



Cal Poly Organic Farm

Community Supported Agriculture Newsletter

www.calpolyorgfarm.com

CPOF ANNOUNCEMENTS

◆ **ARE YOU SIGNED UP FOR THE SUMMER SHARE OF THE COMMUNITY SUPPORTED AGRICULTURE PROGRAM?**

PROGRAM? CAL POLY ORGANIC FARM SUMMER CSA STARTS JUNE 16! Both 10- and 14-week shares will be available. Sign up forms can be found at our website, at www.calpolyorgfarm.com.

For those of you who signed up for the 24-week CSA season and opted for the payment plan, your second payment will be due no later than June 30, 2008. If you have any questions regarding your membership status or the balance you owe, please call the Cal Poly Organic Farm at 756-6139.

- ◆ **Understanding BIODYNAMIC Agriculture:** The SARC is pleased to cosponsor 'Understanding Biodynamic Agriculture: Principles and Practice' with Cal Poly's Continuing Education (CE) Dept. Biodynamics is one of the oldest forms of organic farming, dating back to the 1920s. Course includes hands-on demonstrations of springtime biodynamic preparations. This class is tailored to professional farmers and home gardeners alike. Taught by Cal Poly alumna, Gena Nonini, owner of Marian Farms in Fresno (www.marianfarmsbiodynamic.com). June 5-6, Fri. 7:00 - 9:00 pm & Sat. 8:00 am - 5:00 pm. Registration: \$135. More information can be found at: <http://continuing-ed.calpoly.edu/wine.html>

- ◆ **THE HISTORY OF THE FARMERS ALLIANCE in SLO County:** The Farmers Alliance was a national agrarian political and economic movement from the 1890s. Frustrated by unfair costs of land, milling, and transportation, many SLO County farmers aligned with Populist Party to start their own economic co-ops. ON NOW! San Luis Obispo County Historical Museum open Wednesday through Sunday, 10 a.m. - 4 p.m. 696 Monterey Street, San Luis Obispo (Across Broad Street from the Mission) Special: Exhibit Walk-through with Chico State History Professor, Michael Magliari, to be held on June 7. Phone: (805) 543-0638 • www.slochs.org

- ◆ **EUCALYPTUS TALK** at Botanical Garden: June 14 at 1pm. Cal Poly Biology Professor Matt Ritter presents "The Eucalyptus - the most common non-native trees in California". Held in the Education Center. Fee: \$5 (Members \$4). Info: call 541-1400 or visit www.slobg.org.

Week 9 Produce

June 1 - June 7, 2008

Full Shares expect 10-12 items

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

Carrots - Beta-carotene is not destroyed by cooking; in fact, cooking breaks down the fiber, making this nutrient and carrots' sugars more available, thus also making them taste sweeter.

Bunching onions - The regular consumption of onions, as little as two or more times per week, is associated with a significantly reduced risk of developing colon cancer.

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

Parsley - Fresh parsley should be washed right before using since it is highly fragile.

Collard greens - Serve steamed collard greens with black-eyed peas and brown rice for a Southern inspired meal.

Kohlrabi - Dice kohlrabi and combine with your favorite vegetables and dressing for a chopped salad with delightful crispness.

Fennel - Healthy sautéed fennel and onions make a wonderful side dish.

Garlic - Store fresh garlic in either an uncovered or a loosely covered container in a cool, dark place away from exposure to heat and sunlight.

Sugar Snap Peas (TKP Farms) - Add some fresh peas to green salads.

Romaine lettuce (Nojoqui Creek Farms) - Not all lettuce is created equal, but if you start your meal with a salad made of romaine lettuce you will be sure to add not only textures and flavors to your meal but a good amount of nutritional value.

Lemons (Nojoqui Creek Farms) - Squeeze some lemon juice onto an avocado quarter and eat as is.

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

FRUIT OF THE WEEK: LEMON (*Citrus limon*)

Lemons were originally developed as a cross between the lime and the citron and are thought to have originated in China or India, having been cultivated in these regions for about 2,500 years. Their first introduction to Europe was by Arabs who brought them to Spain in the 11th century around the same time that they were introduced into Northern Africa. The Crusaders, who found the fruit growing in Palestine, are credited with bringing the lemon to other countries across Europe. Like many other fruits and vegetables, lemons were brought to the Americas by Christopher Columbus in his second voyage to the New World in 1493, and have been grown in Florida since the 16th century.

