



Cal Poly Organic Farm

Community Supported Agriculture Newsletter

www.calpolyorgfarm.com

CPOF ANNOUNCEMENTS

- * CPOF would like to thank **Cynthia Bens** and all volunteers that helped with the new water feature up near the greenhouse. It is a beautiful, safe addition to our farm and we couldn't have done it without her.
- * The farm has teamed up with the **sweet corn enterprise project** here at Cal Poly to offer you conventional, non-genetically modified, bi-color corn. Crop Science students are responsible for planting, weeding, pest control, harvesting and marketing. Nowhere else in California are university students able to access this type of learn-by-doing enterprise. The future farmers of this country are here and need your support.
- * The **UC Sustainability Conference** is coming to the farm and Cal Poly. CPOF will host a mixer on **Thursday, July 31st from 3-5pm** at the farm and everyone is invited to meet and greet conference goers. Also, CPOF will host a compost mini-workshop on Saturday, Aug 2nd (this you must register for). For more information go to www.sustainability.calpoly.edu.
- * Did you know that your local chefs are participating in an event called **Pallet to Palate**? This is where local chefs team up with local growers to create dishes that are uniquely from SLO. For more information go to <http://www.pallettopalate.com/>
- * **The Fall/Winter CSA Season is right around the corner.** 12- and 24-week Community Member CSA shares begin the week of September 22nd. For more information on the upcoming Fall/Winter Season, go to www.calpolyorgfarm.com or call 756-6139.
- * **For old newsletters and general farm information go to www.calpolyorgfarm.com or email us at orgfarm@calpoly.edu**

Week 17 Produce

July 27 - August 2, 2008

Full Shares expect 10-12 items

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

- * **Summer squash** - *Blanch slices of summer squash for two minutes before freezing.*
- * **Cucumbers** - *To easily remove seeds, cut the cucumber lengthwise and use a spoon to gently scoop them out.*
- * **Radishes** - *Add to your tossed green salads.*
- * **Buttercrunch lettuce** - *The small amounts of a white, milky liquid exuded when leaves are broken gives lettuce its slightly bitter flavor and its scientific name, Lactuca sativa, derived from the Latin word for milk.*
- * **Red Oakleaf lettuce** - *In China, where it has been growing since the 5th century, lettuce represents good luck.*
- * **Potatoes** - *The potato belongs to the Solanaceae or nightshade family whose other members include tomatoes, eggplants, peppers, and tomatillos.*
- * **Tomatoes** - *Since tomatoes are sensitive to cold, and it will impede their ripening process, store them at room temperature and out of direct exposure to sunlight.*
- * **Spring salad mix** - *Make sure your leaves are spun or patted dry before adding dressing so as not to dilute flavor.*
- * **Chives** - *A great garnish for your potatoes.*
- * **Bunching onions** - *All onions should be stored away from potatoes, as they will absorb their moisture and ethylene gas, causing them to spoil more readily.*
- * **Bush beans** - *Add chopped green beans to breakfast frittatas.*
- * **Avocados (7th Heaven)** - *Sprinkling cut surfaces with lemon juice will help to prevent the browning that can occur when the flesh comes in contact with oxygen in the air.*
- * **Avocados (Living Soil/ Managed Organic, not Certified Organic)** - *Spread ripe avocados on bread as a healthy replacement for mayonnaise when making a sandwich.*
- * **Basil (LeFort Organics)** - *Enjoy a taste of Italy by layering fresh basil leaves over tomato slices and mozzarella cheese to create this traditional colorful and delicious salad.*
- * **Potatoes (Growing Grounds not Certified Organic and CPOF)** - *As a result of the Irish Potato Famine almost three-quarters of a million people died and hundreds of thousands emigrated to other countries in search of sustenance.*
- * **Peppers (Various)** - *Unwashed peppers stored in the refrigerator will keep for up to one week.*
- * **Corn (Cal Poly/ CONVENTIONAL)** - *Summer gold!*

Unless otherwise noted, all vegetables are from the CPOF.

Unless otherwise noted, all vegetables are certified organic.

VEGETABLE OF THE WEEK: POTATO

Whether it is mashed, baked or made into French fries, many people often think of the potato as a comfort food. This sentiment probably inspired the potato's scientific name, *Solanum tuberosum*, since *solanum* is derived from a Latin word meaning "soothing". The potato's name also reflects that it belongs to the *Solanaceae* family whose other members include tomatoes, eggplants, peppers, and tomatillos.

