



## Cal Poly Organic Farm Community Supported Agriculture Newsletter

### Welcome to Week 10!!!!

#### Thanksgiving Week Schedule Changes

Monday shares will be available for pick up and delivery as usual on Monday, November 24<sup>th</sup> and **Thursday shares will be available for pick up and will be delivered on Tues., Nov. 25<sup>th</sup>.**

**Please Note:** The start and end dates listed on the Student Membership Form for the Cal Poly Organic Farm Student Winter Share were incorrect. The form has now been corrected. The corrected dates are:  
Start Date for 10 week Student Winter Share: 1/11  
End Date for the 10 week Student Winter Share 3/16

We apologize for any inconvenience and thank you for your support!

*As always, please be in touch with comments, suggestions and compliments about your share. We welcome recipes for the newsletter.*

**Many Thanks to Renoda Campbell and Heather Demosthenes, both representatives from Cal Poly's Multicultural Center (MCC),** who spoke to CPOF staff and volunteers about ways to get involved at both the MCC and Pride Center. More information about either center, can be found at Student Community Services website at: [studentlife.calpoly.edu/scs](http://studentlife.calpoly.edu/scs) where there is a detailed calendar of events as well as links to other clubs and centers that encourage and support student activism.

**More Thanks...** Approximately 15 volunteers will be visiting the CPOF this Saturday from 10 a.m. to 1 p.m. Thanks to the Environmental Council for sending them CPOF's way!

**The CPOF is now recruiting "School Garden Apprentices"** for the Winter Quarter. Apprentices learn about building and maintaining small scale educational gardens and assist local schools along the way. For more information, please e-mail: Maria Harkleroad at: [mharkler@calpoly.edu](mailto:mharkler@calpoly.edu) or call: 805-756-6139.

The **Cal Poly Creamery is offering gift packs** of its student-made cheeses for the holidays. Seven varieties of cheese are being sold including: Gouda, Smoked Gouda, Mustang Cheddar, Smoked Cheddar, Chipotle Jack, San Luis Lace and reduced-fat Lace. The sale will run through Dec. 12. For a list of cheeses, packages and prices, or for ordering information, visit [www.calpolycheese.com](http://www.calpolycheese.com) or contact the creamery office at 805-756-6644 or e-mail: [creamery@calpoly.edu](mailto:creamery@calpoly.edu).

**Don't forget the Cal Poly Organic Farm also has "Gift of Veggie" gift certificates for sale too!**

**Green Acres Lavender Farm in Atascadero is hosting "The Muses,"** described as Celtic Music with a Zing, on **Sat., 11/22** at 7 p.m. Tickets are \$20. For more information, please call: (805) 466-0837 November 22nd!...

#### Week 10

*November 24 –November 30, 2008*

**Full Shares expect 10-12 items**

**Small Shares expect 8-10 items**

Bell Peppers & Various Spicy Peppers  
Winter Squash  
White Butter Turnips  
Arugula or Braising Greens  
Radishes  
Chives  
Kale  
Salad Mix  
Bunching Onions  
Head Lettuce  
Beets or Purple Top Turnips  
Persimmons or Avocados-*Living Soils Organic Farm*

**Unless otherwise noted, all vegetables are certified organic.**

**Unless otherwise noted, all vegetables are from the CPOF.**

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

805-756-6139, [orgfarm@calpoly.edu](mailto:orgfarm@calpoly.edu)

**Morro Bay will kick-off the revitalized Adopt-a- Street Tree** Program this **Sat., 11/22** at 2 p.m. The program is a component of the Urban Forest Management Plan and will help beautify the city, increase wildlife habitat and purify air. All are invited to meet at City Park on Morro Bay Blvd where you will join residents, Scouts, 4H'ers, Botanists, Landscape professionals and local tree experts for an afternoon of activities related to improving our Urban Forest. Learn how individuals, businesses, or groups can get involved by adopting a city street tree. A local landscape contractor will demonstrate good tree planting technique and two new trees will be planted in the park. Beautiful drought tolerant trees, selected for our coastal community, will also be available for planting on private property at reduced rates. For more information, please call Bill at: 805-772-0494.

On **Tues. Nov. 25th, Hopedance Films will be showing the film "Good Food"** described as "a remarkable film about healthy nourishing food and small family farming," at the SLO County Library on the corner of Osos and Palm streets. There will be a potluck (featuring local food) before the film from 5:30 p.m. to 7 p.m. and the film will be shown at 7 p.m. followed by a discussion about the Transition in SLO County. There is a suggested donation of \$5.

**All About Grey Water...**Award-winning water resources planner Art Ludwig of Oasis Design of Santa Barbara, CA. is coming to SLO County **Dec. 2, & 3, 2008** as part of a joint effort between SLO Green Build, the San Luis Bay Chapter of the Surfrider Foundation and Santa Lucia Chapter of the Sierra Club. Ludwig is an ecological systems designer with 28 years full-time experience in water, wastewater systems, energy, shelter and human powered transport. On Tuesday, Dec. 2nd, the event will take place from 6 p.m. to 9 p.m. in Arroyo Grande at the Women's Club at 211 Vernon St. and on Wednesday, Dec. 3rd, the event will take place from 6 p.m. to 9 p.m. in Atascadero Lake Pavilion at 9315 Pismo Ave. For more information, please contact Jessica Steely at: 805-466-6737 x203 or e-mail her at: [Jessicas@Semmesco.com](mailto:Jessicas@Semmesco.com).

