



## Cal Poly Organic Farm Community Supported Agriculture Newsletter

Greetings new and returning CSA members! Thank you for your support of the Cal Poly Organic Farm (CPOF). It's hard to believe but the CPOF CSA began in 2000 with a membership of 25 and has grown to its' current capacity of 300.

Our mission at the Cal Poly Organic Farm is to provide educational opportunities in sustainable and organic agriculture through our on-campus farm. In order to achieve this mission, we operate the CSA program year round. In the past, our CSA members have enjoyed abundant and eclectic varieties of produce that they find in their shares and we are confident that you will too! You might notice that along with the variety, our produce may also have an occasional blemish (due to pest damage) or a bit more dirt than you might find from produce in the grocery store. We try our best to monitor each item we put in the shares in order to maintain a high quality product, however, we are "learning by doing." Please don't hesitate to be in touch with concerns or compliments regarding quality, quantity or service!

This season we are happy to announce that we will be hosting garden based learning activities for children at least once a month during the CSA pick up hours. We will announce the scheduled "Children's Garden Days" in the newsletter, so please be on the lookout.

Thank you for the opportunity to grow for you!

### **Announcements and Events:**

Dr. Tim LaSalle, CEO to the Rodale Institute and guest speaker for the Sustainable Agriculture Resource Consortium (SARC) upcoming fundraiser on **Oct. 2nd**, was recently interviewed by Guy Rathbun on KCBX. Listen to the show online at: <http://kcbx.org/mp3archive/aew080917.mp3>

Buy your ticket now for the gourmet fundraiser dinner 'Taste of the Future' on **Oct. 2nd** to benefit the SARC. More information can be found at: [sarc.calpoly.edu/events/fundraisers.html](http://sarc.calpoly.edu/events/fundraisers.html)

LaSalle will also participate in a **free lecture from 5:30 to 7:00 p.m. Friday, Oct 3**, as part of an 'Organic Industry Summit' featuring leading businesspeople from the organic movement. Open to the public, the event will be in Phillips Hall in the Performing Arts Center at Cal Poly.

**Sat., Sept. 20th** from 9 a.m. to noon - **California Coastal Cleanup Day (CCD)**. For more information, visit: [www.ecoslo.org/programsprojects/coastalcleanupday/](http://www.ecoslo.org/programsprojects/coastalcleanupday/)

**Morro Bay Avocado and Margarita Festival** on the Embarcadero this **Sat., Sept. 20th** from 11 a.m. to 6 p.m. Enjoy live music and fun for everyone! Be sure to swing by and say hello at the Cal Poly Organic Farm's informational booth. For more information, please visit: [www.morrobay.org/cm/Calendar/margaritafest.html](http://www.morrobay.org/cm/Calendar/margaritafest.html) or call the Morro Bay Chamber of Commerce at: 805-772-4467.

### **Week 1 Produce**

*September 22 – September 28, 2008*

**Full Shares expect 10-12 items**

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

Radishes/Spicy Salad mix  
Peppers  
Tomato  
Summer Squash  
Cucumber  
Eggplant  
Kale  
Winter Squash-Delicata  
Beans  
Onion  
Romaine  
Salad Mix  
Honeydew Melon- Tierra Organics, Lockwood  
**Unless otherwise noted, all vegetables are certified organic.**  
**Unless otherwise noted, all vegetables are from the CPOF.**

[www.calpolyorgfarm.com](http://www.calpolyorgfarm.com)

805-756-6139, [orgfarm@calpoly.edu](mailto:orgfarm@calpoly.edu)

**Pozo Green Music Festival** featuring Michael Franti & Spearhead this weekend on **Sat. Sept. 20th** from 2 to 10 p.m. Tickets available at: Cheap Thrills, Aardvarks Music or online at: [www.pozosaloon.com](http://www.pozosaloon.com)