There are about 100 varieties of edible potatoes. They range in size, shape, color, starch content and flavor. They are often classified as either mature potatoes (the large potatoes that we are generally familiar with) and new potatoes (those that are harvested before maturity and are of a much smaller size). Some of the popular varieties of mature potatoes include the Russet Burbank, the White Rose and the Katahdin, while the Red LeSoda and Red Pontiac are two types of new potatoes. There are also delicate fingerling varieties available which, as their name suggests, are finger-shaped. The skin of potatoes is generally brown, red or yellow, and may be smooth or rough, while the flesh is yellow or white. There are also other varieties available that feature purple-grey skin and a beautiful deep violet flesh.



History

Potatoes originated in the Andean mountain region of South America. Researchers estimate that potatoes have been cultivated by the Indians living in these areas for between 4,000 and 7,000 years. Unlike many other foods, potatoes were able to be grown at the high altitudes typical of this area and therefore became a staple food for these hardy people. Potatoes were brought to Europe by Spanish explorers who "discovered" them in South America in the early 16th century. Since potatoes are good sources of vitamin C, they were subsequently used on Spanish ships to prevent scurvy. They were introduced into Europe via Spain, and while they were consumed by some people in Italy and Germany, they were not widely consumed throughout Europe, even though many governments actively promoted this nutritious foodstuff that was relatively inexpensive to produce. Since people knew that the potato is related to the nightshade family, many felt that it was poisonous like some other members of this family. In addition, many judged potatoes with suspicion since they were not mentioned in the Bible. In fact, potatoes initially had such a poor reputation in Europe that many people thought eating them would cause leprosy.

Some of the credit for the rise in potatoes' popularity is given to two individuals who creatively engineered plans to create demand for the potato. In the 18th century, a French agronomist named Parmentier created a scheme whereby peasants could "steal" potatoes from the King's "guarded" gardens. He also developed and popularized the mashed potato that became popular probably because he made this suspicious vegetable unrecognizable. Another person who was instrumental to the acceptance of potatoes was Count Rumford. A member of the British scientific group, the Royal Society, Rumford created a mush soup made of potatoes, barley, peas and vinegar, which the German peasants adopted as a satisfying and inexpensive dish.

It is thought that the potato was first brought to the United States in the early 18th century by Irish immigrants who settled in New England. People in this country were slow to adopt the "Irish potato" and large-scale cultivation of potatoes did not occur in the U.S. until the 19th century. Today, this once-infamous vegetable is one of the most popular throughout the world and the one that Americans consume more of pound for pound than any other.

Selection and Storage

- * Potatoes should be firm, well shaped and relatively smooth, and should be free of decay that often manifests as wet or dry rot. In addition, they should not be sprouting or have green coloration since this indicates that they may contain the toxic alkaloid *solanine* that has been found to not only impart an undesirable taste, but can also cause a host of different health conditions such as circulatory and respiratory depression, headaches and diarrhea.
- * Since new potatoes are harvested before they are fully mature, they are much more susceptible to damage. Be especially careful when purchasing these to buy ones that are free from discoloration and injury.
- * The ideal way to store potatoes is in a dark, dry place between 45°F to 50°F (between 7-10°C) as higher temperatures, even room temperature, will cause the potatoes to sprout and dehydrate prematurely. While most people do not have root cellars that provide this type of environment, to maximize the potato's quality and storage, you should aim to find a place as close as possible to these conditions. Storing them in a cool, dark closet or basement may be suitable alternatives. Potatoes should definitely not be exposed to sunlight as this can cause the development of the toxic alkaloid *solanine* to form.
- * Potatoes should not be stored in the refrigerator, as their starch content will turn to sugar giving them an undesirable taste. In addition, do not store potatoes near onions, as the gases that they each emit will cause the degradation of one another. Wherever you store them, they should be kept in a burlap or paper bag.
- * Mature potatoes stored properly can keep up to two months. Check on the potatoes frequently, removing any that have sprouted or shriveled as spoiled ones can quickly affect the quality of the others. New potatoes are much more perishable and will only keep for one week.
- * Cooked potatoes will keep fresh in the refrigerator for several days. Potatoes do not freeze well.

Health Benefits

Potatoes are a very good source of vitamin C. They are also a good source of vitamin B6, copper, potassium, manganese, and dietary fiber.

