



Cal Poly Organic Farm

Community Supported Agriculture Newsletter

www.calpolyorgfarm.com

CPOF ANNOUNCEMENTS

- * **Extend Your Summer Share!** Thank you for your support of the Cal Poly Organic Farm CSA program! If your current CSA share expires the week of August 18th, you will have 4 "off-weeks" before the Fall/Winter CSA Season begins again on September 22nd. Interested in extending your share through the end of the summer season? It's easy to do!

1. Mail in a check for the balance you owe to the Cal Poly Organic Farm (see the balance calculations below). Be sure to add a note explaining that you wish to extend your membership through September 15th; AND, 2. Call or e-mail the Cal Poly Organic Farm BEFORE August 15th and let us know you are extending your membership.

LARGE SHARES - If you would like to extend your Large Share through September 15th, please send a check for \$106.00 (4 weeks x \$26.50/week). If your pick-up location is anything other than the Cal Poly Organic Farm, please add a \$4 transportation fee (4 weeks x \$1/week) for a total of \$110.00.

SMALL SHARES - If you would like to extend your Small Share through September 15th, please send a check for \$76.00 (4 weeks x \$26.50/week). If your pick-up location is anything other than the Cal Poly Organic Farm, please add a \$4 transportation fee (4 weeks x \$1/week), for a total of \$80.00.

Of course, if you have any questions regarding extending your membership or your CSA expiration date, please feel free to contact us. We look forward to continuing to provide you with fresh, seasonal, organic produce all year long!

- * **The Cal Poly Fall/Winter CSA Season starts the week of September 22nd.** Spaces go fast, so sign up now to receive your 24- or 12-week share of fresh, local, organic produce! Get your membership form at www.calpolyorgfarm.com, or call (805) 756-6139 for more information.

- * **Distinguished chefs and local agriculture experts unite at the Pallet to Palate Conference.** Chef Ann Cooper, the "Renegade Lunch Lady" who's working to transform cafeterias into culinary classrooms for students and authored "Lunch Lessons: Changing the Way We Feed Our Children" (www.lunchlessons.org), will be speaking on the topics health and sustainability. Chef Ann Cooper, Chef Gregg Wangard and three separate growers will demonstrate

Week 18 Produce

August 3 – August 9, 2008

Full Shares expect 10-12 items

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

- * **Summer squash** - While squash has been consumed for over 10,000 years, they were first cultivated for their seeds since earlier squashes did not contain much flesh.
- * **Cucumbers** - To be "cool as a cucumber" add them to your menus during the warm summer months.
- * **Buttercrunch lettuce** - The ancient Greeks and Romans held lettuce in high regard both as a food and for its therapeutic medicinal properties.
- * **Lettuce (various)** - All types of lettuce should be stored away from ethylene-producing fruits, such as apples and bananas, since they will cause the lettuce leaves to brown.
- * **Potatoes** - Potatoes are a very good source of vitamin C. They are also a good source of vitamin B6, copper, potassium, manganese, and dietary fiber.
- * **Spring salad mix** - Be creative with salads: use a variety of different lettuce types and add your favorite foods.
- * **Bush beans** - Commonly referred to as string beans, the string that once was their trademark can seldom be found in modern varieties.
- * **Peas** - Green peas' supercharged nutritional profile can supercharge your health.
- * **Cilantro** - Coriander (also called cilantro) contains an antibacterial compound that may prove to be a safe, natural means of fighting Salmonella, a frequent and sometimes deadly cause of food borne illness.
- * **Raspberries (7th Heaven)** – Plain yogurt mixed with raspberries, honey and freshly ground mint is delicious eaten as is.
- * **Peppers** - Bell peppers are one of the best vegetables to serve in a crudité platter; not only do they add a brilliant splash of color, but their texture is the perfect crunchy complement for dips.
- * **Corn (Cal Poly/ CONVENTIONAL)** – Add leftovers to muffins or pancakes.

Unless otherwise noted, all vegetables are from the CPOF.

Unless otherwise noted, all vegetables are certified organic.

how to use fresh, seasonal produce to make practical meals. The same dish will also be prepared in the kitchen and served to the audience. Audience members are welcome to participate in the demonstration by asking the chefs questions throughout the making of each course. Neal MacDougall, a Cal Poly professor in the Agribusiness Department and the Faculty Director of the Sustainable Agriculture Resource Consortium (SARC), will present an overview of what sustainable agriculture is.

