



Cal Poly Organic Farm Community Supported Agriculture Newsletter

CPOF ANNOUNCEMENTS

- * **Due to the Memorial Day holiday weekend, all Monday shares will be picked up on Tuesday, September 2nd this week (not Monday, September 1st).** Monday shares include members who pick up their shares in Atascadero, Morro Bay and at the Cal Poly Organic Farm on Mondays. There will be no change to the Thursday pick up. Enjoy the three-day weekend!

Reminders:

- * **Tomato Extravaganza** – September 13, 2008 – San Luis Obispo Botanical Garden UCCE Master Gardeners and the SLO Botanical Garden present an “edible festival” for you and your taste buds. Come taste varieties of tomatoes and basil and pick your favorite. Also available is olive oil tasting, Italian breads, sheep and goat cheeses, pistachios, avocados and fruits and Sweet Earth Organic Chocolates. The event is held at the new Oak Glen Pavilion, the beautiful green building for the SLO Botanical Gardens located in El Chorro Regional Park. A multitude of plants and garden gifts will also be sold. Come on and all. For more information, visit: www.slobg.org or call 541-1400. The event is from 10am – 2pm.

- * **Clean up SLO County's beaches on Saturday, September 20 from 9 a.m. to noon during California Coastal Cleanup Day (CCD).** California Coastal Cleanup Day CCD is the country's largest volunteer event in support of the marine environment and the largest volunteer event in San Luis Obispo County. The mission of CCD is to engage people to remove trash and debris from the world's beaches and waterways; to identify the sources of debris; and ultimately change the behaviors that cause pollution. For more information, please visit: www.ecoslo.org/programsprojects/coastalcleanupday/

- * **MetroFarm: The Online Magazine of Metropolitan Agriculture, features *The Food Chain*,** an audience-interactive radio program that airs live on Saturdays from 9 a.m. to 10 a.m. For information on their online forum or the ways to listen go to <http://www.metrofarm.com/index.php>. This week's show is ***Defiant Gardeners (Food Chain Radio #602)***, with guest University of Oregon Professor Kenneth Helphand, author of *Defiant Gardens*.
- * Dancing Deer Farm and HopeDance FiLMs will be screening ***Severe Disability*** (a dramatization of 911 Truth) at Dancing Deer Farm, 2975 Vineyard Dr. Templeton on Wednesday, September 10 2008, from 6:00 - 9:00p.m. For details about this film please go to <http://www.severevisibility.com/>. A donation of \$5 is suggested. The pot luck begins at 6 p.m. and the film starts at 7 p.m. Discussion afterwards. For more info call Bob Banner at 369-0203 or go to <http://www.hopedance.org/cms/>.

- * **'Turning Water Scarcity Into Water Abundance'** on Tuesday, September 2, from 6:30 – 9:30 p.m. at the South Bay Community Center in Los Osos or Wednesday, September 3 from 6:30 – 9:30 p.m. at the Veteran's Hall in Morro Bay. SLO County's Appropriate Technology Coalition (comprised of SLO Green Build, the San Luis Bay Chapter of the Surfrider Foundation, and the Santa Lucia chapter of Sierra Club) proudly partners with the Morro Bay National Estuary Program to fund this educational fair, raffle, slide show, and book signing with Brad Lancaster. The event is open to the public. A \$10 donation is suggested for the program. Music, beer, wine, live entertainment and description

Week 22 Produce

August 31 – September 6, 2008
Full Shares expect 10-12 items
Small Shares expect 8-10 items
from the following list:

Summer Squash
Cucumbers
Bell Peppers
Spring Mix
Onions
Parsley
Broccoli
Tomatoes
Radishes
Herbs
Leeks (Growing Grounds/ Conventional)

Unless otherwise noted, all vegetables are certified organic.

Unless otherwise noted, all vegetables are from the CPOF.

www.calpolyorgfarm.com

of low impact development projects within San Luis Obispo County will be part of the evening. For more information on keynote speaker Brad Lancaster, visit www.harvestingwater.com, or visit www.hopedance.org or SLO Green Build at www.slogreenbuild.org.