Preparation Tips

- * The potato skin is a concentrated source of dietary fiber, so to get the most nutritional value from this vegetable, don't peel it and consume both the flesh and the skin. Just scrub the potato under cold running water right before cooking and then remove any deep eyes or bruises with a paring knife. If you must peel it, do so carefully with a vegetable peeler, only removing a thin layer of the skin and therefore retaining the nutrients that lie just below the skin.
- * Potatoes should be cleaned and cut right before cooking in order to avoid the discoloration that occurs with exposure to air. If you cannot cook them immediately after cutting, place them in a bowl of cold water to which you have added a little bit of lemon juice, as this will prevent their flesh from darkening and will also help to maintain their shape during cooking. As potatoes are also sensitive to certain metals that may cause them to discolor, avoid cooking them in iron or aluminum pots or using a carbon steel knife to cut them.
- * Potatoes and Pesticide Residues: Even though pesticides are present in food at very small trace levels, their negative impact on health is well documented. The liver's ability to process other toxins, the cells' ability to produce energy, and the nerves' ability to send messages can all be compromised by pesticide exposure. According to the Environmental Working Group's 2006 report "Shopper's Guide to Pesticides in Produce," potatoes are among the 12 foods on which pesticide residues have been most frequently found. Therefore, individuals wanting to avoid pesticide-associated health risks may want to avoid consumption of potatoes unless they are grown organically. Thorough scrubbing of the skins of non-organic potatoes with a natural bristle vegetable brush and cool running water will help remove some, but not all of the pesticide residues.

A Few Quick Serving Ideas:

- * Purée roasted garlic, cooked potatoes and olive oil together to make delicious garlic mashed potatoes. Season to taste.
- * Potatoes are a featured ingredient in the classic dish, Salad Nicoise, which pairs new potatoes with chunks of tuna fish and steamed green beans dressed lightly with oil and vinegar.
- * Toss steamed, diced potato with olive oil and fresh herbs of your choice.

Potatoes and Haricots Verts with Vinaigrette

- 3 tablespoons Champagne vinegar or white-wine vinegar
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon black pepper
- 1/4 teaspoon sugar
- 2 teaspoons salt
- 1/2 cup olive oil
- 3 lb small (1 1/2- to 2-inch) potatoes, such as Yukon Gold, scrubbed well
- 3/4 cup diced (1/4-inch) red onion
- 3/4 lb haricots verts or other thin green beans, trimmed and cut into 2-inch pieces
- 3 celery ribs, cut into 1/4-inch dice
- 1/3 cup finely chopped fresh flat-leaf parsley



1. Whisk together vinegar, mustard, pepper, sugar, and 1 teaspoon salt in a small bowl. Add oil in a slow stream, whisking until emulsified.
2. Quarter potatoes, then cover with cold water by 1 inch in a 4- to 5-quart pot and bring to a boil with remaining teaspoon salt. Reduce heat and simmer, uncovered, until potatoes are tender, 8 to 10 minutes. Drain, then transfer hot potatoes to a large bowl and toss with onion and all but 1/4 cup vinaigrette. Cool to room temperature, about 1 hour.
3. While potatoes cool, cook green beans in a 3-quart saucepan of boiling salted water, uncovered, until crisp-tender, 3 to 4 minutes, then drain and transfer to a bowl of ice water to stop cooking. Let stand 2 minutes. Drain and pat dry.
4. Just before serving, toss potato mixture with green beans, celery, parsley, and remaining 1/4 cup vinaigrette.

Avocado Salsa

- 2 avocados
- 2 vine-ripened tomatoes (about 1 pound), seeded and chopped fine
- 1 red onion, chopped fine (about 3/4 cup)
- 1 pickled jalapeño chili, minced (wear rubber gloves)
- 6 tablespoons fresh lime juice
- 1 tablespoon vegetable oil
- 1 1/2 teaspoons salt

Halve, pit, and peel avocados. Chop avocados fine and in a bowl stir together with remaining salsa ingredients. Salsa may be made 4 hours ahead and chilled, covered.