The three-course lunch will be held on Sunday, August 17, 2008 from 12:30 - 3pm (lunch 12:30-1:30) at the ballroom at The Cliffs Resort, Shell Beach. Cost is \$15. For information, call Sandra Dimond at 748-1109 or 434-3400 or email sandra@createabang.com.

- * **A FOOD CHAIN RELEASE FROM METROFARM.COM:** We all enjoy having someone tend to our every need while dining out with family or friends. But who are those people who reach into our intimacies with a butter dish? And, hey, **How much should we tip the waiter?** (#598)

This Saturday at 9am Pacific, the Food Chain with Michael Olson hosts The Waiter, author of Waiter Rant, for a conversation about dining out. Log on the Food Chain page at www.metrofarm.com to listen on your radio, computer or IPOD. Topics include outrageous behaviors of restaurant owners, managers, staff, and customers; how to get good service and food when dining out; and how to ensure a saliva-free entrée.

- * **Questions about your membership? Looking for an old newsletter? Have you lost your CSA Calendar?** Find all this and more at: www.calpolyorgfarm.com.

VEGETABLE OF THE WEEK: GREEN BEAN

Green beans are in the same family as shell beans, such as pinto beans, black beans and kidney beans. Yet unlike their cousins, green beans' entire bean, pod and seed, can be eaten. Green beans range in size, but they usually average four inches in length. They are usually deep emerald green in color and come to a slight point at either end. They contain tiny seeds within their thin pods.

History

Green beans and other beans, such as kidney beans, navy beans and black beans are all known scientifically as *Phaseolus vulgaris*. They are all referred to as "common beans," probably owing to the fact that they all derived from a common bean ancestor that originated in Peru. From there, they were spread throughout South and Central America by migrating Indian tribes. They were introduced into Europe around the 16th century by Spanish explorers returning from their voyages to the New World, and subsequently were spread through many other parts of the world by Spanish and Portuguese traders.



Selection and Storage

- * Choose beans that have smooth feel and a vibrant green color, and that are free from brown spots or bruises. They should have a firm texture and 'snap' when broken.
- * Store unwashed fresh beans pods in a plastic bag kept in the refrigerator crisper. Whole beans stored this way should keep for about seven days.

Health Benefits

Green beans are an excellent source of vitamin C, vitamin K and manganese. They are also a very good source of vitamin A, dietary fiber, potassium, folate and iron. In addition, green beans are a good source of magnesium, thiamin, riboflavin, niacin, copper, calcium, phosphorus, protein, and omega-3 fatty acids.

Preparation Tips

Just prior to using the green beans, wash them under running water. Remove both ends of the beans by either snapping them off or cutting them with a knife.

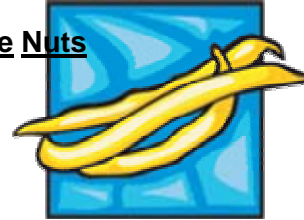
A Few Quick Serving Ideas:

- * Green beans are a classic ingredient in Salad Nicoise, a French cold salad dish that combines steamed green beans with tuna fish and potatoes.
- * Healthy sauté green beans with shiitake mushrooms.
- * Prepare the perennial favorite, green beans almandine, by sprinkling slivered almonds on healthy sautéed beans.
- * Roast green beans, red peppers and garlic, and combine with olive oil and seasonings to make a delicious salad.

- * Add chopped green beans to breakfast frittatas.

Green Beans with Lemon and Pine Nuts

- 1 1/2 lb green beans, trimmed and cut diagonally into 1/2-inch pieces
- 1/4 cup pine nuts, toasted
- 2 tablespoons finely chopped fresh flat-leaf parsley
- 1 1/2 teaspoons finely grated fresh lemon zest
- 4 teaspoons extra-virgin olive oil



1. Cook beans in a 4-quart saucepan of boiling salted water until just tender, about 5 minutes, then drain well in a colander.
2. Transfer to a bowl and toss with nuts, parsley, zest, oil, and salt and pepper to taste. *Makes 8 servings.*

Green Beans with Bacon Vinaigrette

- 1 pound green beans, trimmed
- 1/4 pound sliced bacon (about 4 slices)
- 1 tablespoon red-wine vinegar
- In a kettle of boiling salted water cook beans until *al dente*, about 3 minutes. Drain beans in a colander and plunge into a bowl of ice and cold water to stop cooking. Drain beans well.