**Windrose Farm Tomato Harvest Day** on **Sunday, Sept. 21**. For more information, please call: 805-239-3757 or e-mail: [bill@windrosefarm.org](mailto:bill@windrosefarm.org)

**SLO County Creek Cleanup Day** on Sat., Sept. 27th from 9 a.m. to noon. For more information, please visit: [www.CreekDay.org](http://www.CreekDay.org)

Looking for local food and agriculture events...be sure to visit: [www.casafestiva.com](http://www.casafestiva.com)

Join Amy White's **Backyard Harvest** effort, a program that makes it possible for home gardeners to donate their unused produce to local food banks. Donations of time and money are needed. For more info., visit: [amyw@backyardharvest.org](mailto:amyw@backyardharvest.org) or call: 265-5440.

**SLO Wellness Workshop** on **Sat., Oct. 4th** from 10 a.m. to 3 p.m. at the Embassy Suites Hotel in San Luis Obispo.

**Solar Home tour** in Templeton on **Sun., 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 in Atascadero and Pacific Energy 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)

## **Fruit of the Week-Honeydew Melon** **Latin:Cucumis melo**

### **History and other tidbits...**

Little is known about the origin of honeydew. The word honeydew is derived from the French variety, White Antibes, which was cultivated in Southern France and Algeria.

Honeydew melons are more of a rugby or American football shape than the usual round shape of a melon, and are typically 15-25cm long. The flesh inside is pale green to yellow, with the peel ranging from green to yellow.

Honeydew is a type of edible melon, which is an excellent source of Vitamin C. Honeydew melons are found either in green or orange flesh. It contains few nutrients and small amounts of potassium. Honeydew is a great source of foliate that has become well known for its power to forbid birth defects and is of great importance to women of childbearing age.

Foliate is an essential component when cells are dividing rapidly because it carries fragments of proteins. One cup of honeydew has just 60 calories and provides 70 percent of our day-to-day requirement of vitamin C. It contains plenty of water too, which can keep us hydrated on a hot summer day.

It is fat-free, cholesterol free, low in sodium, yet delivers 100 percent on the critical energy component found in functional foods. The nutritional value of honeydew melon makes it an excellent choice for both weight control and general health. Honeydew melon helps prevent cardiovascular disease, high blood pressure, diabetes, and cancer.

**Selection and Storage:** A honeydew melon should feel heavy for its size, and it should be firm; soft and squishy melons are overripe. It shouldn't be too firm however; if there is no "give" at all when you press the surface, it's not completely ripe. Another good indicator is to smell the stem end of the fruit, where it was connected to the plant (which usually has a little stub where it was cut off); this should give off a very heady

and strong melon smell when the fruit is ripe. Finally, honeydew melons have a very fine veining on the surface of the fruit that can only be detected by touch when they are ripe.

Honeydew should be kept cool but should not be chilled. Honeydew is one of the few melons that can continue to ripen once picked. Honeydew takes relatively longer than most melons to ripen. When fully ripe, the flesh turns from green to white, is exceptionally juicy and has a melt-in-your-mouth texture. Best ripened at room temperature, but will store well for up to a week at 5-10°C.

## **Recipes**

### **Honeydew BBQ Sauce**

**6 cups Honeydew melon, coarsely chopped**  
**1 Tablespoon Adobo sauce (found in the Latin American/Mexican section of most Supermarkets)**  
**1 6oz can tomato paste**  
**1/4 cup sherry vinegar**  
**1 tsp. ground ginger**  
**1 tsp. ground coriander**  
**1/4 tsp. ground cloves**  
**1 tsp. salt**

Prepare a smooth puree of **Honeydew** in a blender. Cook melon puree with all other ingredients in a saucepan over medium heat, stir occasionally and cook for 30-45 minutes until the sauce is thick. Adjust the seasoning according to your taste. If you want to spice it up, add more Adobo, or cook a Chipotle pepper in the sauce. Store the sauce in airtight jars in the refrigerator.

