



Cal Poly Organic Farm

Community Supported Agriculture Newsletter

www.calpolyorgfarm.com

CPOF ANNOUNCEMENTS

- * **Backyard Harvest** will be hosting a garden focused "Breakfast Club" at 221 15th Street in Paso Robles on Saturday, June 14th from 10 am to noon. Please bring a garden fresh dish to share with your neighbors and \$20 to contribute to support Backyard Harvest. This is a family event and you are encouraged to bring a friend who would enjoy getting involved. At this event we will update you on all of our fabulous success last year and our new projects for this year and beyond.

The Paso Robles chapter of Backyard Harvest, which is celebrating its second season of food collection and distribution, is continuing the fight against hunger locally by supplementing food pantries with much needed fresh produce. Backyard Harvest teams up with local produce growers and gardeners to collect the excess fruits and vegetables growing in abundance in their backyards. Backyard Harvest, in its' first year in operation, collected and distributed over 5000 lbs of fresh local produce to families in need.

For more information, to RSVP for the breakfast, or to volunteer, call 265-5440 or e-mail local chapter founder Amy White at amyw@backyardharvest.org.

- * The San Luis Obispo Botanical Garden and the San Luis Obispo YMCA are proud to offer their first summer camps at the Garden for 5-12 year olds.
Green Gardens Camp, June 17 – 19: How does your green garden grow? Well, with proper tools in mind you will learn techniques and plant selections that show you how to grow gardens that are suitable for our dry, Mediterranean climate region of California.
Green Buildings Camp, July 8 – 10: Green, sustainable, solar buildings are within your reach. Come see our straw bale construction center and learn about the secrets of passive solar design.

For more information please contact Katie Allison at 543-8235 x 106, Kallison@sloymca.org or Teresa Lees at 541-1400 x.304, trees@slobg.org. For other events and activities at the San Luis Obispo Botanical Garden go to www.slobg.org.

- * **The Basics of Vibrant Health**, a wellness workshop, featuring healer Craig Lane, will take place on Saturday, June 28 from 10 a.m. to 5 p.m. at the Biddle House, 559 Pismo Street, San Luis Obispo. Discover the importance of cleansing and detoxification, and maintaining our "internal garden of gut biology." For more information contact Zander at 431-1129 or Craig at (831) 325-4402.

Week 11 Produce

June 15 – June 21, 2008

Full Shares expect 10-12 items

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

Carrots - Soak carrot sticks in hot water spiced with cayenne, coriander seeds and salt. Allow to cool, drain and serve.

Onions (bunched) – Onions are a very good source of vitamin C, chromium and dietary fiber.

Cabbage - Keeping cabbage cold will keep it fresh and help it retain its vitamin C content.

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

Rosemary – Fresh rosemary should be stored in the refrigerator wrapped in a slightly damp paper towel.

Summer squash – Serve raw squash with your favorite dips.

Cauliflower – Puree cooked cauliflower, add fennel seeds and your other favorite herbs and spices and serve as soup.

Broccoli – Broccoli is very perishable and should be stored in open plastic bag in the refrigerator crisper where it will keep for a week.

Garlic - Do not store garlic in oil at room temperature. Garlic-in-oil mixtures stored at room temperature provide perfect conditions for producing botulism, regardless of whether the garlic is fresh or has been roasted.

Golden beets – These colorful root vegetables contain powerful nutrient compounds that help protect against heart disease, birth defects and certain cancers.

Basil (La Fort 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.

Butter Crunch lettuce (Growing Grounds Farm) – Give sandwiches extra crunch (and nutrients) by garnishing with lettuce leaves.

Blackberries (4 Elements) – Blackberries have one of the highest antioxidant levels of fruits regularly tested, are rich in Vitamin C and fiber, and are low in calories and carbohydrates and have no fat.

Broccoli (BoniPak) - Sprinkle lemon juice and sesame seeds over lightly steamed broccoli.

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

- * **A FOOD CHAIN RELEASE FROM METROFARM.COM** As the world's oil cartels squeeze us for our last dime, we look for relief to an economy fueled by carbohydrates instead of hydrocarbons. But this leads us to ask, "Which is first, food or fuel?" This Saturday at 9am Pacific, the Food Chain with Michael Olson hosts David Blume, author of *Alcohol Can Be A Gas*, and Ohio State Professor of Natural Resources Rattan Lal, for a conversation about the efficacy and ethics of using food as fuel.

Log on the Food Chain page at www.metrofarm.com to listen on your radio, computer or IPOD. Topics include a look at whether corn ethanol can save our economy; what alternatives there might be to corn ethanol; and whether we should use food as fuel. **Question of the Week: Which is first, food or fuel? (#592)**

- ◆ **CPOF volunteer Opportunities are still available at the California Mid-State Fair in Paso Robles.** Booth representatives are needed from 11:30 a.m. to 5:30 p.m. on: Wednesday, July 23; Saturday, July 26; Sunday, July 27; Wednesday, July 30; and Saturday, August 2.

