



## Cal Poly Organic Farm Community Supported Agriculture Newsletter

**It's been a busy week at the CPOF! Read on for specifics and other exciting announcements from the community. Be sure not to miss the Corn Maze or U-Pick Pumpkin Patch that are being offered at Cal Poly by our neighbor enterprises.**

### Notes from the Field:

- A crop of butternut squash grown over the summer recently revealed itself after water was cut off from the plants in order to allow for a smoother harvest; expect butternut and other varieties of winter squash included in the box soon.
- The tomato harvest is winding down to a close as days get shorter and nights get colder. The plants took a lot of abuse over the summer producing endlessly a beautiful supply of tomatoes for everyone who enjoyed. Tomatoes staked over the summer will now have to be pulled out to make room for fall crops like carrots, beets, lettuce, bunching onions, and broccoli which are all sown and growing the field.
- Work in field 25 (closest to highway one) is again underway after a fallow period that allowed for management to come up with a strategy to combat a garden pest that eats the roots of our crops and devastates yields. Symphylans, a small centipede like arthropods, can consume 20x their body weight of living plant material daily and to say the least they have been one of our biggest competitors. Cover cropping, crop rotation, fallow periods, heavy tillage, and a few organic materials are some of the methods we have been using to battle with these guys. So far 3 successive lettuce plantings have established along with a cover crop, direct seeded salad mixes, fennel, and cilantro.
- We've been hard at work on the "home site" keeping the childrens garden in production as summer crops wind down. Constant upkeep and rotation is required which takes a fair bit of skill and pre planning. Look for popcorn in your shares and recently transplanted leeks that appear in perfect rows along the upper slope. Strawberry runners from the strawberry patch were pruned and propagated in the greenhouse. We hope to plant them bare root in the early winter for a harvest of berries in late spring.
- Greenhouse vegetable production continues as a summer honeydew melon crop was pulled out to make room for greenhouse tomatoes, basil and a few marigold flowers to attract beneficial insects to the plants.
- Look for flowers in the the prepared raised beds below the packing shed; a mix of native plant species and beautiful flowering plants that are winter hardy in San Luis Obispo.

### Special Projects:

#### EOC-Economic Opportunity Commission of San Luis Obispo County

CPOF CSA members contributed \$930 to make a weekly produce donation to the Maxine Lewis Shelter. So far, 50 lbs of heirloom tomatoes, 60 lbs of bell peppers and one large share (full of the weekly produce) has gone to the shelter. The Maxine Lewis Shelter provides meals for clients who access the services nightly as well as those who are unable to stay onsite due to a shortage of available beds. Approximately 95 meals are provided each day; however, often more clients are served. Clients range in age from newborns to the elderly and many are dealing with ongoing health issues such as diabetes, cancer and heart conditions. Increasing the nutritional

### Week 5

*October 20 –October 26, 2008*

*Full Shares expect 10-12 items*

*Small Shares expect 8-10 items*

*from the following list:*

Popcorn  
Peppers  
Butternut Squash  
Head Lettuce  
Beans  
Spicy Salad Mix  
Garlic Chives  
Potatoes  
Summer Squash  
Cucumbers  
Eggplant  
Tomatoes  
Apples (Swanton Pacific Ranch)  
Cauliflower (Bonipak)  
Broccoli (Bonipak)

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

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

content of the meals is of the utmost importance; however this can be difficult with funding restrictions coupled with the rising cost of food. Thank you for your support! For more information about the Maxine Lewis Shelter, please visit: [www.eocslo.org/homeless/homeless\\_shelter.html](http://www.eocslo.org/homeless/homeless_shelter.html)

### **News and Articles:**

'Un-Super Size Me: One Week of Eating Local' by Jesse Hyde

Visit: <http://www.dallasobserver.com/2008-09-25/news/un-super-size-me/1>

### **Upcoming Events:**

**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.

Pre-Picked 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.

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.

**Rideshare Week is October 20<sup>th</sup> thru the 24<sup>th</sup>.** Pledge to bus, bike, carpool or walk at: [www.rideshare.org](http://www.rideshare.org) and become eligible for prizes. Call: 805-541-2277 for more info.

**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 14<sup>th</sup> and 15<sup>th</sup> to offer the Continuing Education course "Foundation of Applied Biodynamics." See details at: [www.sarc.calpoly.edu/programs/continuing\\_ed.html](http://www.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](http://www.vineyardteam.org/events/agexpo.php)

### **Vegetable (who knew it's a veggie) of the Week-Popcorn**

- Popcorn is a whole grain food which makes it a complex carbohydrate that is not only low in calories, but a good source of fiber.
- Popcorn is low in calories -- only 31-55 calories in one cup of unbuttered, and when lightly buttered, one cup still only has 133 calories.
- Popcorn has no artificial additives or preservatives, and is sugar-free.
- Popcorn contains energy-producing carbohydrates.