Take Sierra Club's "How Green Is My Cuisine" survey at: <http://www.sierraclub.org/howgreen/cuisine/>

## **Featured Item: Turnips**

*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.

*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 (see below). 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. Young turnips are tasty raw!

### *Nutrition*

The fall turnip is very low in calories (30) and in fat, but is a very good source of calcium and potassium. Excellent source of Vitamin C (27.3mg).

Turnip greens are an excellent source of many vitamins including vitamin A, vitamin C, vitamin E, vitamin B6 and folate. They are also an excellent source of the minerals calcium, copper and manganese. In addition, turnip greens are an excellent source of dietary fiber.

## **Recipes**

### **TURNIPS WITH BREAD CRUMBS AND PARSLEY**

4 small turnips (about 3/4 pound), peeled

1 tablespoon unsalted butter  
2 tablespoons fresh bread crumbs  
2 teaspoons minced fresh parsley leaves  
1/2 teaspoon freshly grated lemon zest

In a large saucepan of salted boiling water cook turnips 15 minutes and drain. When turnips are cool enough to handle, cut each into 8 wedges.

In a large skillet cook turnips in butter over moderate heat, stirring occasionally, until almost tender and golden on the edges, about 10 minutes. Stir in bread crumbs, parsley, zest, and salt and pepper to taste and cook, stirring occasionally, until turnips are tender, about 5 minutes.

### **Spring Radish Salad**

adapted from *Verdura Vegetables Italian Style* by Viana La Place

1 bunch fresh radishes  
2-3 very sweet carrots  
2 bunches arugula  
salt and pepper to taste  
E.V. olive oil  
2 Tablespoons freshly grated Parmesan cheese  
Lemon wedges

Trim the radishes and slice them thinly. Peel the carrots and cut them on the diagonal into very thin slices. Snap off the tough stems from the arugula. Gather the arugula into a bunch and cut it crosswise into strips.

Arrange the arugula on a platter. Scatter the sliced radishes and carrots over the arugula. Season with salt and pepper to taste. Drizzle with enough olive oil to lightly moisten the vegetables. Sprinkle the Parmesan over the top. Serve with lemon wedges to squeeze over the salad.

### **Radish Top Soup**

Don't throw out your radish greens. Believe it or not, those fuzzy leaves can be transformed into a smooth green soup, with a hint of watercress flavor.

6 Tb butter  
1 cup chopped onions or leeks  
8 cups loosely packed radish leaves  
2 cups diced peeled potatoes  
6 cups liquid (water, chicken stock) Salt  
1/2 cup cream (optional)  
Freshly ground pepper

Melt 4 tablespoons butter in a large saucepan, add onions or leeks, and cook until golden, approximately 5 minutes. Stir in radish tops, cover pan, and cook over low heat until wilted, 8-10 minutes. Meanwhile, cook potatoes until soft in liquid along with 1 teaspoon salt. Combine with radish tops and broth, and cook, covered, for 5 minutes to mingle flavors. Puree finely in a food processor. Add cream if desired. Season to taste with butter, salt and pepper.  
Submitted by Jean Pinard

## **Sweet Persimmon Fireside Cookies**

### ***INGREDIENTS***

- 2 cups all-purpose flour
- 1/2 cup cake flour
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup unsalted butter
- 1 cup white sugar
- 1 tablespoon lemon zest
- 2 ripe persimmons, pureed
- 1 egg
- 1/4 cup confectioners' sugar

### ***DIRECTIONS***

1. Preheat oven to 375 degrees F (190 degrees C). Grease one 9x13 inch baking pan.
2. Sift together all-purpose flour, cake flour, cinnamon, ginger, baking soda and salt.
3. In a medium bowl, cream butter, sugar, and lemon rind until fluffy and smooth. Blend in egg and persimmon pulp and mix until well combined.
4. Gradually stir in the flour mixture and mix until well blended.
5. Pour the batter into the prepared pan and spread evenly.
6. Bake for 25 minutes in the preheated oven, until golden brown. Remove from the oven and let cool. When the bars are completely cool, sift confectioners' sugar over the top and cut into bars.

## **Persimmon Bread**

Ingredients:

- 1 cup persimmon pulp
- 2 teaspoons baking soda
- 3 cups white sugar
- 1 cup vegetable oil
- 4 eggs
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 1/2 teaspoons salt
- 2/3 cup water
- 3 cups all-purpose flour
- 1 cup chopped walnuts

### ***DIRECTIONS***

1. Preheat the oven to 350 degrees F (175 degrees C). Grease three 6x3 inch loaf pans.
2. In a small bowl, stir together the persimmon pulp and baking soda. Let stand 5 minutes to thicken the pulp.
3. In a medium bowl, combine sugar, oil, eggs, cinnamon, nutmeg, and salt. Blend until smooth. Mix in persimmon pulp and water alternately with flour. Fold in nuts. Divide batter into the prepared pans, filling each pan 2/3 full.
4. Bake for 1 hour in the preheated oven, or until a toothpick inserted comes out clean. Cool in pan for 10 minutes before removing to a wire rack to cool completely.