



Cal Poly Organic Farm

Community Supported Agriculture Newsletter

CPOF ANNOUNCEMENTS

* **Open Farm/Earth Day Celebration at the Cal Poly Organic Farm this Saturday, 4/19 from 11 a.m. to 4 p.m.** Join us from 11 a.m. to 4 p.m. for Farm tours at 10 after the hour and activities. **DIRECTIONS** From Santa Rosa/Hwy 1 North turn onto Highland Dr. Turn left onto Mt. Bishop Rd. Follow Mt. Bishop Rd. for about 400 yards. Where the paved road veers left, follow the dirt road on the right. Pass the Veterinary clinic on the left, and go up the hill past the rodeo. The farm is on the right side, across from the composting area. Please park outside the gate.

* **Earth Day SLO 2008, Saturday, April 26**
Arbor Day Celebration, Laguna Lake, 9 a.m. to noon
Green Living Expo, Mission Plaza, noon to 5 p.m.

The Earth Day Alliance and the City of San Luis Obispo will hold back-to-back events, creating the largest Earth Day event ever in SLO County. As Arbor Day SLO plants its final tree in Laguna Lake Park's Commemorative Grove, the Green Living Expo will kick off in the Mission Plaza.

The Green Living Expo will feature at over 50 exhibits that demonstrate and allow visitors to see, feel and interact with an array of green products, services and lifestyle suggestions. Visitors can count on finding earth friendly products, alternative energy sources, clean car options, homemade items, healing arts services, healthy living tools and techniques, life enhancing mini lectures, and entertainment by local musician and dancers. An awarding winning Kid's Zone sponsored by Cal Poly students will educate and activate young minds. Healthy food choices will be available for sale.

* **FREE Healthy Gardening Workshops**
Friday, April 25th in Morro Bay
Saturday, April 26th in Los Osos.

The City of Morro Bay and County of San Luis Obispo are hosting the workshops that will run from 9 a.m. to noon and will cover techniques for sustainable, healthy gardening including water quality issues and the connection between gardening practices and water quality, the importance of soil health, choosing appropriate plants, and Integrated Pest Management (IPM) practices. The presenter is Debi Tidd, who has over 30 years of experience teaching and developing

Week 3 Produce

April 20 – April 26, 2008

Full Shares expect 10-12 items
Small Shares expect 8-10 items
from the following list:

Arugula – *Arugula is a tasty addition to other salad greens, and goes well on sandwiches, in chicken and tuna salads, egg dishes, pasta and tomato dishes, and sautéed vegetables.*

Tangelos* (CP Fruit Science) – *Vitamin C is the primary water-soluble antioxidant in the body, disarming free radicals and preventing damage in the aqueous environment both inside and outside cells.*

Carrots – *Easy to pack and perfect as crudité for that favorite dip, the crunchy texture and sweet taste of carrots is popular among both adults and children.*

Beets - *The greens attached to the beet roots are incredibly rich in nutrients, concentrated in vitamins and minerals as well as carotenoids such as beta-carotene and lutein/zeaxanthin.*

White Butter turnips - *Turnip greens' boast significant amounts of each member of a stellar antioxidant combination: vitamin C, vitamin E and beta-carotene.*

Kale – *Combine chopped kale, pine nuts and feta cheese with whole grain pasta drizzled with olive oil.*

Red Butter lettuce - *Perfect for salads!*

Braising greens- *Toss braised greens with pressed garlic, fresh lemon juice and olive oil. Sprinkle with a little Parmesan cheese.*

Radishes – *Radishes are rich in ascorbic acid, folic acid, and potassium, as well as a good source of vitamin B6, riboflavin, magnesium, copper, and calcium.*

Bunched onions – *Sautéed chopped onions are so versatile that they can be added to most any vegetable dish.*

Kohlrabi – *With taste and texture similar to those of a broccoli stem or cabbage heart, but milder and sweeter, kohlrabi can be eaten raw as well as cooked.*

Escarole – *This form of endive is a salad green that can make the difference between ordinary and outstanding.*

Strawberries (Avant) - *Layer sliced strawberries, whole blueberries and plain yogurt in a wine glass to make a parfait dessert.*

Sugar Peas- *(TKP Farms)- Sweet and tasty!*

* *Not certified organic; sustainable.*

Unless otherwise noted, all vegetables are certified organic.
Unless otherwise noted, all vegetables are from the CPOF.

www.calpolyorgfarm.com

curriculum, and is currently the Education Director at The Gardens at Heather Farm in Walnut Creek. Reservations are required, so contact Rachel Grossman at 805-772-6270 or rgrossman@morro-bay.ca.us to reserve your spot!

* **Gathering of the Gardeners** in Cambria, CA on Saturday, May 3rd and 4th For more information, visit: www.gardenersevents.com/gogcambria.htm

* If you would like more information on any of the events/opportunities listed above or would like to volunteer please e-mail orgfarm@calpoly.edu or call 756-6139.

