



Cal Poly Organic Farm

Community Supported Agriculture Newsletter

www.calpolyorgfarm.com

CPOF ANNOUNCEMENTS

Only **4 weeks remaining** in the CPOF's Spring/Summer 24-week CSA share. If you are unsure of when your share expires, please reply to this e-mail or call: 805-756-6139. CPOF is now accepting membership forms for the Fall/Winter '08-'09 CSA Season. Ensure your spot, enroll today!

Enroll a new member to the program and receive a **complimentary organic cotton canvas tote bag!** Just have the new member mention that they were referred to the program by you.

This Weekend: Local Food highlighted at PALLET TO PALATE events. This will be the last weekend to enjoy the summer celebration of local food producers and the farmer-chef connection! The series of events benefits the Food Bank Coalition of San Luis Obispo County. Don't miss the "Pallet to Palate Conference" on **Sunday, August 17** in Shell Beach from 12:30pm-3pm and the Pallet to Palate featured Event – "Farmer, Chef Reception & Tasting" on **Monday, August 18th** from 5-8 PM! For a full range of event offerings, please visit: www.pallettopalate.com

Next Weekend: Join the Institute of Sustainable Living from 10am-2pm at Oak Creek Commons Co-Housing, 635 Nicklaus St. in Paso Robles on **Saturday, August 23**. Discussion of growing, harvesting, and preparation of local foods, a local chef serving samples of food discussed at the workshop, & a discussion of food as medicine and preserving food traditions. Suggested donation: \$10. For more information e-mail westwolff653@yahoo.com or cmfergoda@earthlink.net

Save these Dates:

1) Clean up SLO County's beaches on **Saturday, Sept. 20th** from 9 a.m. to noon during California Coastal Cleanup Day (CCD). CCD is the country's

largest volunteer event in support of the marine environment and the largest volunteer event in San Luis Obispo County. For more information, please visit: www.ecoslo.org/programsprojects/coastalcleanupday/

Week 20 Produce

August 17 – August 23, 2008

Full Shares expect 10-12 items

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

- * **Summer squash** - Summer squash is an excellent source of manganese and vitamin C.
- * **Cucumbers** - For refreshing cold gazpacho soup, simply purée cucumbers, tomatoes, green peppers and onions, then add salt and pepper to taste.
- * **Head lettuce** - Give sandwiches extra crunch (and nutrients) by garnishing with lettuce leaves.
- * **Peppers** - Brightly colored bell peppers, whether green, red, orange or yellow, are rich sources of some of the best nutrients available.
- * **Potatoes** – These swollen portions of the underground stem are designed to provide food for the green leafy portion of the plant.
- * **Onions** – What would a kitchen be without the distinctively pungent smell and taste of onions?
- * **Eggplant (CPOF and LeFort)** – In addition to featuring a host of vitamins and minerals, eggplant also contains important phytonutrients, many which have antioxidant activity.
- * **Broccoli** – Add broccoli florets and chopped stalks to omelets.
- * **Parsley** – Fresh parsley should be kept in the refrigerator in a plastic bag.
- * **Tomatoes** – There are few vegetables that better mark the summer months than the sweet juiciness of a vine-ripened tomato.
- * **Bush Beans** - Roast green beans, red peppers and garlic, and combine with olive oil and seasonings to make a delicious salad.
- * **Radishes** - To store bunched radishes, remove the leaves, wrap in plastic and refrigerate.
- * **Chives** - Don't overlook chive spears as a garnish.
- * **Celery Root** - Grate, shred, or julienne and serve with salads, slaws, and your vegetable platters.
- * **Basil (Le-Fort Organic Farm)**
- * **Asian Pear, nectarine (Haussler Farm, organic)**

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

2) First Annual Pozo Green Music Festival Featuring Michael Franti and Spearhead on **Sat., September 20th** from 2 p.m. to 10 p.m. at Pozo Saloon.

