



## Cal Poly Organic Farm Community Supported Agriculture Newsletter

Welcome to Week 3 or Week for our student members!

Cal Poly's **artisan compost**, made from green waste and food waste from campus dining, will be featured in the SLO Tribune this Saturday. Please let us know if you would like to purchase a 5 gallon bucket's worth for \$5 when you pick up your share (email or speak with the greeter). Using compost makes folks realize the power of a biodiverse soil. When the soil is alive and vibrant, plants thrive without chemical inputs.

Melons from an **alum** of the Organic Farm TR Organics is a small farm located in north county that was started from a graduate of Cal Poly who worked at CPOF. Russell worked at CPOF in 2007, the year he graduated and decided to become an organic farmer. We are proud to support him.

Thank you to all of the Sustainable Ag Resource Consortium (SARC) supporters who attended the 2008 fundraiser. At the fundraiser, over \$1000 was donated to help pay for student employee wages.

20 students in the Sustainable Environments minor and its core interdisciplinary courses on environmental design (called "EDes" on campus) are volunteering this quarter at the farm. They have been given a special project to design and build a drainage system for our vegetable wash area. The idea is to direct the veggie wash water into the lower pond and provide a permanent wetland area. If you are interested in this project or this minor please contact the farm office.

### Events and Announcements:

**Solar and Green Building Tour** in Templeton on **Sunday, Oct. 5th** from 1 p.m. to 4 p.m. The San Luis Sustainability Group and Mothers for Peace are hosting the annual tour to benefit the Mothers for Peace scholarship fund. Learn how homeowners use sustainable energy and energy efficient building techniques. Tickets are \$15 for adults and \$10 for students and are available at: Green Goods (805-462-9900) in Atascadero and Pacific Energy (805-544-4700) in San Luis Obispo. For more information, please contact: Evy Justesen at: 805-546-8907 or Bobbe Scott at: 805-541-6099. 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)

**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: [ww.sarc.calpoly.edu/programs/continuing\\_ed.html](http://ww.sarc.calpoly.edu/programs/continuing_ed.html)

### Week 3 (Wk.2 for students) Produce

*October 5–October 11, 2008*

*Full Shares expect 10-12 items*

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

Beans  
Tomatoes  
Summer squash  
Cucumbers  
Peppers  
Eggplant  
Chives  
Corn (Cal Poly/Conventional)  
Melons(HoneyDew)(Tierra Organic)  
Asian Pears (Swift)

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

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

## Veggie Of the Week-Asian Pear

Asian pear: **P. pyrifolia** (Burm. f.) Nak. [syn. *P. serotina* L.]. Also called "Japanese" or "Oriental" pear, or "Nashi". Grown mostly in the Orient, this fruit has been increasing in popularity in the USA over the last 20 years.

**History:** Asian pears originated in China and Japan and have been grown in these countries and certain other Asian nations for at least 3,000 years. Records indicate that Chinese immigrants introduced Asian pears to the west coast of the United States during the 1800s. The greatest concentration of current commercial production is in California and Oregon. Asian pears are often referred to as apple-pears because of their crisp and juicy texture and applelike flavor. However, Asian pears are not crosses between apples and pears. They are primarily selections derived from *Pyrus ussuriensis* (Ussuri pear) and *Pyrus serotina* (Japanese sand pear, formerly *Pyrus pyrifolia*) or complex hybrids of the two species. Asian pears differ genetically from European pears (*Pyrus communis*) and the southern hard pears. Also, Asian pears will ripen on trees like apples.

**Nutrition:** Pears contain about 16 percent carbohydrate and negligible amounts of fat and protein. They are good sources of the B-complex vitamins and also contain vitamin C; in addition, they contain small amounts of phosphorus and iodine.

## Recipes

### Asian Pear Salad

Serves 4-6

<b>8 oz</b>	<b>Asian Pear (thin sliced)</b>
<b>8 oz</b>	<b>Lettuce with spinach</b>
<b>2 oz</b>	<b>Crushed walnuts or pine nuts</b>
<b>2 oz</b>	<b>Blue cheese crumbs</b>
<b>2 tbsp</b>	<b>Your favorite salad dressing</b>

### Preparation

**On a salad dish, make a bed with lettuce or spinach. On top of the lettuce bed, spread with walnuts or pine nuts. Then arrange the Asian pear slices with a sprinkling of blue cheese crumbs. Serve with your favorite salad dressing.**

### Tip

**Include thin slices of leftover beef, chicken, or pork to the salad. With some home made bread, you have a complete meal.**

### Pae Yang Num Jang) - Seasoned Asian Pear Sauce

#### Ingredients

<b>6</b>	<b>tablespoons</b>	<b>soy sauce</b>
<b>5</b>	<b>tablespoons</b>	<b>grated Asian pear (with the juice from grating)</b>

<b>3</b>	<b>tablespoons</b>	<b>vinegar (rice vinegar is preferred)</b>
<b>2</b>	<b>cloves</b>	<b>fresh garlic (crushed)</b>
<b>3</b>	<b>medium</b>	<b>green onion (chopped)</b>
<b>2</b>	<b>tablespoons</b>	<b>sesame oil</b>
<b>2</b>	<b>tablespoons</b>	<b>roasted sesame seed (crushed)</b>
<b>1</b>	<b>tablespoon</b>	<b>hot red pepper powder (use more or less to taste!)</b>
<b>1</b>	<b>tablespoon</b>	<b>sugar</b>
<b>1/4</b>	<b>teaspoon</b>	<b>black pepper (coarse grated)</b>

### **Preparation**

**Place all ingredients in a small bowl and mix well.**

**Serve with vegetable pancakes, steak, tempura, egg rolls, in a small dipping bowl.**

### **Tip**

**Use the sauce for as a vegetable salad dressing, especially with green Romaine lettuce or spinach.**

### **Asian Pear Pecan Cookies ©**

**Makes about 24 -30 soft cookies**

**Preparation Time 20 minutes**

**Cooking time 25 minutes**

### **Ingredients:**

**2-3 asian pears peeled, cored and sliced**

**½ cup sugar**

**½ cup canola oil**

**1 cup all purpose flour**

**1 cup finely ground pecans**

**1 cup rolled oats**

**½ teaspoon ground cinnamon**

**¼ teaspoon baking powder**

**¼ teaspoon baking soda**

**pinch of salt**

### **Preparation:**

- 1. Place the Asian pears in a blender and puree to make 1¼ cup of pear puree. Pour into a Pyrex measuring cup and microwave for 2-3 minutes. Let the mixture cool for about 5 minutes.**
- 2. Preheat your oven to 375 F.**
- 3. Grease two large cookie sheets.**
- 4. Place your pecans in the blender and chop until the nuts are flour texture.**
- 5. Add all dry ingredients to your mixer and mix about 30 seconds.**
- 6. Add the oil and Asian pear puree'. Mix well on high speed 2- 3 minutes.**
- 7. Using a table spoon, place spoonfuls of the mixture onto the prepared cookie sheets.2 -3 inches apart.**
- 8. Place the cookie sheets in the oven for approx 25 minutes or until the edges turn dark brown.**

**9 Remove the cookie sheet and let cool for about 10 minutes.**

**10. Transfer the cookies to a flat plate until the cookies are at room temperature. Enjoy!**