



## Cal Poly Organic Farm Community Supported Agriculture Newsletter

### Welcome to Week 7!!!!

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

Please call: 805-756-6139 or e-mail:  
orgfarm@calpoly.edu.

**You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients.**

~ Julia Child (1912-2004)

**Special Projects:** Approximately 40 volunteers donated their time and energy to the CPOF last Saturday and helped harvest winter squash, prep tomato beds, weed, water and mulch. Thanks to the folks who volunteered and Student Community Services who coordinated Make a Difference Day, a national day of service, at Cal Poly.

#### Upcoming Events:

**Cal Poly Plant Shop** is having a special **Halloween**

**Sale** on Friday, 10/31 and Saturday, 11/1 from 10 a.m. to 5 p.m. The Poly Plant Shop is located in Bldg. 48 on Via Carta, which intersects with Highland Drive. The Plant Shop is offering 50% off 1 gallon nursery plants with other items discounted as well. Be on the lookout for beautiful Belgian Mums. For more information, about the Poly Plant Shop, visit: [www.polyplantshop.com](http://www.polyplantshop.com)

**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 Tuesdays and Thursdays 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.

**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)

### Week 7

*November 3 – November 9, 2008*

*Full Shares expect 10-12 items*

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

Bell Peppers  
Mixed Spicy Peppers  
Winter Squash  
Head Lettuce  
Potatoes or Tomatoes  
Eggplant or Beets  
Radishes  
Arugula  
Beans  
Spicy Salad Mix  
Walnuts (CP Orchard Enterprise-  
CONVENTIONAL)  
Apples (Swanton Pacific Ranch/Fair Hills)

Unless otherwise noted, all vegetables are certified organic.

Unless otherwise noted, all vegetables are from the CPOF.

**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)

### **Volunteer Opportunities:**

This Saturday there are two volunteer opportunities being offered by the Environmental Council. The Environmental Council can be reached at: 805-756-5834 or by e-mail at: [environcouncil@gmail.com](mailto:environcouncil@gmail.com)

- 1) Beach Clean-up at Avila-For those biking meet at 9am in the administration parking lot and for those interested in carpooling meet at 10am.
- 2) One Cool Earth will be putting wood chips over the ground to help trees grow near the Baseball field parking lot from 11am-1pm. For more information, please contact Lionel at (805) 801-0668 or Greg 760-382-5164!

### **Featured Item- Walnuts**

The walnuts in your share are grown, harvested, dried and packaged by Cal Poly students. Walnuts are a large part of SLO County's agricultural heritage and many organic, smaller, non-irrigated farms still exist today in north county. The Cal Poly walnuts will have dark stains on the shells due to a key walnut pest called the husk fly. The meats (or the nut itself) is not damaged and is delicious! CPOF is proud to support the decision Cal Poly made to not treat the husk fly by purchasing the nuts and offering them to you. With educated consumer pressure, it is the hope that one day this pest will be considered a "non-pest" and not treated for. We hope you agree, that the damage the husk fly does is cosmetic!

Tips from [www.healthcastle.com/walnuts-benefits-heart.shtml](http://www.healthcastle.com/walnuts-benefits-heart.shtml):

Walnuts add a flavorful crunch to dishes. Here are some simple ideas to incorporate walnuts in your diet:

- instead of snacking on cookies, crack some walnuts open and eat them as snacks
- instead of using meat, toss toasted walnuts in your salad or pasta to add some crunch
- instead of layering pepperoni, use chopped walnuts in your pizza
- instead of eating bacons or eggs, use walnuts as a protein choice by sprinkling chopped walnuts in your oatmeal or breakfast cereal

## **Recipes**

### **Toasty Walnut Hummus Recipe**

#### **Ingredients:**

1/2 cup California walnuts  
3 Tbsp. walnut oil  
1 garlic clove quartered  
1-1/4 oz. can chickpeas or garbanzo beans, drained and rinsed  
1/4 tsp. orange zest  
1/4 cup orange juice  
1 tsp. salt  
1/4 tsp. pepper  
6 6" pita bread, cut into eighths, toasted

#### **Directions:**

- 1) Toast walnuts in 350F oven for 8 minutes or until golden brown. Cool to room temperature.
- 2) Combine toasted walnuts with oil and garlic and puree in food processor or blender until smooth.
- 3) Add chickpeas, orange zest, orange juice, salt and pepper and continue to blend to an even, smooth consistency. Adjust seasoning if necessary.
- 4) Serve hummus in small serving bowl alongside toasted pita bread or with crudites.