3) Morro Bay Avocado & Margarita Festival on **Sat., Sept. 20th** from 11 a.m. to 6 p.m. For more information, please visit: morrobay.org/cm/Calendar/margaritafest.html **Volunteers needed to host an informational CPOF booth at the event.**

4) SARC annual FUNDRAISING DINNER to host Rodale CEO Tim LaSalle. The fourth annual fundraiser dinner, "Taste of the Future" will take place on Thursday, Oct. 2 The gourmet dinner will feature sustainably raised ingredients prepared by some of the Central Coast's finest chefs and vintners at the Congregation Beth David's new LEED-certified temple – an inspiring example of 'green' architecture. On **Friday, Oct. 3**, Mr. LaSalle will join leading representatives from California's organic industry at an 'Organic Industry Summit' at Cal Poly from 5:30 – 7:00 p.m. For more info., visit: <http://sarc.calpoly.edu/events/fundraisers.html>

5) 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: www.sarc.calpoly.edu/programs/continuing_ed.html

VEGETABLE OF THE WEEK: TOMATO

The tomato is the fruit of the plant *Lycopersicon lycopersicum* and is a member of the *Solanaceae*, or Nightshade family. The name that this fruit was given in various languages reflects some of the history and mystery surrounding it.

Lycopersicon means "wolf peach" in Latin and refers to the former belief that, like a wolf, this fruit was dangerous. The French call it *pomme d'amour*, meaning "love apple," since they believed it to have aphrodisiacal qualities, while the Italians call it *pomodoro* or "golden apple," owing to the fact that the first known species with which they were familiar may have been yellow in color.

Regardless of its name, the tomato is a wonderfully popular and versatile food that comes in over a thousand different varieties that vary in shape, size and color. There are small cherry tomatoes, bright yellow tomatoes, Italian pear-shaped tomatoes, and the green tomato, famous for its fried preparation in Southern American cuisine.

Only the fruits of this plant are eaten since the leaves contain toxic alkaloids. Tomatoes have fleshy internal segments filled with slippery seeds surrounded by a watery matrix. They can be red, yellow, orange, green, purple, or brown in color. Although tomatoes are fruits in a botanical sense, they don't have the dessert quality sweetness of other fruits. Instead they have a subtle sweetness that is complemented by a slightly bitter and acidic taste. They are prepared and served like other vegetables, which is why they are often categorized as such. Cooking tempers the acid and bitter qualities in tomatoes and brings out their warm, rich, sweetness.



History

Although tomatoes are closely associated with Italian cuisine, they are actually originally native to the western side of South America, including the Galapagos Islands. The first type of tomato grown is thought to have more resembled the smaller-sized cherry tomato than the larger varieties.

The tomato was not cultivated in South America, but rather in Mexico, supposedly because the Mexican Indians were intrigued by this fruit since it resembled the tomatillo, which was a staple in their cuisine. The Spanish conquistadors who came to Mexico shortly after Columbus's discovery of the New World "discovered" tomatoes and brought the seeds back to Spain, beginning the introduction of the tomato into Europe.

Although the use of tomatoes spread throughout Europe and made its way to Italy by the 16th century, it was originally not a very popular food since many people held the belief that it was poisonous since it was a member of the deadly

Nightshade family. They were wise but not fully accurate, as the leaves of the tomato plant, but not its fruits, do contain toxic alkaloids. Yet, due to this belief, tomatoes were more often grown as an ornamental garden plant than as a food for many more centuries in several European countries.

Tomatoes made their way to North America with the colonists who first settled in Virginia, yet did not readily gain popularity until the late 19th century. Since new varieties have been developed and more efficient means of transportation established, tomatoes have become one of the top selling vegetables in this country.

Selection and Storage

- * Choose tomatoes that have a deep rich color, which indicates a greater supply of the health-promoting phytonutrient red pigment, *lycopene*. Tomatoes should be well shaped and smooth skinned with no wrinkles, cracks, bruises or soft spots. They should not have a puffy appearance since this indicates that they will be of inferior flavor and will cause excess waste during preparation. Ripe tomatoes will yield to slight pressure and will have a noticeably sweet fragrance.
- * Store tomatoes at room temperature and out of direct exposure to sunlight. They should keep for up to a week.
- * To hasten the ripening process, place them in a paper bag with a banana or apple since the ethylene gas that these fruits emit will increase the tomato's maturation. If the tomatoes begin to become overripe, but you are not yet ready to eat them, place them in the refrigerator (if possible, in the butter compartment which is a warmer area), where they will keep for one or two more days. Removing them from the refrigerator about 30 minutes before using will help them to regain their maximum flavor and juiciness.
- * Whole tomatoes, chopped tomatoes and tomato sauce freeze well for future use in cooked dishes.

