



Cal Poly Organic Farm Community Supported Agriculture Newsletter

The Cal Poly Organic Farm (CPOF) is more than just a place to get fresh, locally grown organic veggies. It's a "learn by doing" enterprise made possible by support from the Community Supported Agriculture (CSA) Program.

The CPOF attempts to provide an abundant, market quality and diverse shares to all CSA members each and every week. As you've likely noticed, some weeks the shares are more abundant or more picture perfect than others. That's because the conditions in the field change week by week. For instance, this week it's especially HOT, this causes the garden pests we normally contend with to become even more active. Also, this week, students are gearing up for mid-terms, which inevitably means more than usual will be unable to make it to work their assigned shift. Some weeks we might be able to dedicate 46 "human" hours to harvesting CSA veggies while the next week might have to get by on only 30 hours.

At the Cal Poly Organic Farm, one thing we've learned is that we MUST be adaptable to the change. As customers of our CSA, it helps to be adaptable as well.

Our **hope** is that you will enjoy the adventure of discovering what is included in your share each week. Our **promise** is that we will try our best considering the changing circumstances. Our **guarantee** is that students and community members are learning about growing wholesome food in a sustainable way at the CPOF.

The direction in which education starts a man will determine his future life.
~ Plato

Food is our common ground, a universal experience.
~ James Beard

Special Projects:

Students from Introduction to Industrial and Manufacturing Engineering visited the CPOF for a tour on Monday, 10/20 and Wednesday, 10/22.

Youth Garden Opportunities:

Los Osos preschool students and a local Girl Scout troop will be visiting the CPOF on Friday, 10/24. To schedule a Farm visit for a local youth group, please e-mail Maria Harkleroad at: mharkler@calpoly.edu or call: 805-756-6139.

News and Articles:

'Farmer in Chief' By MICHAEL POLLAN, Published: October 9, 2008 Visit:
http://www.nytimes.com/2008/10/12/magazine/12policy-t.html?_r=1&oref=slogin

Week 6

October 27 – November 2, 2008

Full Shares expect 10-12 items

Small Shares expect 8-10 items

from the following list:

Peppers
Winter Squash
Head Lettuce
Potatoes
Beans
Spicy Salad Mix or Chives (Mixed)
Eggplant or Beets
Apples (Swanton)
Cauliflower (BoniPak)
Celery (BoniPak)
Broccoli (BoniPak)
Summer Squash (TKP Farms)

Unless otherwise noted, all vegetables are certified organic.

Unless otherwise noted, all vegetables are from the CPOF.

www.calpolyorgfarm.com

Upcoming Events:

Seed Saver Exchange on Friday, 10/24 at the SLO Public Library from 7 p.m. to 9 p.m. For more information, please contact Elizabeth Johnson at: 543-5364, stteresa@kcbx.net

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.

Stop by the **Green Acres Lavender Farm** in Atascadero for art, music and fun! On **Friday, October 24th**, Café Musique will kick-off a wonderful weekend with an intimate concert right on the farm! Feel free to show up early and bring a picnic. Then, on Saturday October 25th and Sunday October 26th, celebrate local artists with Open Studios Art Tour, a Special Encore Weekend. Call: 805-466-0837 or visit: www.GreenAcresLavenderFarm.com for more information.

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

Vegetable of the Week- 'Tongue of Fire' Bush Beans

(Phaseolus Nanus) Tongue of Fire produces 15cm long, stringless red streaked beans with excellent flavor. Pick young pods regularly for vegetable use.

These Italian Bush Beans are highly decorative with flat wide pods of buff with red mottling. The seeds are also speckled red and buff yellow. Young string-less Beans can be used as a snap Bean or mature Beans can be shelled or dried for further use. Delicious.

Recipes

Green Bean Salad with Tuna Sauce and Olives

<http://www.epicurious.com/recipes/food/views/GREEN-BEAN-SALAD-WITH-TUNA-SAUCE-AND-OLIVES-108182>

Ingredients:

1 lb green beans, trimmed
1 (3-oz) can white tuna packed in oil, drained and flaked
1/4 cup extra-virgin olive oil
2 tablespoons water
1 1/2 teaspoons fresh lemon juice
1 teaspoon anchovy paste
2 tablespoons Niçoise or other small brine-cured black olives
2 tablespoons fresh flat-leaf parsley leaves

Preparation:

Cook beans in a large pot of boiling salted water, uncovered, until crisp-tender, 4 to 5 minutes. Drain in a colander and immediately transfer to a large bowl of ice and cold water to stop cooking. When beans are cold, drain and pat dry with paper towels, then arrange on a platter and season with salt.

Purée tuna with olive oil, water, lemon juice, and anchovy paste in a blender, scraping down sides as necessary, until very smooth. Season sauce with salt and pepper and spoon over beans. Scatter olives and parsley leaves on top.

Wild Rice with Butternut Squash, Leeks, and Corn-

Compliments of Bon Appetit and thank you to a fellow CSA member for submitting this recipe!!!!

Ingredients: 1 1/2 cups wild rice (about 9 ounces)
2 teaspoons coarse kosher salt
3 cups 1/2-inch cubes peeled butternut squash (from 1 1/2-pound squash)
3 tablespoons olive oil
6 tablespoons (3/4 stick) butter, divided
1 1/2 cups finely chopped leeks (white part only)
1 1/2 cups frozen white corn kernels, thawed
1 tablespoon chopped fresh Italian parsley

Preparation: Rinse rice in strainer under cold water; drain. Bring 6 cups water and 2 teaspoons coarse salt to boil in large saucepan. Add rice; bring to boil. Reduce heat; simmer uncovered until rice grains begin to split and are tender but still slightly chewy, about 45 minutes. Drain. Spread on rimmed baking sheet to cool. Transfer to bowl. DO AHEAD Can be made 1 day ahead. Cover and chill.

Preheat oven to 350°F. Oil rimmed baking sheet. Toss squash cubes and 3 tablespoons oil in medium bowl. Spread squash in single layer on prepared sheet; sprinkle with salt and pepper. Roast just until tender but firm enough to hold shape, stirring occasionally, about 15 minutes. Transfer squash to bowl. Cool. DO AHEAD Can be made 1 day ahead. Cover and chill.

Melt 4 tablespoons butter in large skillet over medium heat. Add leeks and 3/4 cup water; simmer until leeks are tender, about 7 minutes. Add corn; simmer 2 minutes longer. Add rice and butternut squash; simmer until heated through and liquid is absorbed, about 4 minutes. Stir in 2 tablespoons butter and parsley. Season with salt and pepper. Transfer to bowl and serve.

TIP: Some kinds of wild rice take longer to cook than others. The rice is fully cooked when the grains are tender but still chewy and beginning to split. Be sure to test the rice before draining.

Cauliflower And Celery Soup Recipe

Ingredients:

1 cauliflower, washed, cut in small pieces

½ stalk celery, washed, cut in small pieces

1 cup milk, scalded

4 cups water

3 tablespoons butter

Prep:

Put all ingredients in a stew pan.

Cover.

Let cook for about 20 minutes.

Then serve.