Yield: 2 cups Serves 24 Calories 93 Fat - Total 4g Protein 3g Saturated Fat Og Carbohydrates 13g Cholesterol  
Omg Dietary Fiber 1g Sodium 227mg

Optional applications: Use leftover hummus as bread spread in a sandwich or with tabbouleh and grilled or roasted vegetables for a complete vegetarian meal.

### **WALNUT, ARUGULA AND GORGONZOLA CROSTINI**

#### **Ingredients:**

Butter, room temperature  
18 1/4-inch-thick diagonal baguette bread slices  
6 tablespoons chopped toasted walnuts  
3 ounces Gorgonzola cheese, crumbled  
3 tablespoons finely chopped arugula  
Arugula leaves

#### **Directions:**

Preheat oven to 400F. Spread butter over 1 side of each baguette slice. Arrange baguette slices on baking sheet, butter side up. Bake baguette slices until golden, about 12 minutes. Cool.

Reduce oven temperature to 350F. Mix walnuts, Gorgonzola and arugula in medium bowl. Spoon nut-cheese mixture evenly atop baguette toasts, pressing to adhere. Season toasts with pepper. Bake toasts just until cheese melts, about

6 minutes. Cool crostini slightly. Arrange crostini on platter. Garnish platter with arugula leaves and serve.

### **Walnut-Baked Brie Recipe**

#### **Ingredients:**

1 (8 oz.) round Brie  
2 tbsp. brown sugar  
1/4 c. walnuts, toasted and coarsely chopped

#### **Directions:**

Remove top rind from Brie. Cut cheese into 6 wedges; place on lightly greased baking sheet. Sprinkle cheese with brown sugar & walnuts. Bake at 450 for 2-3 minutes or just until soft. Serve immediately. 6 servings.

### **Black Walnut Pesto Recipe**

#### **Ingredients:**

- 1 cup olive oil, plus about 2 Tablespoons for basting
- 1 head elephant garlic
- 1/2 cup fresh basil leaves
- 1/4 cup fresh cilantro or parsley leaves
- 1 cup walnuts
- 1 cup pine nuts
- 1/2 cup black walnuts
- 1/4 cup dark-colored miso
- 1/4 cup lecithin granules

#### **Preparation:**

Preheat the oven to 375 degrees F.

In a covered, oiled casserole dish, bake the garlic for 40 minutes, basting occasionally with the 2 tablespoons of olive oil. Let cool and then peel.

Meanwhile, in a food processor or by hand, chop the basil and cilantro or parsley. Add the garlic and process or chop again. Add the walnuts and pine nuts. Process or chop until finely chopped.

Add the miso, lecithin, and remaining cup of olive oil and process until well mixed.

Black Walnut Pesto will keep, tightly covered, in the refrigerator for up to 3 weeks, covered with a thin layer of olive oil. Serve it on pasta, as a dip, or as a spread for crackers or bread.

Yield: 3 cups

## **Egg, Nut and Mushroom Pate Recipe**

Prep Time: 15 minutes

Cook Time: 5 minutes

### **Ingredients:**

- 1 large yellow onion, peeled and sliced thin
- 1 large clove garlic, peeled and minced
- 1/4 pound mushrooms, wiped clean and sliced thin
- 1/2 cup butter or margarine
- 6 hard-cooked eggs, peeled and quartered
- 1 cup walnuts
- 1/2 cup unblanched almonds
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- 1/4 teaspoon pepper

### **Preparation:**

In a heavy skillet over medium heat, saute onion, garlic, and mushrooms until soft, but not browned, stirring often. Remove from heat and let cool.

In the bowl of a food processor fitted with the metal blade, place hard-cooked eggs, walnuts, and almonds. Pulse about 5 times until minced. Add cooled onion mushroom mixture, Worcestershire sauce, salt, and pepper. Process about 5 seconds to combine.

Pour into serving bowl, cover with plastic wrap touching the top of the pate, and refrigerate a least two hours to let flavors meld.

Before serving, let pate sit for 30 minutes at room temperature. Serve with your choice of crackers, melba toast, or toasted bread rounds.

## **Rosemary Walnuts Recipe**

Prep Time: 5 minutes

Cook Time: 10 minutes

### **Ingredients:**

2 cups shelled whole walnuts

2-1/2 Tablespoons butter, melted

2 teaspoons crumbled dried rosemary

1-1/2 teaspoons salt

1/2 teaspoon cayenne pepper

### **Preparation:**

Preheat oven to 350 degrees F.

Place walnuts in a single layer in a shallow pan. Mix together butter, rosemary, salt, and cayenne pepper. Pour over walnuts. Roast in oven about 10 minutes, until browned, shaking occasionally.

Yield: 6 servings