Volunteers will be expected to provide their own transportation to and from the fair, as well as pick up, display and drop off booth materials (CPOF literature, tees, totes) to and from the CPOF's straw bale building. Volunteers will receive free admission to the fair. Please let us know at your earliest convenience if you are interested in volunteering for any of the above listed dates. Call the Cal Poly Organic Farm at 756-6139.

VEGETABLE OF THE WEEK: SUMMER SQUASH

Summer squash, members of the *Cucurbitaceae* family and relatives of both the melon and the cucumber, come in many different varieties. While each type varies in shape, color, size and flavor, they all share some common characteristics. The entire vegetable, including its flesh, seeds and skin, is edible. In addition, some varieties of the squash plant produce edible flowers. Unlike winter squash, summer squash are more fragile and cannot be stored for long periods of time. Varieties of summer squash include:

- * **Zucchini:** Probably the best known of the summer squashes, zucchini is a type of narrow squash that resembles a cucumber in size and shape. It has smooth, thin skin that is either green or yellow in color and can be striped or speckled. Its tender flesh is creamy white in color and features numerous seeds. Its edible flowers are often used in French and Italian cooking.
- * **Crookneck and Straightneck Squash:** Both of these summer squashes have creamy white flesh and generally have yellow skins, although sometimes you can find them with green skin. Crookneck squash is partially straight with a swan-like neck. It was genetically altered to produce its straightneck cousin that is shaped as its name implies.
- * **Pattypan Squash:** This small saucer-shaped squash features skin that can either be pale green or golden yellow in color. Its cream-colored flesh is denser and slightly sweeter than that of zucchini.

Modern day squash developed from the wild squash that originated in an area between Guatemala and Mexico. While squash has been consumed for over 10,000 years, they were first cultivated specifically for their seeds since earlier squashes did not contain much flesh and what they did contain was very bitter and unpalatable. As time progressed, squash cultivation spread throughout the Americas, and varieties with a greater quantity of sweeter-tasting flesh were developed. Christopher Columbus brought squash back to Europe from the New World, and like other native American foods, their cultivation was introduced throughout the world by Portuguese and Spanish explorers.



Selection and Storage

- * When purchasing summer squash, look for ones that are heavy for their size and have shiny, unblemished rinds. Additionally, the rinds should not be very hard since this indicates that the squash are overmature and will have hard seeds and stringy flesh. Purchase summer squash that are of average size since those that are overly large may be fibrous, while those that are overly small may be inferior in flavor.
- * Summer squash is very fragile and should be handled with care, as small punctures will lead to decay. It should be stored unwashed in a plastic bag in the refrigerator, where it will keep for about seven days. While it can be frozen, this will make the flesh much softer. To do so, blanch slices of summer squash for two minutes before freezing.

Health Benefits

Summer squash is an excellent source of manganese and vitamin C. It is also a very good source of magnesium, vitamin A, dietary fiber, potassium, copper, folate, and phosphorous. In addition, summer squash is a good source of omega-3 fatty acids, vitamin B1, vitamin B2, vitamin B6, calcium, zinc, niacin, and protein.

Preparation Tips

Wash summer squash under cool running water and then cut off both ends. You can then proceed to cut it into the desired size and shape for the particular recipe.

A Few Quick Serving Ideas:

- * Sprinkle grated zucchini or other summer squash on top of salads and sandwiches.
- * Enjoy an easy to make ratatouille by healthy sautéing summer squash, onions, bell peppers, eggplant and tomatoes and then simmering the mixture in tomato sauce. Season to taste.
- * Add zucchini or other summer squash to your favorite muffin or bread recipe; decrease the amount of liquid in the recipe by about one-third to compensate for the moisture present in the squash.

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 (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



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

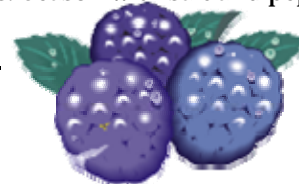
Summer Squash Sauté

1/4 cup (1/2 stick) butter
1 small onion, thinly sliced
2 tablespoons chopped garlic
2 tablespoons chopped fresh tarragon or 2 teaspoons dried
1 pound yellow crookneck squash, trimmed, sliced into 1/3-inch-thick rounds
1 pound small zucchini, trimmed, sliced into 1/3-inch-thick rounds

1. Melt butter in large skillet over medium-high heat. Add onion, garlic and tarragon; sauté until onion is just tender, about 2 minutes.
2. Add yellow squash and zucchini; sauté until crisp-tender, about 8 minutes. Season with salt and pepper. *Serves 4.*

Blackberry Crumble Recipe

2 cups washed blackberries
2/3 cup sugar
2 tablespoons lemon juice, or juice of 1 lemon
3 tablespoons butter
2/3 cup all-purpose flour
1/8 teaspoon salt



Put blackberries in a 1-quart baking dish with half of the sugar. Sprinkle with lemon juice. Cream butter, remaining sugar, flour, and salt together; sprinkle over berries. Bake blackberry crumble at 350° for 40 minutes.

