



Cal Poly Organic Farm Community Supported Agriculture Newsletter

Welcome to Week 2 or Week 1 for our student members!

We are proud to announce **RECORD STUDENT ENROLLMENT** in the Fall '08 season of the CPOF's CSA. With approximately 55 student members, we are certainly helping to reduce "food miles" on campus.

We are **nearing capacity for the Fall CSA**, so if you know someone who'd like to join, please have them e-mail: orgfarm@calpoly.edu or call: 756-6139 ASAP. The CSA typically fills to capacity.

This week was a busy one! On Tuesday, Sept. 23rd, we hosted about 50 representative from the University for "An Evening at the Cal Poly Organic Farm" to show of our site and update folks on CPOF happenings. On Friday, Sept. 26th, we participated in a sample Farmer's Market at the Poly Canyon Village during the Village's Open House. Each week, we sell our produce at the Thursday evening SLO Farmer's Market and Saturday morning SLO Farmer's Market and we continue to sell spring mix for inclusion in Campus Market's salad bar.

The Cal Poly Organic was featured in the Sept. 26th edition of the Mustang Daily thanks to reporter Rachel Glas for a very informative article, which is sure to draw even more interest on campus.

Notes from the Field

We're looking forward to head lettuce in a couple weeks, now that the deer are being held at bay. Now, says Production Manager Jerry Mahoney, "we've got the bugs to contend with." We transplanted broccoli and cauliflower which should be ready for your shares come mid-November. and thanks to all the help from CPOF volunteers and students enrolled in Organic Enterprise Coures (CRSC 203) we should have a nice crop of beets, carrots and onions which were weeded this week and should be ready for the shares in late October and we sowed seeds for bok choy, which you can look forward to in about a month and a half.

Events and Announcements:

Tickets are available for the Sustainable Agriculture Resource Consortium's (SARC) fundraiser on **Oct. 2nd**. The family-style dinner, featuring gourmet, sustainably raised ingredients will be prepared under the direction of **The Park Restaurant's Maegen Loring** in collaboration with **Joanne Currie of Splash Café, Jensen Lorenzen of The Cass House, Pandee Pearson of Adelina's Bistro and Robert Root of The Manse on Marsh**. For more information, please visit: sarc.calpoly.edu/events/fundraisers.html

Dr. LaSalle will also participate in a **free public lecture** from 5:30 to 7:00 p.m. on **Friday, Oct 3**, as part of an 'Organic Industry Summit' featuring: Errol Sober of Amy's Kitchen, Albert Straus of Straus Family Creamery, Will Daniels of Earthbound Farm, and Peggy Miars of California Certified Organic Farmers from the organic movement. Open to the public, the event will be in Phillips Hall in the Performing Arts Center at Cal Poly. This event is free and open to the public.

Dr. Tim LaSalle, CEO to the Rodale Institute, was recently interviewed by Guy Rathbun on **KCBX**. Listen to the show online at: <http://kcbx.org/mp3archive/aew080917.mp3>

Week 2 (Wk.1 for students) Produce

*September 29 –October 5, 2008
Full Shares expect 10-12 items
Small Shares expect 8-10 items
from the following list:*

Beans (green and flat)
Tomatoes (heirloom, roma and slicing)
Onion
Cucumber
Peppers (colored and hot)
Summer squash
Eggplant
Winter Squash (Delicata)
Asian Pear (Vintage Organics Farm, SLO)
Apples, Jonigold and Gala (Swanton Pacific Farm, Organic)

Unless otherwise noted, all vegetables are certified organic.

Unless otherwise noted, all vegetables are from the CPOF.

www.calpolyorgfarm.com

SLO County Creek Cleanup Day on Sat., Sept. 27th from 9 a.m. to noon. For more information, please visit: www.CreekDay.org

Check out the **Eco-Expo** at the San Luis Obispo Botanical Garden on **Saturday, October 4th** at the Oak Glen Pavilion at the El Chorro Regional Park from 1 p.m. to 5 p.m. This event is free and open to the public. Dynamic opportunities for building and remodeling “green” will be explored. For more information, please call 805-541-2282 or e-mail: smith@slorealtors.org.

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

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

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

Vegetable of the Week-Delicata Squash

About Delicata Squash

- Winter squash that looks like a fat cucumber with dark green racing stripes and bright orange interior, and becomes creamy, sweet and custard-like when baked.
- The skin when baked is tender enough to eat.
- You can substitute other winter squash in these recipes if you wish. Delicata will store at room temperature for about 4 weeks.

To roast: split in half lengthwise, drop a teaspoon of butter or olive oil into each cavity, add salt, pepper and a teaspoon of brown sugar. Bake at 400 degrees for 40-50 minutes or until tender. Brush the cut surface once or twice with the juices.