Tortilla Soup with Crisp Tortillas and Avocado Relish



For tortilla soup

- 1/2 white onion
- 1 pound plum tomatoes
- 6 peeled garlic cloves
- 2 [dried] guajillo chilies (about 1 ounce)
- 2 [dried] ancho chilies (about 1 ounce)
- ten 5- to 6-inch white corn tortillas
- about 2 cups peanut or vegetable oil for deep-frying
- 8 cups chicken stock
- 1/2 teaspoon dried oregano, crumbled
- 1 teaspoon coarse salt

For avocado relish

- 2 ripe California avocados
- 1 small vine-ripened tomato
- 2/3 cup finely chopped white onion (about 1/2 onion)
- 1 to 2 fresh serrano chilies
- 2 tablespoons chopped fresh coriander sprigs
- 2 teaspoons fresh limejuice
- 1 teaspoon coarse salt
- 1/2 teaspoon coarsely crushed black peppercorns
- 8 fresh coriander sprigs
- Garnish: lime wedges

Make soup:

1. Preheat broiler. Coarsely chop onion. In a well-seasoned 9-inch cast-iron or other heavy ovenproof skillet arrange onion, tomatoes, and garlic in one layer and broil about 2 inches from heat, turning vegetables occasionally with tongs, until tomato skins are blistered and lightly charred, about 20 minutes. Cool vegetables.
2. While vegetables are broiling, remove stems, seeds, and ribs from chilies (wear rubber gloves). Heat a dry griddle or heavy skillet over moderate heat until hot but not smoking and toast chilies, 1 or 2 at a time, pressing down with tongs, a few seconds on each side, or until more pliable. Transfer chilies as toasted to a bowl. Cover chilies with hot water and soak about 20 minutes, or until soft.
3. Drain chilies, discarding soaking liquid, and in a blender purée with vegetable mixture until smooth.
4. Cut 6 tortillas into quarters and cut remaining 4 tortillas into 1/4-inch-wide strips. In cleaned 9-inch skillet heat 1/2 inch oil until a deep-fat thermometer registers 375°F. and fry tortilla quarters in 3 batches, turning them, until crisp and pale golden, 30 seconds to 1 minute. With a slotted spoon transfer quarters as fried to paper towels to drain.
5. Fry tortilla strips in 2 batches in same manner, transferring with tongs to paper towels to drain and keeping them separate from fried tortilla quarters. In a plastic bag with a rolling pin finely crush tortilla quarters.
6. In a 5-quart heavy kettle bring stock and chili purée to a boil, stirring. Stir in crushed tortillas, oregano, and salt and simmer, uncovered, whisking occasionally, until tortillas are soft and soup is slightly thickened, 30 to 45 minutes. If necessary, season soup with salt and pepper.

Make relish while soup is simmering:

7. Quarter avocados, removing pits, and peels. Cut avocados into 1/4-inch dice and finely chop tomato. Wearing rubber gloves, finely chop chilies, including seeds if desired. In a bowl gently stir together avocados, tomato, onion, chilies, and remaining relish ingredients until combined well.
8. Divide relish, fried tortilla strips, and coriander among 8 soup plates and ladle soup over mixture. Garnish soup with lime wedges. *Makes about 9 cups.*

Potato, Corn, and Cherry Tomato Salad with Basil Dressing

- 2 tablespoons white-wine vinegar
- 1/2 cup olive oil
- 1 cup packed fresh basil leaves
- 2 1/2 pounds small red potatoes
- the kernels cut from 6 cooked ears of corn
- 1/2 pound cherry tomatoes, halved



1. In a blender or food processor blend together the vinegar, the oil, the basil, and salt and pepper to taste until the dressing is emulsified.
2. In a large saucepan combine the potatoes with enough cold water to cover them by 2 inches, bring the water to a boil, and simmer the potatoes for 15 minutes, or until they are tender. Drain the potatoes, let them cool, and quarter them.
3. In a large bowl combine the corn, the potatoes, the tomatoes, the dressing, and salt and pepper to taste and toss the salad gently.

Lettuce, Avocado and Sunflower Seed Salad

1/2 cup olive oil
1 1/2 tablespoons red wine vinegar
1 1/2 tablespoons balsamic vinegar
1 tablespoon minced garlic
1 tablespoon mayonnaise
2 small heads Bibb lettuce, torn into bite-size pieces
1/3 cup sunflower seeds (about 2 ounces)
2 avocados peeled, pitted, sliced



1. Combine olive oil, red wine vinegar, balsamic vinegar and garlic in small bowl and whisk to blend. Whisk in mayonnaise. Season dressing to taste with salt and pepper.
2. Combine lettuce and sunflower seeds in bowl; toss with enough dressing to coat. Season with salt and pepper. Top with avocado slices. Pass remaining dressing separately. *Serves 6.*

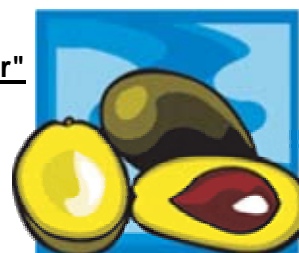
Potato, Greens, and Goat Cheese Quesadillas

