use the spinach in a salad, dry it in either a salad spinner or shake it in a colander.
- If you are going to cook it, you do not need to worry about drying it well as the remaining water will serve to help it cook. Spinach is one of the few vegetables we suggest quick boiling (for one minute). Boiling will help to reduce the amount of oxalic acids found in spinach, resulting in a sweeter taste.

#### A Few Quick Serving Ideas:

- Add layers of steamed spinach to your next lasagna recipe.
- Toss steamed spinach with pressed garlic, fresh lemon juice & olive oil. Sprinkle with Parmesan cheese.
- Pine nuts are a great addition to cooked spinach.
- Spinach salads are a classic easy and delicious meal or side dish.

*Where is your future Kale now?*



The Kale made it into the ground, out in the fields! Sowed: 1/15/09

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

### **Carrot-Tahini Slaw** (*You Won't Believe It's Vegan!*)

10 carrots, peeled and grated  
1 small red onion, diced finely  
3 stalks celery, peeled and diced  
½ cup tahini  
3 teaspoons tamari  
Juice of 1 lemon  
½ teaspoon sea salt  
1 teaspoon dried dill

1 teaspoon Spike  
½ cup toasted sunflower seeds

Combine all the ingredients except the sunflower seeds in a large bowl and mix well. Cover and chill for an hour. Mix in the sunflower seeds and serve.

Tip: Fill and roll a cabbage or romaine leaf with the carrot mixture for a tasty handheld lunch.

## **Vegetable Stock** ([You Won't Believe It's Vegan!](#))

2 cups (total) mixed chopped carrots, celery, and onions  
1 clove garlic, smashed  
½ cup chopped parsley  
1 bay leaf  
3 sprigs fresh thyme  
8 cups water

1. In a medium or large stockpot, combine the carrots, celery, onions, garlic and herbs, and cover with water.
2. Bring to a boil then turn down the heat to a simmer and cook for 25 to 30 minutes over medium heat. If desired, the stock can be simmered longer for a stronger flavor.
3. Strain through a fine-mesh strainer and use immediately, or let cool completely and store for up to a week in the refrigerator or up to 2 months in the freezer.

Use this stock to make soups or to cook with as a low-fat alternative to oil when sautéing.

## **Rice with Spinach and Feta Cheese Recipe** ([About.com](#))

3 Tablespoons olive oil  
1 large onion, chopped finely  
2 large garlic cloves, minced  
1-1/4 cups uncooked long-grain rice  
2 cups chicken broth  
1/4 cup dry white wine  
1-1/2 (10-ounce) packages fresh baby spinach leaves (remove any large stems), very coarsely chopped  
2 medium tomatoes, seeded and chopped  
1 cup crumbled feta cheese (or bleu cheese)  
Salt and fresh-ground black pepper, to taste

In a nonreactive large heavy saucepan, heat the olive oil over medium heat. Add the onions and garlic and cook, stirring, about 5 minutes or until soft. Add the rice and stir about 2 minutes or until the rice is translucent.

Carefully add the chicken broth and wine. Stir to mix well and bring to a boil. Reduce the heat to low, cover and cook about 15 minutes or until the rice is almost tender.

Stir in the spinach, cover and cook another 8 minutes, or until all the liquid has been absorbed. Mix in the tomatoes and Feta cheese and season with salt and pepper. Serve immediately.

*Cal Poly Organic Farm*

## **Yogurt Spinach Dip** ([AllRecipes.com](#))

1 cup chopped fresh spinach  
1 cup plain yogurt  
1 cup mayonnaise  
2 teaspoons seasoning salt  
1/4 teaspoon dried parsley  
1/4 teaspoon dried basil  
1/4 teaspoon dried oregano  
1/4 teaspoon ground dry mustard  
1/4 teaspoon garlic salt

In a medium bowl, mix together spinach, plain yogurt, mayonnaise, seasoning salt, parsley, basil, oregano, dry mustard and garlic salt. Chill until serving.

## **Spinach Pesto** ([superhealthykids.com](#))

1 Cup Fresh spinach  
1/8 cup walnuts (or other nuts)  
*Pulse* in food processor until blended.  
1/3 Cup olive oil  
1/2 Cup parmesan cheese  
salt and pepper  
*Blend* altogether and use to top pasta.

## **Kohlrabi & Apple Slaw with Creamy Coleslaw Dressing** ([A Veggie Venture](#))

Makes 4 cups, easily adapted for less

### Dressing

1/4 cup cream  
1 tablespoon fresh lemon juice  
1/2 tablespoon good mustard  
1/2 teaspoon sugar  
Salt & pepper to taste - go easy here  
Fresh mint, chopped

1 pound fresh kohlrabi, trimmed, peeled, grated or cut into batons with a Benriner  
2 apples, peeled, grated to cut into batons (try to keep equivalent volumes of kohlrabi:apple)

Whisk cream into light pillows - this takes a minute or so, no need to get out a mixer. Stir in remaining dressing ingredients, the kohlrabi and apple. Serve immediately.

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