VEGETABLE OF THE WEEK: SALAD GREENS

Iceberg lettuce used to have the market cornered when it came to consumer lettuce purchases. It was readily available and easy to prepare, but unfortunately it was, and still is, the least nutritious of all lettuce varieties. Although iceberg lettuce is still extremely popular, Americans have a great variety of other salad greens to choose from these days: butterhead, Bibb, looseleaf, romaine, watercress, arugula, oak leaf, escarole, radicchio, those aesthetically pleasing spring mixes, and a host of local greens when in season. These greens, along with supermarkets full of wonderful, new regular and low-fat dressings and other salad accoutrements, have helped Americans become salad-savvy. We now consume over five times more lettuce per person than we did a century ago. With the addition of these more nutritionally beneficial varieties, American salads have become even healthier for us than before.

Varieties

There are four main types of lettuce typically found in most supermarket produce departments, and many varieties within each type.

- * **Crisphead lettuce, or Roundhead lettuce**, is best characterized by the ever-popular iceberg lettuce. The least nutritious of the salad greens, this pale green lettuce takes on the cabbage appearance with its leaves more tightly packed together. An example is the Iceberg lettuce. It's known for the crispy texture and very mild flavor.
- * **Butterhead lettuce** has loose heads, grassy green leaves, butter texture, mild flavor. Good examples are Boston lettuce, which looks like a blooming rose, and Bibb lettuce that has a small cup-shaped appearance. Loose heads, grassy green leaves, butter texture, mild flavor. Good examples are Boston lettuce, which looks like a blooming rose, and Bibb lettuce that has a small cup-shaped appearance.
- * **Romaine or Cos lettuce** has a loaf-shaped appearance with long, dark green, upright outer leaves that often feature a white central spine. As you reach the center, the leaves become smaller and more yellow. The outer leaves can be quite sturdy, while the inner leaves, often used in Caesar salads are on the tender side.
- * **Loose-leaf or bunching lettuce** does not form a head like crisphead or butterhead lettuces, instead, their leaves grow in loose bunches on a stalk. **Red leaf and green leaf lettuces** are the most common varieties in this category, and both have curly, ruffled leaves, and their crispness falls somewhere in between butterhead and romaine lettuces.



Other specialty salad greens that may be available at selected supermarkets include **watercress, mache, and arugula and endive**.

- * **Arugula** looks a little like dandelion greens and watercress, and is a member of the cruciferous vegetable family. Look for bunches with small to medium bright green leaves, in the 2" to 3" range, as these typically taste the best. Arugula is wonderful with fruit in salads, and is of course a tasty addition to green salads as well.
- * **Endive** includes Belgian endive, curly endive, frisee, and escarole. **Escarole** has sturdy leaves and a slightly bitter flavor. Young escarole leaves are tender enough to add to salads, otherwise escarole is best cooked as a side dish or used in soups.



Nutrition

Most dark greens are good sources of Vitamin C, beta-carotene, iron, calcium, folate, and dietary fiber. The rule of thumb is, usually, the darker the greens, the more nutritious the leaf.

Selection and Storage

Lettuce is a delicate vegetable and great care should be taken when selecting and storing. Most lettuce is showcased on ice or in refrigeration. When selecting your leaves, be sure that they are fresh and crisp, with no signs of wilting, slim, or dark spots or edges. Remember when selecting your lettuce that the darker outer leaves are the most nutritious.

Lettuce tends to keep well in plastic bags in the crisper section of the refrigerator. Iceberg lettuce keeps the best, lasting around two weeks, while Romaine, ten days, and butterheads types and endives lasts approximately four days. The very delicate greens don't last very long, so it's best to buy only as much as you need at one time and use immediately.

Salad greens should not be stored near fruits that produce ethylene gases (like apples) as this will increase brown spots on the lettuce leaves and increase spoilage. Greens that are bought in bunches should be checked for insects. Those leaves that have roots should be placed in a glass of water with a bag over the leaves and then placed in the refrigerator.

Preparation

Generally lettuce is eaten raw, so consider removing any browned, slimy, or wilted leaves. For all lettuce types, you should thoroughly wash and 'dry' the leaves to remove any dirt or lingering insects. If you eat lettuce often, it's wise to invest in a salad spinner. Simply rinse the leaves and place in the spinner to remove the excess water.

In addition to their most common use in salads, you can also braise, steam, sauté and even grill certain lettuce varieties to create a wonderful and different taste treat. Try halving a head of radicchio or romaine lengthwise, and brush on some extra virgin olive oil, and grill until they soften and just begin to brown-absolutely delicious.