Health Benefits

Tomatoes are an excellent source of vitamin C, vitamin A, and vitamin K. They are also a very good source of molybdenum, potassium, manganese, dietary fiber, chromium, and vitamin B1. In addition, tomatoes are a good source of vitamin B6, folate, copper, niacin, vitamin B2, magnesium, iron, pantothenic acid, phosphorus, vitamin E and protein.

Preparation Tips

- * Before serving, wash tomatoes under cool running water and pat dry.
- * If your recipe requires seeded tomatoes, cut the fruit in half horizontally and gently squeeze out the seeds and the juice.
- * It is especially important when cooking tomatoes to not use aluminum cookware since their high acid content will interact with the metal. This may result in the migration of the aluminum into the food, which will not only impart an unpleasant taste, but more importantly, may have deleterious effects on your health.

A Few Quick Serving Ideas:

- * To make your own tomato paste, simply healthy sauté a couple of cloves of chopped garlic and/or 1-2 large chopped onions a couple of minutes until translucent, then add 8-10 chopped whole tomatoes, a teaspoon of dried or several teaspoons of fresh chopped oregano, basil, and any other herbs you enjoy, such as parsley or rosemary, and simmer for 30-45 minutes. Remove from the heat, drizzle with olive oil, and add sea salt and freshly ground black pepper to taste. For a fancier version, sauté chopped olives and/or mushrooms along with the garlic and onions.
- * Tomatoes are a great addition to bean and vegetable soups.
- * Enjoy a classic Italian salad-sliced onions, tomatoes and mozzarella cheese drizzled with olive oil.
- * Combine chopped onions, tomatoes, and chili peppers for an easy to make salsa dip.
- * Purée tomatoes, cucumbers, bell peppers and scallions together in a food processor and season with herbs and spices of your choice to make the refreshing cold soup, gazpacho.
- * Add tomato slices to sandwiches and salads. To keep things colorful, use yellow, green and purple tomatoes in addition to red ones.

Classic Fried Green Tomatoes

4 to 6 green tomatoes
salt and pepper
Cornmeal
bacon grease or vegetable oil

Slice the tomatoes into 1/4 - 1/2-inch slices. Salt and pepper them to taste. Dip in meal and fry in hot grease or oil about 3 minutes or until golden on bottom. Gently turn and fry the other side. Serve as a side dish - delicious with breakfast!

Fried Green Tomatoes

4 to 6 green tomatoes, sliced 1/4-inch thick
salt and pepper
flour for dusting
2 eggs, beaten

cornmeal or breadcrumbs
bacon grease or vegetable oil

Salt and pepper the tomato slices; dust lightly with flour. Dip slices in beaten egg, letting excess drip off, then coat well with meal or crumbs. Fry in hot grease or oil until browned, turning gently (about 3 minutes each side). Keep warm in a low 200° to 250° oven if frying in batches.

Tomatoes and Feta Cheese with Herb-and-Garlic Dressing

6 tablespoons tarragon vinegar
2 tablespoons chopped fresh oregano or 2 teaspoons dried
1 tablespoon coarse-grained Dijon mustard
1 shallot, minced
1 large garlic clove, minced
1 teaspoon minced peeled fresh ginger
1 cup olive oil
4 large tomatoes, thinly sliced
1/3 cup Kalamata olives or other brine-cured black olives, pitted, chopped
1/3 cup crumbled feta cheese

Combine first 6 ingredients in medium bowl; gradually whisk in oil. Season dressing to taste with salt and pepper. Arrange tomatoes on platter. Sprinkle with olives and cheese. Drizzle with enough dressing to coat. Serve, passing remaining dressing separately. *Serves 4.*

Tomato and Onion Tart

2 large onions (about 1 1/2 pounds), sliced thin
2 tablespoons olive oil
butter pastry dough for a single-crust 12-inch tart
1/2 pound Jack or Gruyère cheese, shredded (about 2 cups)
1/2 pound plum tomatoes cut into 1/2-inch wedges
1/2 pound medium yellow tomatoes (about 2) or 1/2 pound plum tomatoes, cut into 1/2-inch wedges
1/4 cup Niçoise olives, pitted



1. In a large heavy skillet cook onions with salt to taste in oil, covered, over moderate heat, stirring occasionally, until softened, about 20 minutes. Remove lid and cook onions, stirring occasionally, until golden and any liquid evaporates. Remove skillet from heat to cool onions slightly.
2. Preheat oven to 375°F.
3. On a lightly floured surface with a floured rolling pin roll dough into a 14-inch round (about 1/8 inch thick). Fold round in half and transfer to a 12-inch tart pan with a removable fluted rim or a 12-inch quiche dish. Unfold dough, easing to fit, and trim overhang to 3/4 inch. Fold overhang toward center and press against side of pan or dish.
4. Spread onion mixture over dough and top with cheese. Arrange tomato wedges and olives in concentric circles over cheese and season with salt and pepper.
5. Bake tart in middle of oven 1 hour, or until pastry is golden, and cool on a rack. Remove rim of pan if necessary. Serve tart warm or at room temperature.