- * **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 booth at the event.**
- * **First Annual Pozo Green Music Festival** Featuring Michael Franti and Spearhead on Saturday, **September 20th** from 2 p.m. to 10 p.m. at Pozo Saloon.
- * **SARC annual FUNDRAISING DINNER** to host Rodale CEO Tim LaSalle on October 2nd. The fourth annual fundraiser dinner, "Taste of the Future" will take place on **Thursday, Oct. 2** (<http://sarc.calpoly.edu/events/fundraisers.html>). 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 (<http://www.cbdslo.org/aboutus/goinggreen/>). On **Friday, Oct. 3**, Dr. 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.

FRUIT OF THE WEEK: APPLE

Apples (*Malus domestica*) are crisp, white-fleshed fruits with red, yellow or green skin. They range in taste from moderately sweet and refreshing to pleasantly tart depending on the variety. Tart apples, which best retain their texture during cooking, are often preferred for cooked desserts like apple pie, while sweeter varieties are usually eaten raw. The apple is a member of the rose family, with a compartmentalized core that classifies it as a pome fruit. Remember, too, that roses make rose hips, which are fruits similar to the apple.

History

The apple tree, which originally came from Eastern Europe and southwestern Asia, has spread to most temperate regions of the world. Over the centuries, many hybrids and cultivars have been developed, giving us the 7,000 varieties in the market today. Apples have long been associated with the biblical story of Adam and Eve, although there is actually no mention that, in fact, the fruit in question was actually an apple. In Norse mythology, apples were given a more positive persona: a magic apple was said to keep people young forever. Apples' most recent appearance in history occurred in the 1800s in the U.S., when Johnny Appleseed—a real person named John Chapman, despite the mythological quality of his tale—walked barefoot across an area of 100,000 square miles, planting apple trees that provided food and a livelihood for generations of settlers.



Folklore

Many foods have been thought to possess magical qualities and even aphrodisiac powers. The apple's projected powers could fill a bushel of folklore. An ancient Greek who wanted to propose to a woman would only have to toss her an apple. If she caught it, he knew she had accepted his offer.

In Germany, during medieval times a man who ate an apple that was steeped in the perspiration of the woman he loved was very likely to succeed in the relationship.

Here's a simple, cost effective, and long-forgotten fertility rite to share with those desirous of conceiving a healthy apple harvest. Villagers of Medieval England would select the largest apple tree in the orchard, and hang cider-soaked pieces of toast on its branches to attract robins. To those villagers, robins were considered the good spirits of the tree. Then, to drive away the evil spirits, the people would gather throughout the orchard and fire many blasts from their shotguns. They followed this ritual by pouring cider over the tree's roots and tipped a few cups themselves. Merriment followed with dancing around the tree with their arms linked as they chanted ancient charms. Even today some highly superstitious people believe this practice is necessary to insure a good crop of apples.

Throughout history apples symbolized luxury, pleasure, love, fertility, and even jealousy. Greek mythology recounts this tale: from the garden of the Hesperides, golden apples were given to Hera as a wedding gift at her marriage to Zeus. Modern Greek scholars believe that the golden apples of the Hesperides were actually oranges or lemons.

It is told that the prophet Mohammed inhaled the fragrance of an apple brought to him by an angel just before his last breath of life.

How to Select and Store

- * Look for firm fruits with rich coloring. Yellow and green apples with a slight blush are best. Your preference for a sweeter or tarter fruit and whether you plan to enjoy your apples raw or cooked will guide your choice of variety. Just remember that Red and Golden Delicious are among the sweetest apples. Braeburn and Fuji apples are slightly tart, and Gravenstein, Pippin and Granny Smith apples are the most tart, but retain their texture best during cooking.
- * Whole apples are a much better nutritional choice than apple juice. Not only are whole apples richer in dietary fiber, but the current processes of juicing seem to drastically reduce the polyphenolic phytonutrient concentrations originally found in the whole fruit.
- * Apples keep best and longest when refrigerated. Unrefrigerated, apples can become mushy in just two or three days. Purchase them at farmers' markets where you know they have probably been picked the day before market or at supermarkets where they are kept cool. Apples should be firm and blemish-free.

