



Cal Poly Organic Farm

Community Supported Agriculture Newsletter

www.calpolyorgfarm.com

CPOF ANNOUNCEMENTS

We want your feedback! On the last page of the newsletter and attached to this message you will find a quick **survey regarding the Cal Poly Organic Farm's Community Supported Agriculture Program**. Please take a minute to respond via e-mail or "snail" mail (anonymously) so we can continue to work on developing the program.

Sign Up Now for the Fall/Winter CSA Season which will start on September 22nd. Membership forms are available at: <http://calpolyorgfarm.com> or by calling: 805-756-6139.

Please Remember to **DRIVE SLOWLY** on the dirt road leading up to the Farm. Our neighbors (including the horses/cows/deer) at the University will be most appreciative.

Exchange Table Etiquette: Please be courteous of others who may be arriving at the Farm after you and who may also be interested in exchanging produce.

Special thanks to the folks at the Grizzly Youth

Academy who helped weed spring mix, beans and peppers. Thanks to their help we can continue to look forward to an abundant crop!

Learn about **'Rainwater Harvesting, Turning Water Scarcity into Water Abundance'** on **Tuesday, Sept. 2nd from 6:30 p.m. to 9:30 p.m. at the South Bay Community Center in Los Osos** and **Wednesday, Sept. 3rd from 6:30 p.m. to 9:30 p.m. at the Morro Bay Veteran's Hall**. There will be refreshments and music for a \$10 suggested donation. For more information, please e-mail: admin@slogreenbuild.org or call: (805) 461-5986.

Ever wondered about cob?? Join the San Luis Obispo Botanical Garden folks in **building a cob bench, using clay/sand/straw on September 2nd and September 9th from 9 a.m. to noon**. This is a chance for those of you who would like to work with cob (clay/sand/straw) and earth plasters to get some hands-on experience. Please R.S.V.P. to Teresa Lees, Education Coordinator at the San Luis Obispo Botanical Garden at: tlees@slobg.org or call (805)541-1400 x 304.

Visit the San Luis Obispo Botanical Garden for the **2nd Annual Tomato Extravaganza** presented by the University of California Cooperative Extension Master Gardeners of SLO on **Saturday, Sept. 13th from 10 a.m. to 2 p.m.** Taste a variety of tomatoes and basil, vote for your favorites, buy plants, enjoy mini seminars and make a tomato head. For more information, please visit: <http://groups.ucanr.org/slong> or call: 805-781-5939.

SAVE The Date: 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**. 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>

Week 21 Produce

August 24 – August 30, 2008

Full Shares expect 10-12 items

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

Bread (Skipping Stone / Conventional) -Thursday shares only)

Summer Squash

Cucumbers

Head lettuce

Spring mix

Peppers

Onions (CPOF/Growing Grounds-conventional)

Eggplant

Broccoli

Tomatoes

Bush beans

Satsuma Plums (Hausler Organics) - Monday shares only

Pears (Hausler Organics)

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

The Cal Poly Organic Farm Bread Share is back! The Bread Share will be available at the start of the Fall/Winter 2008/09 season, which begins September 22nd. Monday shares may purchase a loaf of Whole Wheat Bread from Utopia European Bakery in San Luis Obispo and Thursday shares may purchase a loaf of Rustic Bread from Skipping Stone Bakery in Paso Robles. All bread is VEGAN. Want to sign up for the Fall/Winter Bread Share? Just fill out the Bread Share Form listed at the end of this newsletter and mail it along with payment to the Cal Poly Organic Farm and enjoy!

This week the Thursday share members can look forward to a loaf of fresh, locally baked Skipping Stone bread in their shares! Skipping Stone uses organic ingredients when possible. Ingredients for the Skipping Stone loaf are: whole wheat flour, rye flour, salt, water, and yeast.