Butter Pastry Dough

2 cups all-purpose flour
1 1/2 teaspoons salt
1 1/2 sticks (3/4 cup) cold unsalted butter, cut into bits
6 to 7 tablespoons ice water

1. In a large bowl whisk together flour and salt; with a pastry blender or fingertips blend in butter until mixture resembles coarse meal. Add ice water, 1 tablespoon at a time, tossing with a fork, until mixture begins to form a dough.
2. On a work surface smear dough in 3 or 4 forward motions with heel of hand to slightly develop gluten in flour and make dough easier to work with. Form dough into a ball and flatten to form a disk. Wrap dough in plastic wrap and chill 1 hour. Pastry dough may be made 1 week ahead and chilled.

Fusilli with Fresh Tomato and Olive Sauce

1/4 cup olive oil 1 cup Kalamata olives or other brine-cured black olives, pitted, chopped
1 medium onion, chopped
6 garlic cloves, chopped



1/2 teaspoon dried crushed red pepper
1 1/2 pounds plum tomatoes (about 8 large), chopped
2 tablespoons tomato paste
2 tablespoons red wine vinegar
1 pound fusilli, freshly cooked
1 1/2 cups coarsely grated Parmesan cheese (about 4 ounces)
1 cup chopped fresh basil

1. Heat olive oil in heavy large pot over medium-high heat. Add olives, chopped onion, chopped garlic and crushed red pepper and sauté until onion begins to soften, about 4 minutes.
2. Add tomatoes and tomato paste and stir until tomatoes are just warmed through, about 2 minutes. Mix in red wine vinegar.

Add cooked pasta, one cup Parmesan cheese and fresh basil and toss to combine. Season to taste with salt and pepper. Transfer to large bowl. Serve with remaining Parmesan cheese. *Serves 6.*

Herbed Corn on the Cob

12 ears of corn in the husk, stem ends trimmed
1 stick (1/2 cup) plus 1 tablespoon unsalted butter, softened, plus additional for serving
36 sprigs fresh lemon thyme

Special equipment: an 8- to 12-qt stockpot with a tight-fitting lid

1. Shuck corn, leaving husks attached at base. Discard corn silk. Spread about 3/4 tablespoon butter over each cob, then lay 3 thyme sprigs against each cob, pressing them gently into butter. Pull husks back up over corn. Remove 3 pieces of husk and tear into 12 strips total. Tie top of each husk closed with a strip, then let stand 1 hour (for flavors to develop).
2. Bring 1 inch of water to a boil in pot (see cooks' note, below), then stand 4 to 6 ears of corn in pot (depending on size of pot), tied ends up, and steam, covered, moving outer ears to inside once with tongs, until crisp-tender, about 6 minutes. Steam remaining corn, in batches if necessary, in same manner, adding water as necessary. Serve with salt and additional butter on the side. *Makes 12 servings.*

Cooks' notes:

- If you don't have a pot deep enough to stand corn in, use a large roasting pan with a rack. Straddle pan across 2 burners and add just enough water to reach rack. Bring to a boil, and then arrange half of corn in 1 layer on rack. Cover pan tightly with foil and steam about 6 minutes. Repeat with remaining corn.
- Corn can be husked and reassembled with butter and thyme (but not cooked) 1 day ahead and chilled, covered.