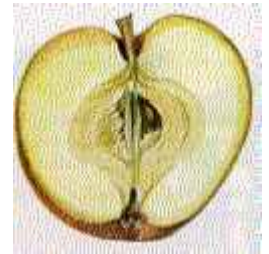


Tips for preparing apples:

- * Always wash apples thoroughly before eating or cutting to reduce intake of pesticide residues or bacterial contaminants that result from handling. When cutting any unwashed fruits or vegetables, it is possible to carry pesticides from the skin into the flesh with one cut of the knife.
- * If organic, don't peel unless the recipe you have chosen requires peeled apples. It is suggested that you peel the skin off if the fruit is waxed.
- * To prevent cut apples from turning brown, a result of oxidation, toss them with citrus juice. The juice of oranges, lemons, or limes will work equally as well. If you want to include chopped apples in a fruit salad, allow them to marinate a few minutes in the citrus juice before adding them to the salad bowl.
- * Apples freeze well for use in future recipes. It's best to peel, core, and slice the apples first. Then prepare a bowl with 1 quart (1 liter) of water and 1/2 teaspoon of salt. Drop the apples into the prepared water for 10 to 15 minutes. Rinse them off and blanch in boiling water for 1 minute. Cool under running water, drain, and dry the apples on paper towels. Arrange apple slices in a single layer on trays and put them into the freezer until thoroughly frozen. Remove and store them in heavy-duty plastic freezer bags. With this method you can avoid clumps of frozen fruit sticking together and can easily remove the quantity desired at any time.

A few quick serving ideas:

- * Add chopped apples to your tossed salad. It adds bursts of sweetness and makes salad special.
- * Slice apples and enjoy them with a nut butter spread.
- * Apples and a savory creamy vegan dip make great partners at a party.
- * To prepare a dessert of traditional baked apples, core apples and fill the cavities with black and golden raisins, cinnamon, nutmeg, allspice, crushed walnuts, and evaporated cane juice. Put them into a baking pan and add a little unfiltered apple juice in a pool at the bottom of the pan. Bake apples, uncovered, at 350°F for 1 hour or until very tender when pierced with a fork. Baste often to prevent drying out. Alternatively, you can also cover the pan with aluminum foil (shiny side down) and bake for 30 minutes. Then, remove the foil and bake another 30 minutes. This method assures a soft apple.
- * Enjoy cooked spiced apples on your whole-grain toast for a satisfying breakfast treat. Sauté sliced apples in a little water with cinnamon, a dash of cloves, allspice, and ginger. Sweeten with maple syrup or evaporated cane juice, and pile onto your toast.
- * **Applesauce:** Peel and core apples. Cut into slices, put them into a saucepan, and add a little water or apple juice to cover the bottom of the pot. Cover pot, start heat on high, and bring to a boil. Turn heat down to medium, and cook gently, about 15 minutes, stirring often and checking liquid to prevent burning. When soft, the apples can be mashed for a textured applesauce or put through a food mill or food processor for a smoother texture. Add any spices, flavoring extracts, and sweeteners to taste and cook for another minute or two to set the flavors. Cool and store in the refrigerator.



- * **Apple Butter:** Apple butter begins with the preparation of applesauce, then spices are added and the mixture is cooked longer. After adding the spices, flavorings, and sweetener, remove the pot lid, and continue cooking over medium-low heat until the mixture becomes very thick, stirring frequently. The process may take an hour or two depending on the water content of the apples. Cool thoroughly before refrigerating. As an alternative, you can bake your pureed, spiced apples in a shallow pan in the oven at 300 (gas mark 2) for 2 hours until thickened. With either method, check for doneness by putting a little dollop of apple butter on a dish and turning the dish upside down. The mixture should stick to the plate. If you plan to make a large quantity for gift giving, have hot sterilized jars ready and spoon your hot apple butter into the jars, leaving only 1/8-inch at the top. Seal immediately and cool.

Nutritional Profile

Apples provide their most plentiful nutrients just under the skin. Apples are a good source of dietary fiber, potassium, folic acid, and vitamin C.

Dried Cranberry and Apple Crisp

- 1 cup dried cranberries
- 1 cinnamon stick
- 1 cup water
- 2/3 cup all-purpose flour
- 2/3 cup firmly packed light brown sugar
- 1/4 teaspoon salt
- 3/4 stick (6 tablespoons) unsalted butter, cut into bits
- 9 McIntosh apples (about 3 pounds)

1. In a small saucepan simmer the cranberries, the cinnamon stick, and the water for 10 minutes. Drain the cranberries and remove the cinnamon stick.
2. In a small bowl blend the flour, the brown sugar, the salt, and the butter until the mixture resembles coarse meal and toss the mixture well.
3. Peel, core, and slice the apples thin and in a buttered 9- by 13-inch glass dish toss them with the cranberries. Sprinkle the brown sugar mixture over the fruit and bake the crisp in a preheated 400° oven for 25 minutes, or until the apples are tender and the topping is golden. *Serves 6.*