Local Flavors: 'Simple, real and elegant'

Paso's *Ciro Pascuito* and his *Skipping Stone Productions* offer savory bread and catering that is tasty and ultimately convivial.

With successful careers as varied as hydrographer, high-tech product tester and small business entrepreneur, *Ciro Pascuito* may indeed be an accomplished jack-of-all-trades, but he is also a master of at least one: a particular style of artisan bread, handcrafted from start to finish without even the use of a mechanical mixer.

"It's the industry of simple bread," he explained. "Water, flour, yeast, punching the dough by hand ... it's a kind of magic, a connection with our ancestors, and you can feel when it's honest."



Renowned crackers

Pascuito's prowess with bread arose almost by accident. He started baking at home in Seattle, "and it became a ritual." When a friend was opening an Italian restaurant, "he asked me to bake the bread," remembered *Pascuito*.

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Still the first to insist "I'm not a baker," *Pascuito* went on to launch Seattle's *La Panzanella Bakery* and develop its nationally known *Crocantini Crackers*, which were selected from 1,400 nominees as a finalist in the Outstanding Cookie & Cracker Category and in the Best Seller 2003 Category at the International Fancy Food Show.

Back to the basics

Pascuito and his wife, *Kim*, sold the bakery before moving

to Paso Robles in 2003, and are since enjoying life on a smaller, "more sustainable" scale. They have recently launched *Skipping Stone Productions*, a company that's "just me and *Kim*."

Skipping Stone encompasses both *Ciro's* artisan bread and "Low Key Catering;" quite unlike other catering options, it is perhaps best described as simply trusting *Pascuito* to use his concept of "Food and Philosophy" to make a gathering that's not only tasty, but convivial as well.

This sort of approach mirrors the traditions of *Pascuito's* native Italy, particularly his hometown of Gaeta, which is in a region known for its "local fishing fleet, groves of world-renown olives and oil, mozzarella cheese, characteristic tomatoes, basil, and hearth-toasted bread."

In short, said *Pascuito*, "You make good food that's simple, real and elegant. It's about putting community in the center of the square and making a connection of people to people."

_ By *Katy Budge*, *The Tribune*, January 23, 2008

Skipping Stone bread is also available at *Diraimondo*, on 13th Street in Paso Robles, *Nature Town*, in Templeton, and *Monterrey Cheese*, in San Luis Obispo.

FRUIT OF THE WEEK: PEAR

Pears (*Pyrus communis*) are delicious fruits that are related to the apple and the quince. While there are thousands of varieties of pears with each differing in size, shape, color, taste and storage qualities, the Bosc, Bartlett, Anjou and Comice pears are the most commonly available types in the United States. Pears generally have a large round bottom that tapers towards the top. Depending upon the variety, their paper-thin skins can either be yellow, green, brown, red or a combination of two or more of these colors. The white to cream-colored flesh of pears is very juicy and sweet, while their textures are soft and buttery, yet slightly grainy. Like apples, pears have a core that features several seeds.



History

While the cultivation of pears has been traced back in western Asia for three thousand years, there is also some speculation that its history goes back even further and that this marvelous fruit was discovered by people in the Stone Age. Whatever their origins, pears have been revered throughout time. Called the "gift of the gods" by Homer in his epic, *The Odyssey*, pears were also a luxurious item in the court of Louis XIV. The early colonists brought pears to America, and while the first pear tree was planted in 1620, much of their pear supply was still imported from France. Like many other fruit trees, pears were introduced into California and Mexico by missionaries who planted them in their mission gardens.

Interestingly, with all of the respect that pears commanded, until the 18th century they did not have the soft juicy flesh that we now know them to possess. It was during this time that a lot of attention was given to the cultivation and breeding of pears, and many varieties were developed that featured pears' distinctive buttery texture and sweet taste.

