



Cal Poly Organic Farm Community Supported Agriculture Newsletter

Please Note:

Next week shares WILL be available for pick up as usual on Monday and Thursday. Columbus Day is not a holiday for Cal Poly.

For information about share dates, please visit:

<http://www.calpolyorgfarm.com/pdf/FallWinter08.09CSASchedule.pdf> e-mail: orgfarm@calpoly.edu or call: 805-756-6139.

Please remember to drive slowly when picking up shares!

Notes from the Field:

- 1) We transplanted lettuce from the "hardening off area" (where they adjust to outside the greenhouse environment to the field, located adjacent to the greenhouse).
- 2) Sowed seeds for braising mix and covered with a thin shade cloth to help prevent pest damage.
- 3) Started seeds in the greenhouse for butter leaf, red oak and romaine lettuce.

Special News:

Along with increased student enrollment in the Community Supported Agriculture (CSA) Program, we are proud to announce a **record number of Cal Poly students** (35) have enrolled in CRSC 203: Organic Farming Enterprise class. Students from all majors enroll for 2 to 4 credits to gain hands on experience working at the Farm. When enrolled in the class they are expected to work three hours per credit unit contributing to daily CPOF operations doing things like seeding, weeding, harvesting, marketing or assisting in leading community tours for adults and children. For many students who are enrolled in the Credit/No Credit course, this experience provides the first opportunity to have a hand in growing food.

Youth Programs:

Under the direction of **Americorps volunteer Maria Harkleroad**, Cal Poly students have signed up for the School Garden Apprenticeship and have begun their weekly, quarter long training. They are collaborating with local parents/school garden coordinators to help support local garden based learning activities that take place at the Farm and at local schools. Parents and children from the San Luis Coastal Adult school's Parent Participation Program and Cuesta Children's Center will be visiting the CPOF this week! We are very excited to host them and have been busy planning garden related activities.

Mum Madness at the Poly Plant Shop! The third annual mum frenzy will take place Fri. & Sat. on 10/10 & 11 from 10 a.m. to 5 p.m. Hundreds of beautiful mums, grown by Cal Poly students will be available for purchase. For more information, please visit: <http://www.hcrs.calpoly.edu/newsEvents/events/EventsMums.asp> or call the Poly Plant Shop at: 756-1106

Cal Poly Corn Maze Preview on Wed. 10/22 from 5 p.m. to 9 p.m. (\$1 donation) and on Fri., 10/24 and Sat. 10/25 from 5 p.m. to 9 p.m. Family friendly hour from 5 p.m. to 6 p.m. Cost to attend for children under 5 is free, 5-12 years old is \$3 and 13 years and older is \$5. Park in lot H1 on Mt. Bishop Rd., off Highland Dr. and follow the signs to the corn maze.

Cal Poly Pumpkins U-Picks every Saturday from 10 p.m. to 1 p.m. (follow the signs at Mt. Bishop Rd. and Highland Dr).

Week 4

October 13 –October 19, 2008

Full Shares expect 10-12 items

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

Spicy Salad Mix
Mixed Peppers
Cucumbers
Summer Squash
Winter Squash (butternut)
Beans
Beets
Eggplant
Tomatoes
Head Lettuce
Anjou Pears-Vintage Organics
Apples – Swanton Pacific (Organic)
Unless otherwise noted, all vegetables are certified organic.
Unless otherwise noted, all vegetables are from the CPOF.

Pre-Picked Pumpkin sales on Tuesday and Thursdays starting on 10/7 from 3 p.m. to 6 p.m. in front of the Crops Unit (corner of Mt. Bishop & Highland Dr.) Pumpkins cost \$3-\$7 and gourds cost \$1 to 5\$. Questions, please contact Brent at: 661-301-9527 or Kristin at: 209-602-6297.