Rum-Raisin Apple Cake

- 1/2 cup dark rum
- 2 1/2 cups all purpose flour
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 1 teaspoon salt
- 1/2 teaspoon ground allspice
- 2 cups sugar
- 3 large eggs
- 3/4 cup vegetable oil
- 2 teaspoons vanilla extract
- 4 large Fuji apples (about 2 pounds), peeled, cored, cut into 1/2-inch cubes
- 1 cup chopped walnuts
- 1 cup golden raisins

1. Preheat oven to 350°F. Butter and flour 13x9x2-inch metal baking pan.
2. Boil rum in heavy small saucepan until reduced to 1/4 cup. Set aside.
3. Sift next 5 ingredients into medium bowl. Using electric mixer, beat rum, sugar, eggs, oil, and vanilla in large bowl until slightly thickened, about 5 minutes.
4. Add flour mixture; beat just until blended. Stir in apples, walnuts, and raisins. Transfer batter to prepared pan.
5. Bake cake until tester inserted into center comes out clean, about 40 minutes. Cool cake in pan on rack. Cut into squares and serve. *Makes 12 servings.*

Mixed Greens with Apples and Cider Vinaigrette

- 1/4 cup apple cider vinegar
- 3 tablespoons minced shallots
- 2 teaspoons Dijon mustard
- 2 teaspoons honey
- 1/2 cup light olive oil
- 12 cups mixed torn greens (such as romaine lettuce, curly endive and watercress)
- 1 crisp red-skinned apple, quartered, cored, thinly sliced

1. Combine vinegar, shallots, mustard and honey in small bowl. Add oil and whisk until well blended. Season vinaigrette to taste with salt and pepper.
2. Combine greens and apple in large bowl. Drizzle with vinaigrette; toss to coat. *Serves 10.*

Buttermilk Pancakes with Maple Syrup Apples

Maple Syrup Apples:

- 2 tablespoons (1/4 stick) unsalted butter
- 3 large Golden Delicious apples (about 1 1/2 pounds), peeled, cored, cut into 1/2-inch-thick slices



1 tablespoon plus 1/2 cup pure maple syrup
1/2 teaspoon ground cinnamon

Pancakes:

1 cup all purpose flour
2 tablespoons yellow cornmeal
2 tablespoons (packed) golden brown sugar
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 cup buttermilk
1 cup plain whole-milk yogurt
1 large egg
1 1/2 tablespoons unsalted butter, melted
Additional unsalted butter
Additional pure maple syrup

1. **For maple syrup apples:** Melt butter in large nonstick skillet over medium-high heat. Add apples and 1 tablespoon maple syrup; sauté until apples are tender, about 5 minutes. Mix in remaining 1/2 cup maple syrup and cinnamon.
2. **For pancakes:** Combine first 6 ingredients in large bowl; whisk to blend. Whisk buttermilk, yogurt, and egg in medium bowl to blend; add to dry ingredients and stir until just blended but still lumpy. Gently mix in 1 1/2 tablespoons melted butter.
3. Heat griddle or large nonstick skillet over medium heat. Spread thin coating of butter over griddle and let melt. Working in batches, drop batter by 1/3 cupfuls onto griddle, spacing apart. Cook pancakes until brown on bottom and bubbles form on top, about 3 minutes. Turn pancakes over and cook until bottoms are brown and pancakes are barely firm to touch. Transfer to plates. Repeat with remaining batter, adding more butter to griddle as needed.
4. Spoon apples over pancakes. Serve, passing additional maple syrup. *Makes 4 servings.*

Leek and Asparagus Frittata

2 tablespoons (1/4 stick) butter
1 cup chopped leeks (white and pale green parts only)
1 12-ounce bunch thin asparagus, trimmed, cut on diagonal into 1-inch pieces (about 2 1/2 cups)
1 cup sliced stemmed shiitake mushrooms
8 large omega-3 eggs
1 cup diced Fontina cheese, divided
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/4 cup grated Parmesan cheese