#### **Variation**

You can use red wine vinegar in place of the sherry vinegar.

### **Melon 'Parfait' with Yogurt**

**1 16-ounce container non-fat strawberry yogurt (or your favorite flavor blended yogurt)**  
**2 C. Low-fat granola**  
**1 C. Cantaloupe, diced or cut into melon balls**  
**1 C. Honeydew, diced or cut into melon balls**  
**Melon, diced or cut into melon balls**  
**1 C. Low-fat whipped topping**

In 4 parfait glasses, spoon 1/4-cup cantaloupe cubes or balls into each glass, drizzle with 1/4-cup yogurt and sprinkle with 1/4-cup granola. Continue to layer melon, yogurt and granola, finishing with watermelon on top. Top with a dollop of whipped topping and a sprinkle of granola to finish. You can try different flavors of yogurt and granola for variation.

### **Green-Tomato and Honeydew Melon Salad**

**1 teaspoon ground cumin**  
**2 tablespoons raw green (hulled) pumpkin seeds (pepitas)**  
**2 tablespoons plus 1/4 teaspoon extra-virgin olive oil, divided**  
**1 tablespoon distilled white vinegar**  
**2 teaspoon finely chopped seeded fresh jalapeño**  
**1 1/2 pounds mixed green tomatoes (not unripe), cut into 3/4-inch wedges**  
**1/2 honeydew melon, cut into 3/4-inch pieces**  
**1/4 cup packed cilantro leaves**

Toast cumin in a dry small heavy skillet over medium heat, stirring constantly, until fragrant and a shade darker, about 1 minute. Transfer to a large bowl.

Add pumpkin seeds to skillet and heat, stirring constantly, until slightly puffed (be careful not to brown them), 2 to 3 minutes. Transfer seeds to a small bowl and stir in 1/4 teaspoon oil and salt to taste.

Whisk together cumin, vinegar, chile, 1/4 teaspoon salt, 1/8 teaspoon pepper, and remaining 2 tablespoons oil in large bowl, then gently toss with tomatoes, melon, and cilantro. Sprinkle with pumpkin seeds.

### **Honeydew Blueberry Soup**

**1 honeydew melon**  
**1 pint blueberries**  
**6 oatmeal cookies**

1. Cut the melon from the rind and into chunks. Puree until smooth in a food processor or blender. Pour into a large bowl and stir blueberries into pureed melon. Chill until quite cold.
2. To serve, ladle soup into individual bowls and crumble an oatmeal cookie over each serving.

### **Prosciutto Wrapped Melon balls**

**1/4 cup lime juice**  
**1 honeydew melon, fruit removed with a melon baller**  
**9 ounces thinly sliced prosciutto**  
**36 sprigs fresh mint**

1. Place melon balls into a bowl, and sprinkle with lime juice. Stir gently to coat. Wrap each ball with a slice of prosciutto, and secure with a sprig of mint. Arrange on a serving tray. Refrigerate until serving.

### **Honeydew Melon Sorbet**

**Honeydew melon**  
**3/4 cups sugar**  
**3 Tablespoons lemon juice**  
**Pinch of salt**  
**3/4 cup vanilla ice cream**

Peel and cut into 1-inch chunks. Puree in a food processor. Measure 4 cups. Add sugar, lemon juice, and a pinch of salt. Stir until the sugar dissolves. Pour into a 9 x 9-inch pan and freeze until just firm.

Spoon into food processor and add vanilla ice cream. Process until smooth. Package in covered plastic containers. Return to freezer. Allow to stand 10 minutes at room temperature before dipping. We often serve this over fresh fruit for breakfast first course.

### **Honeydew Melon Shake**

**1 cup honeydew melon chunks, chilled**  
**1/2 Cup vanilla low fat yogurt**  
**2 teaspoons sugar**

Place all ingredients in a blender or food processor. Process until smooth. Serve immediately