1. In a large heavy skillet cook bacon over moderate heat until crisp and transfer to paper towels to drain. Crumble bacon.
2. Pour off all but 1 tablespoon fat from skillet and cook beans with vinegar and half of bacon over moderate heat, tossing, until tender. Season beans with salt and pepper and serve topped with remaining bacon.

Marinated Green Bean Salad

- 1 pound green beans, trimmed
- 1 small shallot or red onion, minced
- 1 tablespoon sherry or red wine vinegar
- 1/4 teaspoon salt
- Pinch of sugar
- 1/8 teaspoon dry mustard
- 3 tablespoons olive oil

1. Prepare a large bowl of ice water and set aside.
2. Steam green beans. Immediately plunge green beans in ice water. Swish around until completely cool. Dry thoroughly. Put green beans in a shallow dish.
3. Combine shallot or garlic, vinegar, and salt in a small bowl. Whisk in sugar, mustard, and oil to shallot mixture. Pour over green beans, cover, and chill at least 1 hour and up to overnight. (Green beans kept over night will lose some of their brilliant green color, but will be just as, if not more, delicious.) *Makes 4 servings.*

Herbed Summer Squash and Potato Torte with Parmesan

- 1 bunch green onions, thinly sliced
- 1 cup grated Parmesan cheese
- 2 tablespoons all purpose flour
- 1 tablespoon chopped fresh thyme
- 1 1/2 teaspoons salt
- 3/4 teaspoon ground black pepper
- 2 pounds potatoes, peeled, cut into 1/8-inch-thick rounds
- 12 ounces yellow crookneck squash, cut into 1/8-inch-thick rounds
- 6 teaspoons olive oil



1. Preheat oven to 375°F. Butter two 8-inch-diameter cake pans. Set aside 1/4 cup sliced green onions. Toss remaining green onions, cheese, flour, thyme, salt and pepper in medium bowl to blend.
2. Layer 1/6 of potatoes in concentric circles in bottom of 1 prepared pan, overlapping slightly. Layer 1/4 of squash in concentric circles atop potatoes. Drizzle with 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture. Repeat with 1/6 of potatoes, then 1/4 of squash and 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture. Top with 1/6 of potatoes. Drizzle with 1 teaspoon oil. Sprinkle with 1/6 of cheese mixture and press gently to flatten. Repeat procedure with second cake pan and remaining potatoes, squash, oil, and cheese mixture.
3. Cover pans with foil. Bake until potatoes are almost tender, about 40 minutes. Remove foil; bake uncovered until tortes begin to brown and potatoes are tender, about 25 minutes longer. (Can be made 6 hours ahead. Cool. Cover with foil and chill. Rewarm, covered with foil, in 350°F oven until heated through, about 30 minutes.)
4. Cut each torte into wedges. Sprinkle wedges with 1/4 cup green onions; serve. *Makes 8 servings.*

Summer Squash Bread and Butter Pickles

4 pounds small yellow squash and green zucchini, scrubbed and cut into 1/4-inch-thick rounds (12 cups)
2 large onions, cut crosswise into 1/4-inch-thick slices
1/4 cup plus 1 1/2 teaspoons canning salt
1 quart crushed ice
2 1/4 cups cider vinegar
1 cup pure maple syrup (preferably dark amber)
3/4 cup water
1 tablespoon mustard seeds
v 1 teaspoon whole allspice
1/2 teaspoon celery seeds
6 (4- to 5-inch-long) fresh red chilies such as Holland red hot finger peppers
Special equipment: 6 (1-pint) canning jars with lids and screw bands



1. Toss together yellow squash, zucchini, and onions with 1/4 cup canning salt and crushed ice in a large bowl. Press a plate directly onto vegetables and place a 5-pound weight on top (a bag of sugar in a sealed plastic bag works well). Let stand at room temperature 4 hours.
2. Sterilize jars and lids.
3. Bring vinegar, syrup, water, mustard seeds, allspice, celery seeds, and remaining 1 1/2 teaspoons canning salt to a boil in a 3-quart saucepan, then simmer, uncovered, 10 minutes.
4. Cut a lengthwise slit in each chile (don't cut all the way through), then add chiles to pickling liquid and continue to simmer 1 minute.
5. Drain jars upside down on a clean kitchen towel 1 minute, then invert.
6. Drain vegetables in a colander set over a bowl to catch liquid, and then pack into jars, tucking a chile pepper into side of each jar. Fill jars with pickling liquid, leaving 1/4 inch of space at top, then run a thin knife between vegetables and jar to eliminate air bubbles.
7. Seal, process, and store filled jars, boiling pickles in jars 20 minutes. Let pickles stand in jars at least 1 week for flavors to develop. *Makes 6 (1-pint) jars.*