1. Preheat broiler.
2. Melt butter in heavy broiler proof 10-inch-diameter nonstick skillet over medium heat. Add leeks and sauté 4 minutes. Add asparagus and shiitake mushrooms, sprinkle lightly with salt, and sauté until tender, about 6 minutes.
3. Whisk eggs, 3/4 cup Fontana cheese, 1/2 teaspoon salt, and 1/2 teaspoon pepper in medium bowl. Add egg mixture to skillet; fold gently to combine. Cook until almost set.
4. Sprinkle remaining 1/4 cup Fontana cheese and Parmesan cheese over. Broil until frittata is puffed and cheese begins to turn golden, about 3 minutes. Cut into wedges and serve. *Makes 4 servings.*

Braised Leeks with Lemon

4 small or medium leeks, cleaned and trimmed to about 7 inches long and cut lengthwise into quarters
2 tablespoons unsalted butter
1/4 cup chicken broth
1 teaspoon freshly grated lemon zest

1. In a shallow dish soak leeks in cold water to cover 15 minutes, rubbing occasionally to remove any grit.
2. In a heavy skillet melt butter over moderate heat.
3. Lift leeks out of the water and with water still clinging to them add to skillet. Cook leeks, stirring occasionally, five minutes and add broth and zest. Braise leeks, covered, 5 minutes, or until very tender, and season with salt and pepper. *Serves 2.*

Broccoli Almandine

1 1/2 pounds broccoli, stems peeled, then head cut into 2-inch-wide spears
1/2 stick unsalted butter
1/3 cup sliced almonds
1 tablespoon fresh lemon juice

1. Cook broccoli in a steamer rack over boiling water in a large wide pot, covered, until stems are just tender when pierced with a knife, 8 to 12 minutes. Remove steamer from pot and discard cooking water. Cool broccoli 5 minutes.
2. Meanwhile, heat butter in pot over medium heat until foam subsides, then cook almonds, stirring, until butter and nuts are golden and have a nutty aroma, 2 to 3 minutes. Stir in lemon juice and 1/2 teaspoon salt. Add broccoli and toss. *Makes 4 to 6 (side dish) servings.*

Tomato, Cucumber and Red Onion Salad with Mint

2 large English hothouse cucumbers
 1/3 cup red wine vinegar
 1 tablespoon sugar
 1 teaspoon salt
 3 large tomatoes, seeded, coarsely chopped
 2/3 cup coarsely chopped red onion
 1/2 cup chopped fresh mint
 3 tablespoons olive oil

1. Cut cucumbers in half lengthwise; scrape out seeds. Cut halves diagonally into 1/2-inch-wide pieces. Place in large bowl.
2. Add vinegar, sugar and salt. Let stand at room temperature 1 hour; toss occasionally.
3. Add tomatoes, red onion, mint and oil to cucumbers and toss to blend. Season salad with salt and pepper. *Serves 6.*

Pasta with Roasted Vegetables, Tomatoes, and Basil

Nonstick vegetable oil spray
 3 red bell peppers, cut into 1/2-inch pieces
 1 1/2 medium eggplants, unpeeled, cut into 1/2-inch pieces
 1 1/2 large yellow crookneck squash, cut into 1/2-inch pieces
 2 1/4 cups 1/2-inch pieces peeled butternut squash
 6 tablespoons olive oil
 1 1/2 pounds penne pasta
 3 medium tomatoes, cored, seeded, diced
 3/4 cup chopped fresh basil or 2 1/4 tablespoons dried
 3 tablespoons balsamic vinegar
 2 garlic cloves, minced
 3/4 cup grated parmesan cheese

1. Preheat oven to 450° F. Spray large roasting pan with nonstick spray. Combine red bell peppers, eggplant, crookneck squash, and butternut squash in prepared pan. Drizzle with 3 tablespoons olive oil; sprinkle with salt and pepper. Toss to coat. Roast until vegetables are tender and beginning to brown, stirring occasionally, approximately 25 minutes.
2. Meanwhile, cook pasta in large pot of boiling salted water until tender but still firm to bite. Drain; reserve 3/4 cup cooking liquid.
3. Combine pasta, roasted vegetables, tomatoes, and basil in large bowl. Add remaining 3 tablespoons oil, vinegar, and garlic. Toss to combine. Season pasta to taste with salt and pepper, adding reserved cooking liquid by tablespoonfuls to moisten, if desired. Mound pasta on platter. Sprinkle with Parmesan and serve. (Can be made 2 hours ahead. Cover and keep at room temperature.) *Makes 10 servings.*