



Cal Poly Organic Farm

Community Supported Agriculture Newsletter

www.calpolyorgfarm.com

CPOF ANNOUNCEMENTS

* A special treat for our CSA members this week: everyone will find six different samples from **Sweet Earth Organic Chocolates**, 1491 Monterey Street, San Luis Obispo. Each share will include one each of the following 100% Organic, 100% Fair Trade flavors: Peanut Butter Cup, Chili Orange Walnut, Peppermint Cup, Almond Cluster, Cranberry Ginger, and Turtles.

Organic and Fair Trade are like “two soybeans in the pod of sustainability.” Organic supports the soil and human health, protecting us from chemical pollutants. Fair Trade promotes community health by paying the farmer a higher price. Consuming chocolate made from organically grown cocoa is one giant step toward reducing our dependence on petroleum-based agricultural inputs while supporting small growers. This is a stark contrast with plantation-style growing, where the rainforest is cut down to permit monocropping and petroleum-based agricultural chemicals are commonly used. Fair Trade certification is a guarantee to processors, handlers, retailers and consumers that the cocoa beans used in this chocolate were produced in a way that does no social harm. Fair Trade-certified cocoa only comes from certified farmers' cooperatives, organized to strengthen their farmer-members economically so they can provide for their families and educate their children.

The Sweet Earth Organic Chocolates Philosophy: “We believe that capitalism comes in different flavors--not just the survival-of-the-fittest sort, but a softer, kinder, and more sustainable way of doing business that considers the needs of our planet and its people. Chocolate that's better for the environment.”

For more information about Sweet Earth, phone 544-7759 or email: info@sweetearthchocolates.com.

* **Cal Poly Fruit U-Pick:** On Saturday, July 5th from 10 a.m. to 1 p.m. apricots will be available on sale for \$1.50/lb at the Crops Unity Building located on the corner of Highland and Mt. Bishop. For more information check the U-Pick Hotline at 756-2224 or email orchardmanager@calpolyfruitandcrops.com.

* **Good local food and those who grow and eat it!** The State Board of Food and Agriculture and the California Department of Food and Agriculture are launching a series of listening sessions that will provide a forum for the agriculture industry and public to give their input into a California strategic agricultural vision. This vision will be used to guide public policy and investment priorities at the state and national level for the next 20 years. It will be a vision that affects everyone who produces, ships, processes, markets, eats, drinks or wears California agricultural products.

Week 14 Produce

July 6– July 12, 2008

Full Shares expect 10-12 items

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

Carrots – Carrots did not become a popular vegetable in Europe until the Renaissance.

Onions – Onions should be stored at room temperature, away from bright light, and in a well-ventilated location.

Cabbage – Cabbage belongs to the Cruciferae family of vegetables along with kale, broccoli, and Brussels sprouts.

Kale - Braise chopped kale and apples. Before serving, sprinkle with balsamic vinegar and chopped walnuts.

Summer squash – Add summer squash to your favorite muffin or bread recipe; decrease the amount of liquid by one-third to compensate for the moisture in the squash.

Collard greens– Long a staple of the southern United States, collard greens, unlike their cousins kale and mustard greens, have a very mild, almost smoky flavor.

Cilantro – Coriander leaves are featured in the culinary traditions of Latin American, Indian and Chinese cuisine.

Celery root – Celery roots must be scrubbed, trimmed at the top and bottom, quartered, and peeled before eating.

Broccoli (Bonni-Pak) – Broccoli is very perishable and should be stored unwashed in an open plastic bag in the refrigerator crisper, where it will keep for a week.

Salad mix – Whether vegetables, fruits, seeds, nuts, whole grains, whole-wheat croutons, soy products, meats or cheeses, most every food goes well with lettuce.

Summer squash (Le Fort's Organic Crops) – Squash should be stored unwashed in a plastic bag in the refrigerator, where it will keep for about seven days.

Basil (Le Fort's Organic Crops) – Basil is a good source of vitamin K, iron, calcium, vitamin A, dietary fiber, manganese, magnesium, vitamin, C and potassium.

Chocolates (Sweet Earth Chocolates) – Scientists report that cocoa and other chocolates may keep high blood pressure down, your blood flowing, and your heart healthy.

Unless otherwise noted, all vegetables are from the CPOF.

Unless otherwise noted, all vegetables are certified organic.