1 1/3 cups 1/2-inch cubes peeled potatoes (about 2 medium)
2 teaspoons chili powder
1 1/3 cups (packed) coarsely grated hot pepper Monterey Jack cheese (5 to 6 ounces)
1 1/3 cups jarred salsa verde (tomatillo salsa)
4 2/3 cups coarsely chopped stemmed greens (from 1 bunch), divided
4 8-inch-diameter flour tortillas
3 ounces chilled fresh goat cheese, coarsely crumbled
Olive oil

1. Place baking sheet in oven and preheat to 275°F. Steam potatoes until tender, about 8 minutes. Place in large bowl; sprinkle with salt, pepper, and chili powder. Toss to coat. Cool potatoes 15 minutes. Mix in Jack cheese. Meanwhile, blend salsa and 2/3 cup (packed) greens in mini processor until greens are finely chopped.
2. Arrange tortillas on work surface. Divide remaining greens between bottom half of each. Top greens with potato mixture, then goat cheese and 2 tablespoons salsa mixture for each. Fold plain tortilla halves over filling, pressing to compact. Brush with oil.
3. Heat large nonstick skillet over medium heat. Place 2 quesadillas, oiled side down, in skillet. Brush tops with oil. Cook until quesadillas are brown, about 3 minutes per side. Transfer to sheet in oven to keep warm. Repeat with remaining 2 quesadillas.
4. Cut each quesadilla into 3 or 4 wedges. Serve with remaining salsa. *Makes 4.*

Grilled Bread and Guacamole "Butter"

a 16- to 18-inch ficelle (very thin French bread)
about 1/4 cup olive oil
2 ripe avocados (preferably California)
2 tablespoons diced onion
1 1/2 tablespoons fresh lemon juice
1 garlic clove, chopped
3/4 teaspoon ground cumin



1. Cut bread diagonally into 1/4-inch-thick slices and brush both sides of each slice with oil.
2. Prepare grill (or preheat oven).
3. Grill bread in batches on a rack set 5 to 6 inches over glowing coals, turning it, until toasted on both sides, about 3 minutes. (Alternatively, bread may be toasted in batches on a baking sheet in a 350°F. oven until crisp, 10 to 12 minutes.) Grilled bread may be made 1 week ahead and cooled completely before keeping in an airtight container at room temperature.
4. Halve avocados and discard pits. Spoon flesh into a food processor. Add remaining ingredients and blend just until smooth. Guacamole "butter" may be made 1 day ahead and chilled, its surface covered with plastic wrap.
5. Serve bread topped with dollops of guacamole "butter." *Serves 8.*



Cal Poly Organic Farm
 HCS Dept. Building 11, Room 227
 Cal Poly San Luis Obispo, CA 93407
 Phone: 805 756-6139
orgfarm@calpoly.edu
www.calpolyorgfarm.com

2008 Cal Poly Organic Farm Fall/Winter Share CSA Membership Form

Name(s) _____

Street Address _____

City and Zip Code _____

Email address(es) _____

Phone Number(s) _____

	Large (\$26.50/week)	Small (\$20/week)
12 week share	\$318.00	\$240.00
Or		
24 week share**	\$604.00 (5% discount included)	\$456.00 (5% discount included)

**24 week shares have an additional 5% discount included in the share price. Please see the other side of this form regarding a payment plan for the 24-week share.

Your CSA share price = \$ _____

Additions:

Credit Card Processing Fee
 (If you are paying by credit card, please add \$3.00) \$ _____
See the other side of this form to use your credit card.

Drop Site Delivery Fee (\$1/week) x (#of weeks) = \$ _____
 (See drop off locations below)

CPOF Organic Tote Bag or T-Shirt (O-cotton S, M, L, XL) \$12.00 \$ _____ (Please specify item/s)

Add \$20 to Donate a Small Share to the Maxine Lewis Shelter \$ _____
 (www.eocslo.org/homeless/homeless_shelter.html)

TOTAL DUE = \$ _____

Choose your pick-up location (please circle one):

1. **Cal Poly Organic Farm** Mondays after 3:00pm – 6:00pm (No drop site delivery fee required).
2. **Cal Poly Organic Farm** Thursdays after 3:00pm – 6:00pm (No drop site delivery fee required).
3. **Morro Bay** Mondays after 4:30pm – 7:00pm.