- Popcorn is ideal for between meal snacking since it satisfies and doesn't spoil an appetite.
- Popcorn inspires creativity. While there's no doubt hot buttered popcorn is pleasing to any palate, popcorn also can be enjoyed when combined with seasonings, spices and other foods like raisins, fruit and cheese providing a nutritious, delicious snack.

### **Popcorn Activities for Kids:**

Visit: [www.popcorn.org/frames.cfm?main=/nutrition/index.cfm&usernav=flash](http://www.popcorn.org/frames.cfm?main=/nutrition/index.cfm&usernav=flash)

### **More Popcorn Recipes:**

Visit: [www.popcorn.org/frames.cfm?main=/nutrition/index.cfm&usernav=flash](http://www.popcorn.org/frames.cfm?main=/nutrition/index.cfm&usernav=flash)

### **Popcorn S'mores**

1 cup firmly packed light brown sugar  
 1/2 cup (1 stick) butter or margarine  
 1/2 cup corn syrup  
 1/2 teaspoon baking soda  
 10 cups freshly popped popcorn  
 1 package (10 1/2 oz.) miniature marshmallows  
 2 cups mini graham cookies (teddy bears)  
 1 cup chocolate chips

- Combine brown sugar, butter and corn syrup in medium saucepan. Cook over high heat for 5 minutes; remove from heat and stir in baking soda.
- Combine popcorn and marshmallows in large bowl. Pour sugar mixture over popcorn to coat. Gently stir in graham cookies and chocolate chips. Spread mixture evenly into greased 15 x 10 inch pan. Let cool completely. Break into pieces. Store in an airtight container.

### **Herbed Popcorn Chili and Soup Topper**

4 cups air-popped popcorn  
 Butter or original flavor cooking spray  
 1/4 teaspoon parsley flakes  
 1/4 teaspoon thyme  
 1/4 teaspoon dried basil  
 1/4 teaspoon dried oregano  
 1/4 teaspoon Cajun Creole seasoning or chili powder

1. Place popcorn in a large, clean paper bag. Spray popcorn lightly with cooking spray, about 5 quick sprays. Sprinkle parsley, thyme, basil, oregano and Cajun Creole seasoning onto popcorn. Close bag and shake to distribute seasoning.

2. Sprinkle on chili or soup at serving time.

Note: Makes a great snack too!

### **Nutty 'N' Natural Popcorn**

2 tablespoons sunflower seed kernels  
 2 tablespoons almonds, finely ground  
 2 tablespoons walnuts or hazelnuts, finely ground  
 2 tablespoons wheat germ  
 4-6 tablespoons melted margarine or butter  
 1 6-ounce package (1 2/3 cups) chopped dried fruits and raisins  
 2 1/2 quarts popped popcorn

Finely grind sunflower kernels and nuts in a food processor or blender. Pour melted margarine over popcorn. Sprinkle with ground nuts and wheat germ; toss to mix. Stir in dried fruits.

### **Parmesan Chive Popcorn**

2/3 cup **popcorn**  
1/3 cup butter  
1/2 cup fresh chives  
1 cup finely grated Parmesan cheese  
**Salt and pepper**

Pop the popcorn. Melt the butter. Grind the pepper (as much as desired) into the butter, Chop the **chives** and sprinkle on the top of the popcorn along with the **grated cheese**. Drizzle the butter mixture over the popcorn, then **salt**.

### **Pesto Popcorn**

5 quarts popped **popcorn**  
1/2 cup melted butter  
1 tablespoon dried basil leaves, crushed  
1 teaspoon dried **parsley**, crushed  
1 teaspoon garlic powder  
1/3 cup Parmesan cheese  
1/2 cup **pine nuts**

Put popped popcorn in a large bowl and keep warm. In small **saucepan**, melt the butter; add basil, parsley, garlic, **Parmesan cheese** and nuts. Stir to blend. Pour over popped popcorn, stirring well.

### **Harvest Crunch Pop Corn**

3 quarts popped pop corn  
1 cup dried apples, cut into 1/2-inch pieces  
1/2 cup each: raisins, peanuts  
3/4 cup packed brown sugar  
1/4 cup butter  
3 1/2 Tbs. corn syrup  
1/4 tsp. salt  
1 1/2 tsp. pumpkin pie spice  
1/2 teaspoon ginger  
1/4 teaspoon each: allspice, baking soda

- 1) Preheat oven to 250° F. Coat bottom and sides of a large roasting pan with vegetable oil cooking spray.
- 2) Place popped corn in roasting pan. Stir in apples, raisins and peanuts; set aside.
- 3) In heavy 2-quart saucepan, combine brown sugar, butter, corn syrup, and salt. Heat to boiling on medium heat, stirring until sugar is dissolved.
- 4) Continue to boil to the firm ball stage (248 degrees on candy thermometer) about 5 minutes. Remove from heat; stir in spices and baking soda. Pour hot caramel mixture over pop corn, mixing well. Bake 45 minutes, stirring every 15 minutes. Remove from oven; cool completely. Break apart and store in tightly-covered container.