Public input is essential for the agricultural vision to fully represent California, including perspectives from farmers, ranchers and processors as well as hunger, nutrition, conservation and rural development groups. For more information on the sessions or to share your vision as an interested local food advocate go to <http://www.cdfa.ca.gov/agvision/>.

* Check out: www.kidsgardeningstore.com/ for deals on some wonderful books about working with children in the garden. Now on sale: *The Growing Classroom*, regularly \$39.95, and now \$19.95. Sale runs thru July 9.

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

FOOD OF THE WEEK: CHOCOLATE

A balanced diet consists of items from the five major food groups: dairy, grains, meats, fruits/vegetables, and chocolate.

Chocolate comes in many forms: unsweetened, semi-sweet, bittersweet, milk chocolate and white chocolate (which technically isn't chocolate at all, but does have similarities so we'll include it here as well). Chocolate is unique among vegetables in that its fat (cocoa butter) is solid at room temperature. Since this fat melts at mouth temperature, chocolate is an excellent flavor conductor. Separating most of the cocoa butter out of the liquor makes cocoa powder.



Similar to coffee, cacao beans are dried and roasted before being hulled. "Chocolate liquor", made from the roasted, ground cocoa bean nibs (the meat of the cacao bean) is what makes chocolate chocolate. Thus, unsweetened chocolate is pure chocolate liquor and about 50% cocoa butter. Bittersweet chocolate blends at least 35% liquor with as much as 50% with cocoa butter, sugar and vanilla. Semisweet chocolate has the same ingredients as bittersweet with the addition of more sugar. Milk chocolate, which contains about 10% chocolate liquor, takes the process a step further by adding about 12% milk solids.

History

The first people clearly known to have discovered the secret of cacao were the Classic Period Maya (250-900 C.E. [A.D.]). The Maya and their ancestors in Mesoamerica took the tree from the rainforest and grew it in their own backyards, where they harvested, fermented, roasted, and ground the seeds into a paste. When mixed with water, chile peppers, cornmeal, and other ingredients, this paste made a frothy, spicy chocolate drink. By 1400, the Aztec empire dominated a sizeable segment of Mesoamerica. The Aztecs traded with Maya and other peoples for cacao and often required that citizens and conquered peoples pay their tribute in cacao seeds—a form of Aztec money. Like the earlier Maya, the Aztecs also consumed their bitter chocolate drink seasoned with spices—sugar was an agricultural product unavailable to the ancient Mesoamericans.

Many people in Classic Period Maya society could drink chocolate at least on occasion, although it was a particularly favored beverage for royalty. But in Aztec society, primarily rulers, priests, decorated soldiers, and honored merchants could partake of this sacred brew. Chocolate also played a special role in both Maya and Aztec royal and religious events. Priests presented cacao seeds as offerings to the gods and served chocolate drinks during sacred ceremonies.

Europe's first contact with chocolate came during the conquest of Mexico in 1521. The Spaniards recognized the value attached to cacao and observed the Aztec custom of drinking chocolate. Soon after, the Spanish began to ship cacao seeds back home. When the Spanish brought cacao home, they doctored up the bitter brew with cinnamon and other spices and began sweetening it with sugar. They managed to keep their delicious drink a Spanish secret for almost 100 years before the rest of Europe discovered what they were missing. Sweetened chocolate soon became the latest and greatest fad to hit the continent.

Because cacao and sugar were expensive imports, only those with money could afford to drink chocolate. In fact, in France, chocolate was a state monopoly that could be consumed only by members of the royal court. Like the Maya and the Aztecs, Europeans developed their own special protocol for the drinking of chocolate. They even designed elaborate porcelain and silver serving pieces and cups for chocolate that acted as symbols of wealth and power. Cacao and sugar were labor-intensive agricultural products. To keep up with the demand for chocolate, Spain and many other European nations established colonial plantations for growing these plants. A combination of wage laborers and enslaved peoples were used to create a plantation workforce. For centuries, chocolate remained a handmade luxury sipped only by society's upper crust. But by the 1800s, mass production made solid chocolate candy affordable to a much broader public.

To meet the demands of today's global market, chocolate manufacturing relies on both ancient techniques in the field and new technologies in the factory. The Industrial Revolution witnessed the development of an enormous number of new

mechanical inventions and ushered in the era of the factory. The steam engine made it possible to grind cacao and produce large amounts of chocolate cheaply and quickly. Later inventions like the cocoa press and the conching machine made it possible to create smooth, creamy, solid chocolate for eating—not just liquid chocolate for drinking. However, cacao farming itself remains basically unaltered. People grow cacao in equatorial climates all around the world today using traditional techniques first developed in Mesoamerica. Cacao is still harvested, fermented, dried, cleaned, and roasted mostly by hand.