Selection and Storage

Since pears are very perishable once they are ripe, the pears you find at the market will generally be unripe and will require a few days of maturing. Look for pears that are firm, but not too hard. They should have a smooth skin that is free of bruises or mold. The color of good quality pears may not be uniform as some may feature russetting where there are brown-speckled patches on the skin; this is an acceptable characteristic and oftentimes reflects a more intense flavor. Avoid pears that are punctured or have dark soft spots.

Pears should be left at room temperature to ripen. Once their skin yields to gentle pressure, they are ripe and ready to be eaten. For the most antioxidants, eat fully ripened pears; research conducted at the University of Innsbruck in Austria suggests that as fruits fully ripen, almost to the point of spoilage, their antioxidant levels actually increase. If you want to hasten the ripening process, place them in a paper bag, turning them occasionally, and keep them at room temperature. Storing pears in sealed plastic bags or restricted spaces where they are in too close proximity to each other should be avoided since they will have limited exposure to oxygen, and the ethylene gas that they naturally produce will greatly increase their ripening process, causing them to degrade.

If you will not be consuming the pears immediately once they have ripened, you can place them in the refrigerator where they will remain fresh for a few days. Pears should also be stored away from other strong smelling foods, whether on the countertop or in the refrigerator, as they tend to absorb smells.

Health Benefits

Pears are a good source of dietary fiber, vitamin C, copper, and vitamin K.

Preparation Tips

Fresh pears are delicious eaten as is after gently washing the skin by running it under cool water and patting it dry. Since their skin provides some of their fiber, it is best to not peel the fruit but eat the entire pear. To cut the pear into pieces, you can use an apple corer, cutting from the fruit's base to remove the core, and then cutting it into the desired sizes and shapes. Once cut, pears will oxidize quickly and turn a brownish color. You can help to prevent this by applying some lemon, lime or orange juice to the flesh.

A Few Quick Serving Ideas:

- Combine pears with mustard greens, watercress, leeks and walnuts for a delicious salad.
- Serve pears with goat or bleu cheese for a delightful dessert.
- Add chopped pears, grated ginger and honey to millet porridge for a pungently sweet breakfast treat.
- Core pears, and poach in apple juice or wine.

Spicy Green Salad with Manchego and Pears

1/3 cup green (hulled) pumpkin seeds (pepitas; not toasted)

1/3 cup plus 1 tablespoon olive oil, divided

3 tablespoons Sherry vinegar

1 teaspoon mild honey

1 teaspoon grainy mustard

4 cups packed spicy salad greens, such as radish greens, watercress, and/or arugula, tough stems discarded

4 cups packed frisée (French curly endive), torn into bite-size pieces

1 (1/2-pound) piece Manchego cheese, rind removed and cheese shaved into 32 thin slices (preferably with a cheese plane)

8 small red or yellow Bartlett pears (preferably with stems)

Cook seeds in 1 tablespoon oil in a small heavy skillet over medium-low heat, stirring frequently, until puffed and beginning to brown, about 4 minutes. Transfer with a slotted spoon to paper towels and reserve oil. Season seeds with salt and pepper.

Whisk together vinegar, honey, mustard, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Add remaining 1/3 cup olive oil and reserved oil from skillet in a slow stream, whisking until emulsified.

Divide greens and cheese among salad plates. Cut off 2 opposite sides of each pear (reserve for another use), leaving a 1/2-inch-thick lengthwise center slice with stem and core. Arrange a pear slice on each plate and drizzle dressing over salads. Sprinkle with seeds. Makes 8 servings.