Charred Heirloom Tomatoes with Fresh Herbs

4 large firm heirloom tomatoes (about 10 ounces each), cored, cut horizontally in half
2 tablespoons fresh oregano leaves, divided
2 tablespoons fresh thyme leaves, divided
5 tablespoons (about) extra-virgin olive oil, divided

1. Arrange tomatoes, cut side up, on rimmed baking sheet. Sprinkle with salt and pepper, then 1 1/2 tablespoons each oregano and thyme leaves. Drizzle with 3 tablespoons oil. *DO AHEAD: Can be made 2 hours ahead. Let stand at room temperature.*
2. Prepare barbecue (medium-high heat). Brush grill rack with oil. Place tomatoes, cut side up, on rack. Cook until bottoms are charred, 3 to 4 minutes. Turn tomatoes over and grill just to sear, about 1 minute. Turn cut side up onto platter. Sprinkle with 1/2 tablespoon each oregano and thyme, then drizzle with more oil, if desired. Serve warm. *About 8 servings.*

Yellow Summer Squash and Corn Soup

1 pound yellow summer squash
2 ears corn
3 large shallots
2 large garlic cloves
1 fresh jalapeno 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



1. 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.
2. 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.

3. 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.*

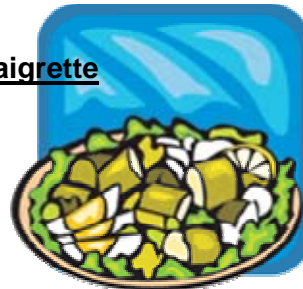
Lettuce Soup

1 cup chopped onions, scallions, and/or shallots
1 garlic clove, chopped
3 tablespoons unsalted butter
3/4 teaspoon ground coriander
3/4 teaspoon salt
1/4 teaspoon black pepper
3/4 cup diced (1/3 inch) peeled potato
8 cups coarsely chopped lettuce leaves including ribs (3/4 lb)
3 cups water

1. Cook onion mixture and garlic in 2 tablespoons butter in a 4- to 5-quart heavy pot over moderately low heat, stirring, until softened, 3 to 5 minutes. Add coriander, salt, and pepper and cook, stirring, 1 minute. Stir in potato, lettuce, and water and bring to a boil, then reduce heat and simmer, covered, until potato is very tender, about 10 minutes.
2. Purée soup in batches in a blender (use caution when blending hot liquids) and transfer to a 2- to 3-quart saucepan. Bring soup to a simmer, then whisk in remaining tablespoon butter and salt and pepper to taste. *Makes 4 servings.*

Lettuce Greens and Vinaigrette

1 shallot (optional)
salt
2 tablespoons red wine vinegar
5 to 6 tablespoons extra virgin olive oil
assorted lettuce greens, amount to taste



1. Peel the shallot and cut into very thin slices. Put in a small bowl with a pinch of salt and the vinegar. Let the shallot soak in the vinegar for 15 to 20 minutes, then stir in the olive oil and mix well. Taste to see if the balance of vinegar and oil is right — you might need to add more of one or the other.
2. To prepare the lettuces: Remove any damaged leaves on the outside. Separate the heads into individual leaves. Tear large leaves into smaller pieces. Wash them and gently in a bowl in plenty of cold water. Lift the lettuces out and drain.
3. Spin dry in a salad spinner or lettuce drier. Only fill it half full at a time. The most important thing is to have dry lettuce or the dressing won't coat the leaves. As they are dried spread them out on a towel. Roll the towel up loosely, put in an airtight bag, and refrigerate until ready to serve. Toss the salad in the vinaigrette dressing just before serving.

Grilled Potato and Summer Squash Salad with Marjoram-Lemon Vinaigrette

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 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

1. 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.
2. Prepare barbecue (medium heat).
3. 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.
4. 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.
5. Arrange potatoes in single layer in grill basket. Grill until tender, 5 minutes per side. Transfer to large bowl.
6. Grill squash and bell pepper until tender, turning occasionally, 10 minutes. Transfer squash to bowl with potatoes.

7. 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.*