Upcoming Events:

Sierra Club Santa Lucia Chapter's open house and volunteer orientation are scheduled for **Sat., October 11th from 3 p.m. to 6 p.m.** at 547 Marsh Street. Refreshments will be served. Please call: 805-543-8717 for more information.

Together Green Volunteer Days at Springs Nature Preserve in Los Osos on Saturday, **October 11th from 8:30 to 12:30** (or any portion thereof). Volunteers are needed to help with watering, mulching, weeding, and preparations for next month's planting. You will be rewarded with fresh fruit, pastries, juice and coffee and have a chance to win Together Green t-shirt or cap! You can also take a guided tour of the new 8-acre addition to the preserve! Call Holly at 805-239-3928 for more info or visit: www.morrocoastaudubon.org.

The Cal Poly Women's Programs and Services will host a three-day series of events to promote positive self-image and healthy lifestyle choices. Love Your Body Day will run from Monday through Wednesday, Oct. 13-15. All events are free and open to the public. For more information contact McKenzie Hall, coordinator of Education Programs, at cpwomenseducation@gmail.com or call 805-756-2600.

-On **10/13** at 10 a.m. a display "If Looks Could Kill" will be shown in the University Union Plaza. Participants are also invited to walk along Via Carta to see various posters, all dealing with issues relating to body image.

-On **10/14**, a resource fair, "Reclaiming Our Bodies," will be held from 11 a.m. to 1 p.m. in the University Union Plaza.

-On **10/15** there will be a wellness fair, "Whole Body and Soul Fair," from 11 a.m. to 1 p.m. in the University Union Plaza. From 1:30 to 3 p.m. in Chumash Auditorium a workshop titled "Real Beauty, Real Body" will be led by licensed marriage and family therapist Michele Lamarkin.

The largest **environmental film festival** in the U.S. is coming to San Luis Obispo! Join Los Padres Forest Watch when it hosts the Wild and Scenic Environmental Film Festival on Tour at the Cal Poly Spanos Theatre on **Saturday, October 18, 2008** at 7:00 p.m. You wouldn't want to miss cool flicks with appetizing titles like 'Pulp, Poo & Perfection: A Green Surfing Story' so be sure to visit: <http://www.lpfw.org/filmfest.htm> for details.

Seed Exchange on Fri., 10/24 from 7 p.m. to 9 p.m. at **SLO Public Library** sponsored by SLO City Parks and Recreation. For more information, please call: 805-543-5364.

Café Musique at the Green Acres Lavender Farm on Fri., 10/24 at 7 p.m. For more information, please visit: www.GreenAcresLavenderFarm.com or call: (805) 466-0837

October 25-31 is School Garden Week. Visit: <http://www.csgn.org/page.php?id=97> to access a variety of tools that will help you to celebrate school garden week, including a list of event ideas, a flier, step by step guide for garden celebrations, a press release template, and a media tip sheet.

Art After Dark Open House to celebrate the Land Conservancy's new office at 547 Marsh Street on Friday, **November 7th** from 6 p.m. to 9 p.m. for artwork and a slideshow at the historic Kaetzal House (formerly the Johnson Gallery). Join The Land Conservancy and the artists in christening the new location. Artwork will be available for purchase and viewing. Please call 805-544-9096 for more information.

BIODYNAMIC Short Course featuring Gena Nonini, will return to Cal Poly on November 14th and 15th to offer the Continuing Education course "Foundation of Applied Biodynamics." See details at: ww.sarc.calpoly.edu/programs/continuing_ed.html

Save the Date for the Sustainable Ag Expo on Nov. 13th and 14th in Monterey. For more information, please visit: www.vineyardteam.org/events/agexpo.php

Fruit of the Week-Anjou Pears

Pear, Pancetta, and Walnut Salad

From epicurious.com at: <http://www.epicurious.com/recipes/food/views/PEAR-PANCETTA-AND-WALNUT-SALAD-230921>

Ingredients:

3/4 teaspoon whole coriander seeds
1 tablespoon fresh lemon juice
1/2 small shallot, minced
3 tablespoons extra-virgin olive oil
1 1/2 ounces thinly sliced pancetta, chopped
1 large head of butter lettuce, torn into bite-size pieces (about 8 cups)
1 large red Anjou pear, unpeeled, quartered, cored, sliced
1/4 cup coarsely chopped toasted walnuts

Preparation:

Toast coriander seeds in small skillet over medium heat until aromatic, about 2 minutes. Transfer to mortar and grind coarsely with pestle. Transfer to small bowl. Mix in lemon juice and shallot. Gradually whisk in olive oil. Season dressing to taste with salt and pepper.

Heat heavy medium skillet over medium-high heat. Add pancetta and sauté until crisp, about 4 minutes. Transfer to paper-towel-lined plate. Place lettuce in large bowl. (Dressing, pancetta, and lettuce can be prepared 2 hours ahead. Let dressing and pancetta stand at room temperature. Cover lettuce with damp kitchen towel and refrigerate.)

Toss lettuce with dressing. Top with pear slices, then walnuts and pancetta.

Tip: Choose firm, large pears and allow several days and up to a week for them to ripen (they're ripe when they yield to gentle pressure at the stem end). To speed ripening, keep them closed in a brown paper bag.

Smashed Rutabagas with Ginger-Roasted Pears

From epicurious.com at: <http://www.epicurious.com/recipes/food/views/SMASHED-RUTABAGAS-WITH-GINGER-ROASTED-PEARS-240414>

Ingredients:

4 pounds rutabagas, peeled, cut into 3/4- to 1-inch cubes
Nonstick vegetable oil spray
1 1/2 tablespoons extra-virgin olive oil
1 tablespoon fresh lemon juice
1 tablespoon minced peeled fresh ginger
1 1/2 teaspoons sugar
3 firm Anjou pears (about 1 3/4 pounds), peeled, cored, cut into 3/4-inch cubes
1/3 cup heavy whipping cream
5 tablespoons butter
1 tablespoon chopped fresh thyme
Coarse kosher salt

Preparation:

-Cook rutabagas in pot of boiling salted water until tender, about 35 minutes.

-Meanwhile, preheat oven to 400°F. Spray large rimmed baking sheet with nonstick spray. Combine oil, lemon juice, ginger, and sugar in large bowl. Add pears; toss to coat. Spread on prepared sheet. Roast until tender, turning pears every 10 minutes, about 35 minutes total.

-Drain rutabagas; return to same pot. Mash to coarse puree. Stir over medium heat until excess moisture evaporates, 5 minutes. Add cream, butter, and thyme. Mix in pears and any juices from baking sheet. Season with salt and pepper. DO AHEAD: Can be made 1 day ahead. Transfer to microwave-safe bowl. Cover; chill. Rewarm at 1-minute intervals.

Sausage, Pear and Parsnip Stuffing

From epicurious.com at: <http://www.epicurious.com/recipes/food/views/SAUSAGE-PEAR-AND-PARSNIP-STUFFING-100463>

Ingredients:

1 1-pound loaf unsliced egg bread, crust trimmed, bread cut into 1/2- to 3/4-inch cubes (about 12 cups)
2 cups 1/4-inch cubes peeled parsnips (about 5 medium)

1 pound breakfast-style bulk sausage
6 tablespoons (about) unsalted butter, melted
3 cups chopped leeks (white and pale green parts only)
1 cup chopped dried pears
2 tablespoons chopped fresh sage
3/4 teaspoon ground nutmeg
1 1/2 pounds under-ripe Anjou pears, unpeeled, halved, cored, cut into 1/2-inch cubes (about 4 1/2 cups)
1 cup plus additional canned low-salt chicken broth
5 large eggs, beaten to blend

Preparation:

-Preheat oven to 350°F. Place bread cubes on large rimmed baking sheet. Toast in oven until just beginning to color, about 10 minutes. Cool on sheet. Transfer to large bowl. Maintain oven temperature. Steam parsnips over boiling water until tender, about 4 minutes.