Serve warm or cold with cream, ice cream, or dessert sauce. *Blackberry crumble dessert recipe serves 4.*

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 Yukon Gold 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.*

Pickled Crisp Vegetables

1 large fennel bulb (sometimes called anise), stalks cut off and discarded and bulb sliced lengthwise 1/2 inch thick, then cut into 1/2-inch-wide strips
1 head cauliflower, cut into 1-inch-wide florets (4 to 6 cups)
3 mixed bell peppers (red, orange, and yellow), cut into 1/4-inch-wide strips
1 lb medium carrots, cut into 3- to 4-inch-long strips (1/4 inch thick)
3 1/2 cups distilled white vinegar
1 3/4 cups sugar
1 3/4 cups water
4 garlic cloves, halved
1 tablespoon plus 1/2 teaspoon salt
1 teaspoon dried hot red pepper flakes
1 teaspoon fennel seeds, slightly crushed

1. Add fennel, cauliflower, bell peppers, and carrots to an 8-quart pot half full of unsalted boiling water, then immediately turn off heat and let stand, uncovered, 2 minutes. Drain vegetables in a colander and spread out on a kitchen towel to cool to room temperature.
2. Bring remaining ingredients to a boil in a 3-quart nonreactive saucepan over moderate heat, stirring until sugar is dissolved. (Stainless steel, enameled cast iron, and glass are nonreactive; avoid pure aluminum and uncoated iron.)
3. Transfer pickling liquid to a 4-quart nonreactive bowl and cool to room temperature, about 30 minutes. Discard garlic (don't be alarmed if it has turned blue in reaction to the vinegar) and add vegetables to pickling liquid. Weight vegetables with a plate to keep them submerged in liquid if necessary. Chill, covered, at least 1 week. Pickled vegetables keep, covered and chilled, 1 month. *Makes about 12 cups.*



Broccoli Almondine

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.*

Crusty Blackberry Cobbler

4 cups blackberries
1 cup sugar
1/4 cup instant tapioca
1 1/3 cups fruit juice or water
2 tablespoons butter



2 cups sifted all-purpose flour
2 tablespoons sugar
4 teaspoons baking powder
1/2 teaspoon salt
6 tablespoons shortening
2/3 cup milk
sugar and ground nutmeg

1. Combine blackberries, 1 cup sugar, tapioca, 1 1/3 cups juice or water, and 2 tablespoons butter; set aside.
2. Sift together the flour, 2 tablespoons sugar, baking powder, and salt. Cut in shortening until mixture resembles coarse meal. Add 2/3 cup milk all at once; stir just until flour is dampened. Roll out on a lightly floured surface and cut into 8 rounds, about 2 1/2 inches in diameter. Sprinkle rounds with sugar and ground nutmeg.
3. Pour blackberries into a greased baking dish; place rounds on berries. Bake at 425° for 30 minutes. *Serves 8.*

Roasted Cauliflower Soup

2 heads cauliflower
3 garlic cloves
2 shallots
2 tablespoons olive oil
3 cups chicken broth
1 cup water
1 teaspoon finely chopped fresh thyme leaves
1 bay leaf
2 cups heavy cream

1. Preheat oven to 425°F.
2. Cut cauliflower into 1-inch flowerets (about 10 cups). In a large baking pan toss cauliflower, garlic, and shallots with oil to coat and roast in middle of oven about 30 minutes, or until golden.
3. In a 4-quart kettle simmer broth, water, roasted cauliflower mixture, and herbs 30 minutes, or until cauliflower is very tender. Discard bay leaf and in a blender puree soup in batches until smooth (use caution when blending hot liquids), transferring to a bowl. Return soup to kettle and stir in cream and salt and pepper to taste. Heat soup over moderate heat until just heated through. *Makes 10 cups.*

Roasted Beets and Carrots

6 medium beets (2 1/2 lb with greens), trimmed, leaving 1 inch of stems attached
2 1/2 lb carrots, cut diagonally into 3/4-inch-thick slices
2 tablespoons olive oil



1. Preheat oven to 425°F. Wrap beets tightly in foil, making 2 packages, and roast in middle of oven until tender, about 1 1/4 hours.
2. Toss carrots with oil and salt and pepper to taste in a shallow baking pan.
3. Remove beets from oven and roast carrots in middle of oven until tender, about 20 minutes.
4. While carrots are roasting, unwrap beets and, when just cool enough to handle, slip off skins and remove stems. Cut each beet into 6 wedges.
5. Add beets to carrots, tossing to combine, and roast until beets are hot and carrots are very tender, about 15 minutes more. *Makes 6 servings.*

Cooks'note: *Beets can be roasted and peeled 2 days ahead and chilled, covered.*