- 4 Atascadero on Mondays after 4:30pm -6:30pm.
- 5. **Paso Robles** on Mondays after 5:00pm-8:00pm.
- 6. **SLO** (Pacific Coast Home and Garden) on Thursdays after 4:00pm – 6:00pm.
- 7. **Pismo Beach** on Thursdays after 4:30pm – Friday 8:00pm.

Please turn over for more important CSA information!

START/END DATES:

Shares begin the week of **September 22, 2008**. 12-week Fall Shares expire the week of December 8, 2008. 24 week Fall/Winter Shares expire the week of March 16, 2008.

24-WEEK FALL/WINTER SHARE PAYMENT PLAN

If you have signed up for the 24 week Fall/Winter Share you may opt for the 2-installment payment plan. Your first payment must be at least ½ your total share cost and is due at inception of your membership. Your second payment is due **December 8, 2008**. Please note; the 5% CSA price discount is contingent upon completion of the 24-week CSA season.

HOLIDAYS

If a national holiday occurs on a Monday, pick-up will be the next day (Tuesday) at the regular time and pick-up location. These dates will always be announced in the newsletter and will be listed in the CPOF calendar. For the week of Thanksgiving, all Thursday shares will be delivered on Tuesday, November 25th, not Thursday, November 27th. There will be no shares delivered the weeks of December 22nd or the week of December 29th due to the Winter Holidays.

SUBMITTING FORMS AND PAYMENT

Please fill out all membership and payment forms completely before mailing them to the address listed above. Incomplete forms cannot be processed. For questions regarding payment please contact us or go to www.calpolyorgfarm.com. Thank you for your support!

CREDIT CARD PAYMENT FORM

Dear Cal Poly Corporation,

I authorize you to charge my credit card (Visa or MC only please)

_____,

exp date _____ in the amount of \$ _____, to be processed now,

for membership in the Cal Poly Organic Farm Community Supported Agriculture (CSA) program.

Name (Printed)

Signature

Date

Phone Number

*Please fill out this form COMPLETELY. Incomplete forms cannot be processed.



Cal Poly Organic Farm Fall 2008 Student Membership Form

Cal Poly Organic Farm's mission is to educate students about organic and sustainable farming practices. In order to fund this mission, the farm operates a weekly produce subscription service. You can receive fresh, organic, Cal Poly produce weekly! Contact CPOF at (805) 756-6139 or orgfarm@calpoly.edu, or visit us at www.calpolyorgfarm.com to find out more about the Fall 2008 CSA share.

A student weekly produce box ("Student Share") includes 8 to 10 different vegetable and fruit items and is designed for 1 to 2 people. *The Student Share is only available to currently enrolled Cal Poly students.*

A typical Fall share would include the following: apples, beets, bok choy, broccoli, carrots, cauliflower, cilantro, green beans, lettuce, onions, parsley, parsnips, radishes, spinach, squash and more!

The Fall Student Share begins the week of **September 29th**, and runs through the week of December 1st, 2008 (10 weeks). To subscribe, submit a completed membership form (found below) and payment to the Cal Poly Organic Farm.

CPOF Fall 2008 CSA Student Membership Form

Name: _____

Full Mailing Address: _____

Phone: _____

Email: _____

Share Pick-Up Day (*please circle one*):

1. Mondays at the Cal Poly Organic Farm from 3:00pm through 7:00pm, **OR**
2. Thursdays at the Cal Poly Organic Farm from 3:00pm through 7:00pm, **OR**
3. Cerro Vista Front Desk on Mondays from 3:30pm though 7:00pm, **OR**
4. Poly Canyon Village on Mondays from 3:30pm through 7:00pm.

Pay By Campus Express Dollars by filling out the following:

I authorize payment to the Cal Poly Organic Farm in the amount of \$190.00 to be deducted from my **Campus Express Card**.

Campus Express Card Account #: _____

Signed: _____ Date: _____

Or, Make Checks Payable to: Cal Poly Organic Farm

Mail Membership Form and Payment to:
Cal Poly Organic Farm
HCS Department, Building 11, Room 227
Cal Poly San Luis Obispo, CA 93407

OR

Drop Off Membership Form and Payment to the address listed above.

Please write clearly and fill out this form completely. Incomplete forms cannot be processed.



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HCS Dept. Building 11, Room 227
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Phone: 805 756-6139/fax 756 6504
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_____,

exp date _____ in the amount of \$ _____, to be processed now,

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Name (Printed)

Signature

Date

Phone Number

*Please fill out this form COMPLETELY. Incomplete forms cannot be processed.