-Sauté sausage in heavy large pot set over medium-high heat until brown and cooked through (about 7 mins.), break into small. Transfer sausage to strainer set over bowl, add enough melted butter to sausage drippings to measure 6 tablespoons; add to pot. Heat over medium-low heat. Add leeks, dried pears, sage, nutmeg and parsnips to pot and sauté until leeks are tender but not brown, about 10 minutes. Transfer to medium bowl; stir in sausage.

-Heat 2 tablespoons melted butter in same pot over medium-high heat. Add fresh pears and sauté until golden brown, about 15 minutes. Transfer to bowl with parsnip mixture. Add 1 cup broth to same pot and boil until reduced almost to glaze, scraping up browned bits, about 5 minutes. Add to parsnip mixture. (Can be prepared 1 day ahead. Cover bread and parsnip mixture separately. Store bread at room temperature. Refrigerate parsnip mixture.) Add parsnip mixture to bread. Season with salt and pepper. Mix eggs into stuffing.

-To bake all of stuffing in baking dish:

Preheat oven to 350°F. Generously butter 13 x 9 x 2-inch glass baking dish. Add enough broth to stuffing to moisten (about 3/4 to 1 cup). Transfer stuffing to prepared dish. Cover with butter foil, buttered side down; bake until heated through, about 30 to 35 minutes. Uncover and bake until top is slightly crisp and golden, about 20 to 25 minutes longer.

Southern-Style Rutabaga Greens

From About.com at:

http://southernfood.about.com/od/turnipandrutabagarecipes/Turnip_Recipes_and_Rutabaga_Recipes.htm

Ingredients:

4 to 4 1/2 pounds rutabaga greens
1 pound salt pork, rinsed and diced
1 1/2 cups water
One cup finely chopped onion
1/2 teaspoon pepper
A teaspoon sugar, optional
a dash of crushed red pepper, optional

Preparation: Cut off and discard tough stems and discolored leaves from greens. Wash greens thoroughly and drain well. Cook salt pork in a large pot or Dutch oven over medium heat until crisp and brown. Add the greens, water, onion, sugar, pepper, and crushed red pepper; bring to a boil. Reduce heat, cover, and simmer 40 to 45 minutes or until greens are tender. Taste and adjust seasonings.

Serve with vinegar or pepper sauce and cornbread.

Serves 6.

Penne with Braised Greens and Rutabaga

From Yahoo Answers at: <http://answers.yahoo.com/question/index?qid=20070301162940AASQaQK>

Cut 2 pounds rutabaga into 1.5 inch cubes. Put into a large pot. Add 3 cups water, 1.5 Tablespons butter, 1/4 teaspoon fresh thyme, 1/2 teaspoon salt. Cook over high heat until tender; drain any excess water; set aside.

2) In a large pot, over medium heat, saute 6 slices thickly sliced smoked bacon, julienned, until just barely crisp, remove to paper towel to drain, set aside, and leave just enough bacon grease in the pot to help saute remaining ingredients.

3) Add 1 onion (your choice of white, red or yellow), peeled and sliced, 1 garlic clove, crushed, and 1 teaspoon (or more, to taste) chile pepper flakes or powder and, over medium heat, saute until onion is just barely translucent.

4) Add 3 pounds just rinsed mixed greens (collards, mustard, turnip, kale, etc.) trimmed and cut into wide ribbons with the water that clinging to them. Cover pot and cook until greens have just withered down. Uncover and add 1 teaspoon salt, 1 teaspoon sugar, and a dozen or so turns of black pepper. Turn heat up to medium-high and partially cover. Cook until greens are just tender, around 15 minutes.

5) Drain the greens, reserving cooking liquor.

6) Cook pasta then coat with sauce and add greens and rutabaga to pasta and toss

(Serves 4 to 6)