Storage

Chocolate should be stored in a cool, dry place at a temperature of about 60F. If the chocolate becomes too warm, the cocoa butter rises to the surface and forms a dusty gray film known as "bloom." This "bloom" is not harmful and, once the chocolate is melted, it returns to its natural rich brown color. If you do store chocolate in the refrigerator or freezer, take it out and let it stand until it returns to room temperature before you use it in a recipe. Chocolate is very sensitive to sudden changes of temperature and you will not get the best results if you do not treat it with respect.

Health Benefits

Chocolate contains more than 300 chemicals, and has been the subject of a number of studies by universities and other scientific organizations. Here's a quick rundown of the results.

- * Cacao, the source of chocolate, contains antibacterial agents that fight tooth decay. Of course, this is counteracted by the high sugar content of milk chocolate.
- * The smell of chocolate may increase theta brain waves, resulting in relaxation.
- * Chocolate contains phenyl ethylamine, a mild mood elevator.
- * The cocoa butter in chocolate contains oleic acid, a mono-unsaturated fat that may raise good cholesterol.
- * Drinking a cup of hot chocolate before meals may actually diminish appetite.
- * Men who eat chocolate live a year longer than those who don't.
- * The flavanoids in chocolate may help keep blood vessels elastic.
- * Chocolate increases antioxidant levels in the blood.
- * Mexican healers use chocolate to treat bronchitis and insect bites.
- * The carbohydrates in chocolate raise serotonin levels in the brain, resulting in a sense of well-being.



Preparation Tips

- * **MELTING CHOCOLATE:** Chocolate scorches easily, so always melt it over hot - not boiling - water. It is best to use a double boiler, but you can improvise by using a cup or bowl in a small saucepan over very gentle heat. The water must be kept below simmering to prevent steam from curling up and hitting the chocolate. If steam gets into the melted chocolate it will immediately thicken the mixture to a stiff mass. If this does happen, however, you can rescue the chocolate by softening it again. To do this, add 1-2 tablespoons of vegetable shortening (never use butter as it contains moisture which will cause the chocolate stiffen even more!) to the chocolate and stir vigorously. You can also melt chocolate directly over very low heat in a heavy gauge saucepan, but you must watch the mixture carefully. What if your recipe calls for melting chocolate along with water or some other type of liquid? That's fine, as long as the liquid is mixed with the chocolate from the beginning of the melting process, it won't get grainy on you, (but adding even a drop in mid-melting will cause this problem). Alternatively, you can melt chocolate in a dry oven. Place grated chocolate in a metal bowl and place it in an oven set at 110° F (if your oven doesn't go that low, use the lowest temperature and keep the door ajar). Your chocolate will melt in about an hour.
- **HOW TO MAKE CHOCOLATE CURLS:** Use a vegetable peeler with a long narrow blade and a chunk or bar of chocolate. Warm chocolate and blade slightly. Be sure your peeler is absolutely dry. Draw the peeler along the smooth surface of the chocolate.
- **HOW TO GRATE CHOCOLATE:** Be sure that the block of chocolate is cool and firm. Grate on hand grater, cleaning the grater often so that the chocolate doesn't clog the surface of the blade. You can use a blender, but be sure to cut the chocolate into small pieces first.

CHOCOLATE BREAD PUDDING

- 1 (12-inch) piece day-old baguette, cut into 1/3-inch slices, then slices halved crosswise (4 cups)
- 3 cups half-and-half
- 1/2 cup sugar
- 1/8 teaspoon salt
- 10 oz fine-quality bittersweet chocolate (not unsweetened), chopped
- 6 large eggs
- 1 teaspoon vanilla
- 2 tablespoons unsalted butter, cut into bits
- Accompaniment: unsweetened whipped cream