Selection and Storage

- ◆ One of the tricks to finding a good quality lemon is to find one that is rather thin-skinned since those with thicker peels will have less flesh and therefore be less juicy. Therefore, choose lemons that are heavy for their size and that feature peels that have a finely grained texture. They should be fully yellow in color as those that have green tinges will be more acidic due to the fact that they have not fully ripened. Signs of overmature fruit include wrinkling, soft or hard patches and dull coloring.
- ◆ Lemons will stay fresh kept at room temperature, away from exposure to sunlight, for about one week. If you will not be using them within this time period, you can store the lemons in the refrigerator crisper where they will keep for about four weeks.
- ◆ Lemon juice and zest can also be stored for later use. Place freshly squeezed lemon juice in ice cube trays until frozen, subsequently storing them in plastic bags in the freezer. Dried lemon zest should be stored in a cool and dry place in an airtight glass container.



Nutrition

The lemon is low in Saturated Fat, Cholesterol and Sodium and high in Dietary Fiber, Vitamin C, Vitamin B6, Calcium, Potassium, Copper, Thiamin, Riboflavin, Pantothenic Acid, Iron and Magnesium

Preparation Tips

- ◆ Lemons are often called for in recipes in the form of juice. As they will produce more juice when warmer, always juice them when they are at room temperature or place them in a bowl of warm water for several minutes. Rolling them under the palm of your hand on a flat surface will also help to extract more juice.
- ◆ Before cutting the lemon in half horizontally through the center, wash the skin so that any dirt or bacteria residing on the surface will not be transferred to the fruit's interior. While you could remove any visible seeds before juicing the halves, you could also wait until after the process is complete, since there are bound to be some seeds that reside deeper and are not visible from the surface. The juice can then be extracted in a variety of ways. You can either use a juicer, reamer or do it the old fashioned way, squeezing by hand.
- ◆ If your recipe calls for lemon zest, make sure that you use fruit that is organically grown since most conventionally grown fruits will have pesticide residues on their skin. After washing and drying the lemon, use a zester, paring knife or vegetable peeler to remove the zest, which is the colored part of the peel. Make sure not to remove too much of the peel as the white pith underneath is bitter and should not be used. The zest can then be more finely chopped or diced.

A Few Quick Serving Ideas:

- ◆ Place thinly sliced lemons, peel and all, underneath and around fish before cooking. Baking or broiling will soften the slices so that they can be eaten along with the fish.
- ◆ Combine lemon juice with olive oil, freshly crushed garlic and pepper to make a light and refreshing salad dressing.
- ◆ If you are watching your salt intake (and even if you are not), serve lemon wedges with meals as their tartness makes a great salt substitute.

Perfect Lemonade Recipe

1 cup sugar (can reduce to 3/4 cup)
1 cup water (for the simple syrup)
1 cup lemon juice
3 to 4 cups cold water (to dilute)

1. Make simple syrup by heating the sugar and water in a small saucepan until the sugar is dissolved completely.
2. While the sugar is dissolving, use a juicer to extract the juice from 4 to 6 lemons, enough for one cup of juice.
3. Add the juice and the sugar water to a pitcher. Add 3 to 4 cups of cold water, more or less to the desired strength. Refrigerate 30 to 40 minutes. If the lemonade is a little sweet for your taste, add a little more straight lemon juice.
4. Serve with ice, sliced lemons. *Serves 6.*

Lemon Bars

2 sticks (8 ounces) butter
2 cups flour
1/2 cup confectioners' sugar
4 beaten eggs
2 cups sugar
4 tablespoons flour
1/4 cup lemon juice
1 tablespoon finely grated lemon peel
sifted confectioners' sugar



1. Heat oven to 325°.
2. Blend butter, 2 cups flour and 1/2 cup confectioners' sugar. Pat into ungreased 13x9x2-inch pan. Bake for 18 to 20 minutes.
3. For filling, blend together eggs, sugar, 4 tablespoons flour, lemon juice, and lemon peel. Pour over first layer. Return to oven and bake at 325° for 20 minutes. Loosen around edges, cut into bars and sift confectioners' sugar over the top while warm.