Cooks' notes:

- Pumpkin seeds can be toasted 2 days ahead and kept separately from oil, covered, at room temperature.
- Greens can be washed and dried 1 day ahead and chilled, wrapped in paper towels, in a sealed bag

Pear and Raisin Crumble

- 2 1/2 pounds ripe pears, peeled, quartered, cored, cut into 1/3-inch-thick slices
- 1/3 cup plus 1/2 cup (packed) dark brown sugar
- 6 tablespoons crushed ginger cookies (such as Ginger Man), divided
- 2 teaspoons ground cinnamon, divided
- 1/2 cup raisins
- 1/2 cup all purpose flour
- 6 tablespoons (3/4 stick) chilled butter, diced
- 3/4 cup walnut pieces



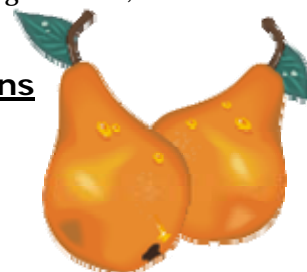
Preheat oven to 400°F. Mix pears, 1/3 cup sugar, 2 tablespoons crushed cookies, and 1 teaspoon cinnamon in 11x7x2-inch glass baking dish. Mix in raisins.

Using fingertips, press together flour, butter, 1/2 cup sugar, and 1 teaspoon cinnamon in large bowl until moist clumps form. Mix in 4 tablespoons crushed cookies and nuts.

Drop topping evenly over filling. Bake until juices bubble thickly and topping is brown, about 40 minutes. *Makes 8 servings.*

Fruit-and-Almond Gratins

- 2 large eggs
- 1/2 cup heavy cream
- 1/3 cup confectioners sugar
- 1/4 cup almond flour or almond meal
- 1/2 teaspoon vanilla
- 1/8 teaspoon salt
- 2 firm-ripe Bartlett pears (1 lb total)
- 2 teaspoons fresh lemon juice
- 1 cup raspberries (5 oz)
- 1/2 cup seedless grapes (3 oz)
- 3/4 cup sliced almonds (3 oz)
- 1/2 stick (1/4 cup) unsalted butter, cut into 1/2-inch cubes



Special equipment: 4 (5 1/2- by 1-inch) shallow flameproof gratin dishes or a 12 1/2- by 7 1/2- by 1 1/2-inch shallow flameproof gratin dish

Put oven rack in middle position and preheat oven to 350°F. Butter gratin dishes.

Whisk together eggs, cream, confectioner's sugar, almond flour, vanilla, and salt in a bowl until combined well. Quarter pears lengthwise, then peel, core, and cut into 1/2-inch-wide wedges. Toss pears with lemon juice in a bowl, and then divide among gratin dishes. Divide raspberries and grapes among gratin dishes, and then pour custard mixture over fruit. Sprinkle with almonds and dot with butter. Transfer gratin dishes to a shallow baking pan.

Bake until pears are tender, about 30 minutes. Preheat broiler and broil gratins 4 to 5 inches from heat until almonds are golden, 1 to 2 minutes. Cool on a rack to warm or room temperature before serving. *Makes 4 servings.*

Tomatoes Vinaigrette

- 3 large tomatoes, chopped
- 1/4 cup red wine vinegar
- 1 garlic clove, finely chopped

1/2 teaspoon salt
1/2 teaspoon dried oregano, crumbled
Pinch of sugar
Pepper
2 tablespoons olive oil (optional)
2 tablespoons chopped fresh Italian parsley

Combine first 7 ingredients in medium bowl. Mix in oil if using. Sprinkle with chopped parsley and serve.

Spinach Salad with Pear and Avocado

1/2 cup vegetable oil
1/3 cup seasoned rice vinegar
1 tablespoon fresh lime juice
1 tablespoon minced fresh cilantro
1/4 teaspoon garlic powder
Pinch of cayenne pepper
1 6-ounce package ready-to-use baby spinach, stems removed
1 ripe Anjou pear, peeled, cubed
1 avocado, pitted, peeled, cubed
1/2 small red onion, thinly sliced
1/2 cup crumbled Gorgonzola cheese (about 2 ounces)



Whisk first 6 ingredients in medium bowl to blend. Season to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Bring to room temperature before using.)