Delicata Pupusas-from “Vegetarian Planet” by Didi Emmons

2 medium delicate squashes

2 ¼ cups masa harina

1 tsp. salt

½ teaspoon fresh-ground pepper

3 ounces graded smoked cheese, such as Jack, cheddar, Gouda or mozzarella (about ¾ cup)

1 cup water, room temperature

2 tablespoons olive oil

4 tablespoons of sour cream (optional)

Hot sauce

- 1) Preheat oven to 400 degrees. Cut squash lengthwise, spoon out seeds, lay halves (cut side down) into casserole dish and bake 40-50 minutes. Let cool, spoon out flesh and put into large bowl (include tender skin, if desired)
- 2) Add masa harina to bowl. Mix in salt and pepper. Add cheese and mix well. Add water, mix until dough is smooth

- 3) On a lightly floured surface, form a 3-inch wide patty from a large spoonful of masa dough. Form seven more patties from remaining dough (soft and fragile)
- 4) Place large skillet over medium heat. When hot, add 1 tablespoon of olive oil. Fry four pupusas for 5 minutes per side until they form a golden crust on both sides. Transfer to a plate and keep warm on low heat in oven. Fry remaining pupusas in same manner. Serve with dollops of sour cream and sprinkle with hot sauce, as desired.

Squash with Herbs

from: www.seedsofknowledge.com/delicata.html

Ingredients:

2 medium winter squash (about 2 pounds)
3 tablespoons butter
1/4 cup fresh sage, chopped
1 tablespoon fresh rosemary, chopped
1 1/2 cups apple cider or juice
1 cup water
2 teaspoons wine or herb vinegar
1 teaspoon salt
freshly ground pepper to taste

If using delicata squash, peel it with a vegetable peeler, then cut it lengthwise in half, and scrape out the seeds. Cut each piece in half again lengthwise, then crosswise into 1/2-inch-thick slices. Other squash should be peeled, seeded, cut into 1x 1/2 inch pieces. Melt the butter in a large skillet over low heat. Add the sage and rosemary and cook until the butter just begins to turn color-3to5minutes. Add the squash to the skillet, then the apple cider, water, vinegar, and salt. Cook stirring occasionally, over medium heat at an even boil until the cider has boiled down to a glaze and the squash is tender, 20 to 30 minutes. Taste and season with pepper and additional salt if needed.

Spicy Squash Soup

Ingredients:

2 1/2 tsp. Cajun seasoning
1 1/2 lb. Delicata or other winter squash
2-3 tsp. fresh ginger, peeled and minced
1 liter milk
2 cup sweet onion, diced
1 cup celery, diced
2 tbsp. minced garlic
4 tsp. olive oil
10 oz. frozen corn kernels
10 oz. frozen green beans
3/4 cup fresh basil leaves, chopped

Trim edges of squash, cut into four pieces, remove seeds. Steam 12-15 minutes until soft. Scrape the squash from the skin into a blender, add ginger and 2 1/2 cups milk; purée. Sauté onion, celery and garlic in 3 tsp. olive oil until onions are soft. Reduce heat to low, stir in Cajun spice mix. Stir for 30 seconds, add squash purée and remaining milk. Bring to a boil, simmer for 15 minutes. Add corn and green beans and continue to simmer. Stir in basil. Season with salt to taste.

Tossed Chicken or Turkey Salad with Pears and Blue or Feta Cheese

Better Homes and Gardens-"Salads-Cooking for Today"

Ingredients:

Mixed greens
Cooked chicken or turkey cut into bite-size strips
2 medium pears (cored and sliced)
1 large tomato (cut into wedges)
2 tablespoons walnut oil or olive oil
2 tablespoons white wine vinegar

1 tablespoon snipped fresh basil or 1 teaspoon dried basil (crushed)

¼ teaspoon dry mustard

1/8 teaspoon pepper

½ cup broken walnuts

1/3 cup crumbled blue cheese or feta cheese

Combine mixed greens, chicken or turkey, pear slices and tomato wedges. Toss lightly.

Dressing:

In screw-top jar combine walnut oil or olive oil, vinegar, basil, mustard and pepper. Cover and shake well.

Pour over salad. Toss lightly.

Garnish:

Sprinkle with walnuts and cheese.

Delicata Squash Stuffed with Curried Wild Rice

Cooked couscous can be substituted for the wild rice in this dish.

3 delicata squash, halved and seeded

2 tablespoons unsalted butter

1/2 cup minced onion

2 teaspoons curry powder

1 teaspoon ground cinnamon

1/2 teaspoon black pepper

1/4 teaspoon cayenne pepper

2 Granny Smith apples, peeled, cored and minced

1/2 cup raisins

1/2 cup chopped cashews

1 cup cooked wild rice

1/3 cup plain yogurt

1/3 cup mango chutney

Preheat oven to 350 degrees F. Place squash halves, cut sides down, on a baking sheet. Bake for about 20 minutes, or just until the squash is not quite cooked through. Remove from the oven and set aside.

Heat butter in a large saucepan over medium heat, and add the onions. Sauté onions for 5 minutes or until translucent. Add the curry, cinnamon, pepper and cayenne, and toss well. Add the apples, raisins and cashews, and continue cooking until the apples are soft. Add the rice, yogurt and chutney, and toss well.

Divide the curried vegetables equally between the squash halves. Bake the squash for 25 minutes, or until they are tender and the stuffing is heated through.

Serves 6.

From "Vegetarian Times Complete Cookbook," 2005.

Apple Crips Recipe

Fill a 9x13 cake pan half-full of sliced apples. Sprinkle 1/2 c white sugar over the top of the apples. Sprinkle the oatmeal/brown sugar mixture over the top of the apples. Bake at 350 for 45 to 50 minutes. Awesome served warm with ice cream!

Grilled Apples

Grill sliced apples over medium heat for 2 minutes. Flip, add brown sugar over top, cook for 3 minutes. Remove from grill, serve warm.