1. Generously butter a 2 1/2- to 3-quart soufflé dish. Put bread in dish.
2. Heat half-and-half, sugar, and salt in a 2-quart saucepan over moderate heat, stirring, until sugar is dissolved and mixture is hot but not boiling. Remove from heat and add chocolate, then let stand 2 minutes. Whisk until smooth.
3. Lightly beat eggs together in a large bowl and slowly add chocolate mixture, whisking until combined. Stir in vanilla. Pour mixture over bread and let soak at room temperature, pressing bread down occasionally, 1 hour.
4. Put oven rack in middle position and preheat oven to 325°F. Dot top of pudding with butter bits. Bake in a hot water bath until edge is set but center still trembles slightly, 45 minutes to 1 hour. Cool pudding to warm in dish on a rack. (Pudding will continue to set as it cools.) *Makes 6 to 8 servings.*

CHOCOLATE TORTE

- 1 1/2 cups walnuts (about 7 ounces)
- 1/3 cup all purpose flour
- 8 ounces bittersweet (not unsweetened) or semisweet chocolate, chopped
- 1/2 cup (1 stick) unsalted butter, room temperature
- 14 tablespoons sugar
- 7 large eggs, separated, room temperature
- Powdered sugar

1. Position rack in center of oven and preheat to 350 °F.
2. Butter 9-inch-diameter springform pan with 3-inch-high sides. Line bottom with waxed paper round.
3. Finely grind walnuts with flour in processor; set aside.
4. Stir chocolate in top of double boiler over simmering water until melted and smooth. Remove chocolate from over water. Cool chocolate slightly.
5. Using electric mixer, beat butter and 7 tablespoons sugar in large bowl until light and fluffy. Beat in melted chocolate. Add yolks 1 at a time, beating well after each addition. Continue beating until smooth and light, about 3 minutes. Mix in ground walnut mixture.
6. Using electric mixer fitted with clean dry beaters, beat whites in another large bowl until beginning to form soft peaks. Gradually add remaining 7 tablespoons sugar and beat to soft peaks. Stir 1/4 of whites into batter to lighten. Fold in remaining whites.
7. Pour batter into prepared pan; smooth top. Bake until tester inserted into center comes out with some moist crumbs attached, about 40 minutes. Cool cake in pan on rack 10 minutes. Run sharp knife around pan sides to loosen cake.
8. Release pan sides and cool cake completely (cake may fall as it cools). Can be prepared 2 days ahead. Cover and let stand at room temperature. Transfer to platter. Sift powdered sugar over cake. Cut into wedges and serve. *Serves 10.*

FROZEN CHOCOLATE BANANAS

- 2 ripe but firm bananas
- 6 ounces dark chocolate, chopped, or semisweet chocolate chips
- 2 tablespoons vegetable oil
- 1/2 cup granola, chopped pecans and walnuts, or sprinkles (optional)



1. Line a baking sheet with nonstick foil or parchment paper.
2. Cut the bananas in half and insert a Popsicle stick into each half, as shown. Place them on the baking sheet and freeze for 15 minutes.
3. Meanwhile, melt the chocolate with the oil in a Pyrex measuring cup in the microwave (check it every 30 seconds) or in a half-full pan of simmering water (about 2 minutes). Stir until smooth.
4. Roll each banana half in the chocolate, then quickly sprinkle with your topping (if using).
5. Freeze until the chocolate sets, 30 minutes. Serve or freeze in an airtight container for up to a week. *Makes 4 servings.*

BASIL FLATBREAD WITH ROASTED TOMATOES AND BASIL OIL

1/3 cup warm water (105°F to 115°F)
1 teaspoon dry yeast
Pinch of sugar

2/3 cup plus 1 1/2 cups (or more) all purpose flour
2/3 cup water, room temperature

2 teaspoons olive oil
1 teaspoon salt
3 tablespoons thinly sliced fresh basil

Basil Oil

Roasted Tomatoes

1. Pour 1/3 cup warm water into large bowl. Sprinkle yeast and sugar over; let stand until mixture is foamy, about 10 minutes.
2. Mix 2/3 cup flour and 2/3 cup room-temperature water into yeast mixture. Cover and let stand 20 minutes.
3. Stir olive oil and salt into yeast mixture. Mix in 1 1/2 cups flour, 1/2 cup at a time, until slightly sticky dough forms. Add basil. Knead on floured surface until smooth and elastic, adding more flour by tablespoonfuls if dough is too sticky, about 10 minutes. Oil large bowl. Add dough; turn to coat. Cover with plastic. Let rise in warm area until doubled, about 45 minutes.
4. Punch dough down. Turn out onto floured surface. Divide in half; knead each piece just until smooth. Cover with towel; let rise until almost doubled, 20 minutes.
5. Prepare barbecue (medium-high heat). Roll out each dough piece on floured surface to 12-inch round. Transfer each to separate baking sheet. Brush top side with Basil Oil. Place bread, oiled side down, on barbecue. Grill until bottom is golden brown, about 1 1/2 minutes. Brush top of bread with Basil Oil. Using tongs, turn bread over; grill until golden, about 1 1/2 minutes. (Can be made 4 hours ahead. Cover loosely with foil; let stand at room temperature. Before continuing, prepare barbecue; use medium-high heat.)
6. Brush breads with some Basil Oil. Arrange Roasted Tomatoes on breads. Loosely cover breads with foil; grill until heated through, watching closely, about 4 minutes. Drizzle with more Basil Oil. Cut each bread into 6 pieces. *Makes 2 large breads (6 servings per bread).*