Mix spinach, pear, avocado and onion in large bowl. Toss with enough dressing to coat. Sprinkle with Gorgonzola cheese. Serve, passing any remaining dressing separately. *Serves 4.*

French Toast with Pears and Pomegranate Sauce

5 large eggs
1 cup whole milk
2 teaspoons vanilla extract
1 1/4 teaspoons ground cardamom, divided
4 3/4-inch-thick slices egg bread
4 tablespoons butter, divided
2 firm but ripe unpeeled red Anjou or Bartlett pears, halved, cored, cut lengthwise into 1/3-inch-thick slices
1 cup pomegranate juice
3/4 cup (packed) golden brown sugar

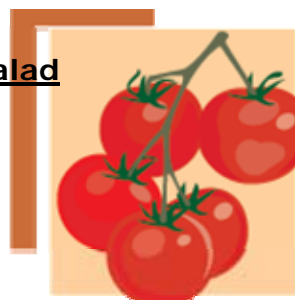
Whisk eggs, milk, vanilla, and 1/2 teaspoon cardamom to blend in 15x10x2-inch glass baking dish. Add bread slices; let stand until egg mixture is absorbed, turning bread slices occasionally with spatula, about 10 minutes.

Meanwhile, melt 1 tablespoon butter in large nonstick skillet over medium-high heat. Add pears; sauté until beginning to soften, about 3 minutes. Transfer pears to plate. Add 2 tablespoons butter to skillet; stir to melt. Add pomegranate juice, sugar, and remaining 3/4 teaspoon cardamom; simmer until liquid is slightly thickened and syrupy, about 5 minutes. Remove sauce from heat.

Melt remaining 1 tablespoon butter on griddle or in another large nonstick skillet over medium heat. Add bread slices and cook until golden brown, about 3 minutes per side. Cut French toast slices diagonally in half; divide among plates. Top with pear slices, spoon sauce over, and serve. *Makes 4 servings.*

Tomato Bread Salad

1 tablespoon red-wine vinegar
1 garlic clove, minced and mashed to a paste with a pinch salt
1/4 cup extra-virgin olive oil
2 cups 3/4-inch cubes crusty bread
1/2 pound vine-ripened red tomatoes, cut into 3/4-inch wedges
1/2 pound vine-ripened yellow tomatoes, cut into 3/4-inch wedges
1/4 cup Niçoise or Kalamata olives
1/4 cup fresh basil leaves, washed well, spun dry, and chopped fine
1 tablespoon fresh marjoram leaves, chopped fine



In a bowl whisk together vinegar, garlic paste, and pepper to taste and whisk in oil until emulsified. Add remaining ingredients and salt to taste and toss to combine well. Let salad stand at room temperature 15 minutes to allow bread to soak up some dressing. *Serves 2.*

Yellow Summer Squash and Corn Soup

1 pound yellow summer squash
2 ears corn
3 large shallots
2 large garlic cloves
1 fresh jalapeño chile
1 tablespoon olive oil
1/4 teaspoon ground cumin
2 1/2 cups water

Garnish: corn kernels, chopped fresh jalapeño chiles, fresh cilantro leaves, sour cream, and thinly sliced yellow summer squash

Cut summer squash crosswise into 1/2-inch-thick slices. Shuck corn and, working over a bowl, cut kernels from cobs. Halve cobs. Chop shallots and mince garlic. Wearing rubber gloves, chop chile, with seeds if desired.

In a 5-quart heavy kettle combine all ingredients (including cobs) except water and cook over moderate heat, stirring, 3 minutes. Stir in water and simmer mixture until squash is very tender, about 15 minutes. Discard cobs.