Grilled Corn on the Cob with Chile and Lime

6 tablespoons crema mexicana, crème fraîche, or sour cream
1 tablespoon fresh limejuice
1/4 teaspoon chipotle chile powder or ancho chile powder
1/4 teaspoon coarse kosher salt
8 ears of corn with husks
2 limes, halved or quartered
1/4 cup chopped fresh cilantro



1. Mix crema mexicana, fresh limejuice, chile powder, and coarse kosher salt in small bowl to blend. *DO AHEAD Can be made 6 hours ahead. Cover and chill.*
2. Prepare barbecue (medium heat). Remove outer husks from corn, leaving inner pale green husks attached. Fold back inner husks; remove corn silk. Sprinkle corn with salt and pepper. Rewrap inner husks around corn. Grill corn until husks are charred and beginning to pull away and corn is tender, turning frequently, about 10 minutes. Grill lime quarters until lightly charred, about 5 minutes.
3. Pull husks away from corn to expose kernels. Place corn and lime on platter. Brush corn with crema-lime mixture. Sprinkle with cilantro. *Makes 8 servings.*

Roasted Potatoes and Onions with Wilted Greens

1 pound small red potatoes (each about 1 inch in diameter)
1 medium red onion, halved lengthwise and cut lengthwise into 1/2-inch-thick slices
1 tablespoon olive oil



1/4 pound spinach or arugula, coarse stems discarded, leaves washed well and spun dry (about 3 cups)
2 teaspoons cider vinegar, or to taste

1. Preheat oven to 450°F.
2. Cut potatoes in half (quarter any larger potatoes). In a shallow baking pan toss potatoes and onion slices with oil and season with salt and pepper. Roast potatoes and onions in middle of oven, stirring occasionally, until lightly browned and tender, about 25 minutes.
3. Transfer hot potatoes and onions to a bowl. Add spinach or arugula, vinegar, and salt and pepper to taste, tossing until greens are wilted. Serve dish warm or at room temperature. *Serves 2 as a side dish.*

Kasha with Browned Onions and Walnuts

1 cup coarse kasha (roasted buckwheat groats)
1 large egg, lightly beaten
2 cups boiling-hot water
3/4 teaspoon salt
1/2 teaspoon black pepper
3/4 cup walnuts (3 oz), coarsely chopped
1 1/2 tablespoons unsalted butter
2 tablespoons olive oil
1 medium onion, coarsely chopped
2 teaspoons fresh thyme leaves
3 tablespoons chopped fresh flat-leaf parsley

1. Stir together kasha and egg until coated well, then cook in a dry 3 1/2- to 4-quart heavy saucepan over moderate heat, stirring constantly, until grains smell toasty and begin to separate, about 2 minutes. Add boiling-hot water, 1/2 teaspoon salt, and 1/4 teaspoon pepper and simmer, covered, over low heat until kasha is barely tender and most of water is absorbed, about 12 minutes. Remove from heat and let stand, covered, 10 minutes.
2. While kasha cooks, toast walnuts in 1-tablespoon butter in a 12-inch heavy skillet over moderate heat, stirring frequently, 5 minutes.
3. Transfer nuts to a plate, and then add oil and remaining 1/2-tablespoon butter to skillet and heat over moderate heat until foam subsides.
4. Add onion and thyme and cook, stirring occasionally, until softened and browned, about 15 minutes.
5. Stir kasha into onion along with walnuts, parsley, and remaining 1/4-teaspoon salt and 1/4 teaspoon pepper. *Serves 4.*

Grilled Bread Topped with Arugula, Goat Cheese, Olives and Onions

9 ounces soft fresh goat cheese (such as Montrachet)
6 teaspoons grated orange peel
9 tablespoons olive oil
6 tablespoons orange juice
2 small red onions (about 1 pound), sliced into 1/4-inch-thick rounds
12 4 x 2 1/2 x 1/3-inch diagonal slices sourdough baguette
4 cups fresh arugula leaves, trimmed
3/4 cup Kalamata olives or other brine-cured black olives (about 5 ounces), pitted, halved



1. Mix cheese and 4 teaspoons peel in small bowl. Season with salt and pepper. (Can be made 1 day ahead. Cover and chill.)
2. Prepare barbecue (medium-high heat). Whisk 6 tablespoons oil, orange juice and 2 teaspoons orange peel in 13 x 9 x 2-inch glass dish. Season dressing with salt and pepper. Add onions; turn to coat. Using metal spatula, transfer onions to grill and cook until tender and golden, turning occasionally and keeping onions intact, about 10 minutes. Return onions to dressing in dish; turn to coat. Set aside.
3. Brush remaining 3 tablespoons oil over bread. Grill until bread is golden, about 2 minutes per side. Spread cheese mixture over warm bread.
4. Add arugula to dressing; toss to coat. Top cheese bread with arugula, onions and olives. *Serves 12.*