ROASTED TOMATOES

6 large red and/or yellow tomatoes, each cut crosswise in half
4 fresh thyme sprigs
1 1/2 tablespoons minced garlic
1/4 cup olive oil

1. Preheat oven to 350°F. Oil 13 x 9 x 2-inch glass baking dish. Arrange tomatoes, cut side up, in dish. Place thyme in dish. Sprinkle with garlic and salt and pepper. Drizzle with oil.
2. Bake until tomatoes are slightly brown around edges, about 45 minutes. Cool. (Can be made 2 hours ahead. Let stand at room temperature.) *Makes enough to top 2 large flatbreads.*

BASIL OIL

1 1/2 cups (packed) fresh basil leaves
3/4 cup olive oil

1. Blanch basil in medium saucepan of boiling water 10 seconds. Drain. Rinse under cold water. Pat basil dry with paper towels.
2. Transfer to blender. Add oil; puree until smooth.
3. Transfer to small bowl. Season with salt and pepper. (Can be made 3 days ahead. Cover and chill. Let stand at room temperature for 30 minutes before using.) *Makes about 3/4 cup.*



SAUTEED COLLARD GREENS

2 1/2 pounds collard greens
2 garlic cloves
1 tablespoon unsalted butter
1 tablespoon olive oil
1 teaspoon fresh lemon juice, or to taste

1. Remove and discard stems and center ribs of collard greens. Cut leaves into 1-inch pieces. In a kettle of boiling water cook collards 15 minutes and drain in a colander, pressing out excess liquid with back of a wooden spoon.
2. Mince garlic. In a 12-inch heavy skillet heat butter and oil over moderately high heat until foam subsides and stir in garlic, collards, and salt and pepper to taste. Sauté collard mixture, stirring, until heated through, about 5 minutes.
3. Drizzle collards with lemon juice and toss well. *Serves 4.*

HAM AND BLACK-EYED PEA SOUP WITH COLLARD GREENS

1 medium onion
1 garlic clove
a 4-ounce piece cooked ham
2 tablespoons olive oil
1/2 pound collard greens
1 cup chicken broth (8 fluid ounces)
3 cups water
a 16-ounce can black-eyed peas (about 1 1/2 cups)
1 teaspoon cider vinegar



1. Chop onion and garlic and cut ham into 1/4-inch dice. In a 3-quart saucepan cook onion, garlic, and ham in oil over moderate heat, stirring occasionally, until onion is pale golden.
2. While onion mixture is cooking, discard stems and center ribs from collards and finely chop leaves. Add collards, broth, and water to onion mixture and simmer until collards are tender, about 20 minutes.
3. Rinse and drain black-eyed peas. In a bowl mash half of peas with a fork. Stir mashed and whole peas into soup and simmer 5 minutes. Season soup with salt and pepper and stir in vinegar. *Makes about 4 cups, serving 2 as a main course.*

CABBAGE AND CELERY ROOT SLAW WITH CIDER-DIJON DRESSING

1/2 medium head green cabbage, thinly sliced (about 8 cups)
1/2 small head red cabbage, thinly sliced (about 4 cups)
2 red bell peppers, cut into matchstick-size strips 3 cups matchstick-size strips peeled celery root (from 1 medium head)
2/3 cup mayonnaise
2 tablespoons Dijon mustard
2 tablespoons apple cider vinegar
4 teaspoons sugar
2 teaspoons celery seeds

1. Mix first 4 ingredients in large bowl.
2. Whisk mayonnaise and next 4 ingredients in small bowl to blend. Pour dressing over vegetables. Season with salt and pepper. (Can be made 6 hours ahead. Cover; chill.) *Makes 6 servings.*