A Few Quick Serving Ideas:

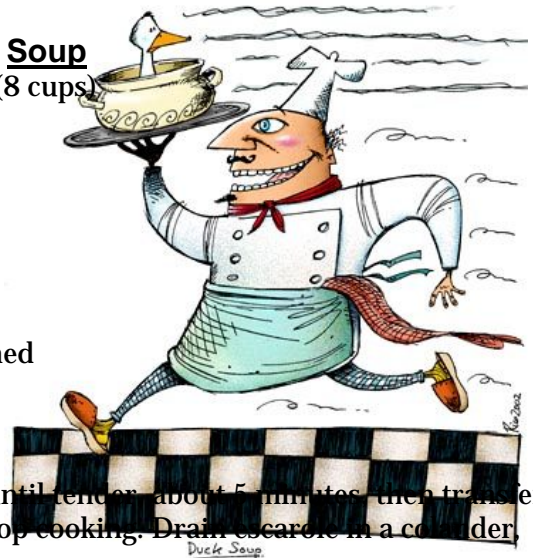
- * Add lettuce to ALL your sandwiches.
- * Try a different mix of lettuce like European or baby greens for a tasty twist to your usual salad.
- * Grilling tonight? Why not try spritzing some extra virgin olive oil onto romaine or radicchio leaves and grill until slightly soft — these make an excellent hors d'oeuvre.
- * Get creative; include any variety of lettuce into meals as plate liners you can eat!

Escarole and White Bean Soup

- 1 head escarole (1 lb), tough ribs discarded and leaves thinly sliced (8 cups)
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 large garlic clove, chopped
- 1 large celery rib, cut diagonally into 1/8-inch-thick slices
- 2 carrots, cut diagonally into 1/8-inch-thick slices
- 2 (13 1/2- to 14 1/2-oz) cans chicken broth or vegetable broth
- 3 cups water
- 1 (16- to 19-oz) can white beans such as *cannellini*, rinsed and drained

Accompaniment: grated Parmesan

1. Cook escarole in a 6- to 8-quart pot of boiling salted water until tender, about 5 minutes, then transfer with slotted spoon to a large bowl of ice and cold water to stop cooking. Drain escarole in a colander, pressing gently to remove excess water.
2. Heat oil in a 5- to 6-quart heavy pot over moderately high heat until hot but not smoking, then sauté onion, garlic, celery, and carrots, stirring occasionally, until golden, about 8 minutes.



3. Add chicken broth and water and bring to a boil, then add escarole and beans and simmer, uncovered, until carrots and celery are tender, about 10 minutes. Season with salt and pepper. *Makes 4 servings.*

Arugula and Endive Salad with Pine Nuts and Parmesan

3 tablespoons pine nuts
2 tablespoons extra-virgin olive oil
1-tablespoon fresh lemon juice
Salt and freshly ground pepper
2 Belgian endives, thinly sliced crosswise
One 6-ounce bunch of arugula, thick stems discarded
1 cup cherry or grape tomatoes, halved
1/4-cup Parmesan cheese shavings



1. In a small skillet, toast the pine nuts over moderately low heat, shaking the skillet occasionally, until golden, about 4 minutes. Transfer the pine nuts to a plate to cool.
2. In a large bowl, combine the olive oil with the lemon juice and season with salt and pepper. Add the endive, arugula, tomatoes, Parmesan cheese shavings and the toasted pine nuts and toss thoroughly. Serve right away.

Sweet Potatoes, Apples, and Braising Greens

4 medium sweet potatoes, peeled and cut lengthwise into quarters, then cut crosswise into 1/8-inch slices
5 tablespoons unsalted butter, plus 3 tablespoons melted
1 tablespoon fine sea salt
2 teaspoons freshly ground black pepper
3 medium baking apples, such as Sierra Beauty or Granny Smith, peeled, cored, and cut into quarters
6 cups loosely packed braising greens such as kale, chard, or collard greens, stems removed and torn into 2-inch strips
1/4 cup loosely packed fresh parsley leaves, coarsely chopped

1. Preheat oven to 400°F.
2. On foil-lined baking sheet, toss potato slices with 3 tablespoons melted butter, 1-teaspoon salt, and 1/2-teaspoon pepper. Bake until cooked through and slightly caramelized, about 20 minutes. Keep warm.
3. In heavy medium skillet over moderate heat, melt 3 tablespoons butter. Add apples and sauté until tender and golden brown, about 15 minutes. Keep warm.
4. In heavy large pot over moderate heat, combine remaining 2 tablespoons butter and 3 tablespoons water. Add greens and sauté, stirring occasionally, until wilted, about 5 minutes. Lower heat to moderately low and add sweet potatoes and apples. Continue cooking, stirring occasionally, until warmed through, 3 to 4 minutes. Stir in parsley, remaining 2 teaspoons salt, and 1 1/2 teaspoons pepper. Serve hot. *Makes 10 servings.*

Arugula, Mozzarella, Tomato on Focaccia

3 large vine-ripened tomatoes, cut into 1/4-inch-thick slices
1 red onion, sliced thin
3 tablespoons red-wine vinegar
Freshly ground black pepper
3 cups packed trimmed arugula, rinsed, spun dry, and chopped coarse
Focaccia bread, halved horizontally (enough for 4 sandwiches)
1/2 pound mozzarella, sliced thin (fresh is best)
1 Tbsp mayonnaise (optional)



1. In a large bowl or baking dish combine tomatoes, onion, and vinegar and season with pepper and salt. Marinate 30 minutes.
2. Layer mozzarella, tomatoes, onions and arugula on the focaccia half. Spread some mayonnaise on the top half of the focaccia if desired. Press top half over the bottom, hold together with a couple of toothpicks. *Makes 4 sandwiches.*