In a blender puree mixture in batches until smooth (use caution when blending hot liquids), transferring to another bowl. Season soup with salt and pepper. Divide soup between 2 bowls and garnish with corn, chiles, cilantro, small dollops of sour cream, and squash. *Serves 2.*

Grilled Potato and Summer Squash Salad

3 tablespoons fresh lemon juice
2 tablespoons minced shallot
1 tablespoon plus 2 teaspoons chopped fresh marjoram
1 teaspoon finely grated lemon peel
1/4 cup plus 3 tablespoons extra-virgin olive oil
1/2 pound small fingerling potatoes (such as Russian Banana), unpeeled, halved lengthwise
1 pound assorted summer squash (such as zucchini and yellow crookneck), cut on diagonal into 1/3-inch-thick slices
1 large red bell pepper, cut into 1-inch-wide strips



Whisk lemon juice, shallot, 1 tablespoon marjoram, and lemon peel in small bowl. Gradually whisk in 1/4 cup oil. Season vinaigrette with salt and pepper.

Prepare barbecue (medium heat). Place potatoes in large saucepan; add enough cold salted water to cover. Boil just until almost tender, about 4 minutes. Drain. Transfer potatoes to medium bowl. Add 1 teaspoon marjoram and 1 1/2 tablespoons oil; sprinkle with salt and pepper and toss to coat. Combine squash and bell pepper in large bowl; add remaining 1 teaspoon marjoram and 1 1/2 tablespoons oil. Sprinkle with salt and pepper; toss to coat.

Arrange potatoes in single layer in grill basket. Grill until tender, 5 minutes per side. Transfer to large bowl. Grill squash and bell pepper until tender, turning occasionally, 10 minutes. Transfer squash to bowl with potatoes. Cut bell pepper into 1-inch pieces; add to vegetables. Add vinaigrette; toss. Season with salt and pepper. Serve warm or at room temperature. *Makes 6 servings.*

Thank you for completing the following survey! You are welcome to send responses via e-mail or 'snail' mail:

Cal Poly Organic Farm
c/o HCS Department
San Luis Obispo, CA
93407

2008 Summer Season Cal Poly Organic Farm CSA Survey

1. How did you first learn about the Cal Poly Organic Farm's (CPOF) CSA program?
(Circle/X all that apply)

Television coverage
SLO Tribune
New Times
Cal Poly Report

Word of Mouth
CalPolyOrgFarm.com
Other_____

2. What aspect of the CPOF CSA do you value most (list in numerical order, 1 being most valued)

Freshness of produce_____
Variety or uniqueness of produce_____
Organically grown_____
Locally grown_____
Eating seasonally_____
High quality_____
Support sustainable education through my food purchases_____
Other: _____

3. Which statement closely mirrors your feelings about non-organic produce being put in the box (check all that apply):

- If it is grown at Cal Poly, it is OK.
- If it is grown by a local, small farmer it is OK.
- It is ok to put a very small percentage of non-organic produce in my box.
- It is not ok to put non-organic produce in my box.
- Comments:

4. On average, how many people does your share feed? Do you receive a small or large share?

_____ Small Share _____ Large Share
_____ Adults _____ Children

5. Do you feel that you're saving money or spending more by belonging to the CPOF CSA?
Saving / Spending more

6. Rate the quality of the box (1 being perfect quality to 5 being inedible)._____

7. Rate the quantity of the box (1 being the perfect quantity and 5 being either too much or too little and specify which). _____

8. What items would you like to see more/less of in your share?

More-_____
Less-_____

9. How often do you and your family use the CPOF site for educational or recreational purposes?

____ 1 time per week
____ 1 time per month
____ hardly ever or never

Comments about the CPOF site:

10. Do you use the information in the newsletter? Yes / No Comments:

11. Would you be willing to donate to a fund that would provide harvest shares for low income families or individuals? Yes / No

12. Do you plan on signing up for another season? Yes / No

13. Would you like to become more involved in the CPOF CSA? (ex: volunteering on harvest days, help develop the children's garden, organizing potlucks, workdays, etc) Yes/No
If so, please contact us

Please write any additional comments you may have about the CPOF CSA Program on the back of this page. All comments will be read and taken into consideration, thank you!