Lemon Granita

Granitas are also known as "ices" and are a delicious summer treat. There are two secrets to this recipe: (1) the smaller the pan, the longer it will take to freeze, and (2) it needs to be scraped and mixed every 20 minutes in order get the perfect texture. This recipe calls for a lot of sugar to offset the tartness of the lemon. Adjust to taste.

freshly squeezed juice of 8 lemons
3 3/4 cups of sugar
3 3/4 cups of water
3 tablespoons of grated lemon peel (zest - just the yellow)

1. Combine the sugar and water in a bowl and stir until the sugar has dissolved. Stir in lemon juice and zest.
2. Pour into large pans or Pyrex dishes and place in the freezer.
3. After 20 minutes, take it out of the freezer and, using a fork, scrape the bottom and stir the ice chips with the liquid. Freeze. Repeat every 20 minutes until there is no liquid left, and use the fork to break it up into small chunks.
4. Serve in wine or parfait glasses.

Lemon Mustard Vinaigrette Recipe

1 tablespoon lemon juice
2 tablespoons white wine vinegar
1 tablespoon Dijon mustard
1 1/4 teaspoon fresh tarragon, chopped
1/4 teaspoon salt
1/8 teaspoon black pepper
1 small garlic clove, crushed and finely chopped
1/3 cup olive oil, half light and half extra virgin



Put all ingredients in a glass jar, seal with a lid, and shake until ingredients are well incorporated. Refrigerate leftovers. *Makes 4 servings.*

Pasta with Garlic and Cheese

1 pound pasta
5 tablespoons olive oil
3 cloves garlic, minced
1/2 cup chopped flat leaf parsley
1/4 teaspoons salt
1/8 teaspoon pepper
3/4 cup grated Romano or Parmesan cheese

Cook the pasta according to package directions. Meanwhile, chop the garlic and parsley and sauté the garlic in the olive oil for about 2-3 minutes, stirring frequently. Combine with the parsley and salt and pepper in serving bowl. Drain the pasta and toss with the garlic/parsley mixture. Top with cheese and toss again. Serve with more cheese, if desired. *Serves 4.*

Mashed Potatoes with Kale

1 cup milk
8 tablespoons (1 stick) butter
1 small carrot, peeled, diced
1 large bay leaf
1 large onion, chopped
1 large bunch kale, rinsed, coarsely chopped (about 8 cups)
4 pounds russet potatoes, peeled, cut into 1-inch pieces

1. Combine milk, 2 tablespoons butter, carrot and bay leaf in medium saucepan; bring to simmer. Remove from heat; let steep while preparing kale and potatoes.
2. Melt 1 tablespoon butter in large Dutch oven over medium heat. Add onion; sauté until light brown, about 8 minutes. Add kale; cover and cook until tender, stirring often, about 25 minutes.
3. Meanwhile, cook potatoes in large pot of boiling salted water until tender, about 25 minutes. Drain well. Return to same pot; mash with hand masher.
4. Add kale mixture to potatoes. Strain in enough milk to produce moist, fluffy potatoes. Season with salt and pepper.
5. Melt 5 tablespoons butter in small saucepan. Mound potatoes in large bowl. Using spoon, make well in top of potatoes. Pour butter into well. Serve hot. *Serves 8.*

Orange-Roasted Baby Carrots with Honey

1 1/2 pounds slender baby carrots, trimmed, scrubbed
2 tablespoons extra-virgin olive oil plus additional for drizzling
1 teaspoon (packed) finely grated orange peel
1/3 cup fresh orange juice
1 1/2 tablespoons honey
salt

1. Preheat oven to 400°F. Arrange carrots in single layer on rimmed baking sheet. Add 2 tablespoons olive oil and orange peel; sprinkle with salt and pepper and toss.
2. Pour orange juice over; cover tightly with foil. Roast until crisp-tender, about 10 minutes. Remove foil.
3. Increase oven to 450°F. Drizzle honey over carrots. Roast uncovered until carrots are tender and browned in spots, about 10 minutes longer. Transfer carrots and any juices to platter. Drizzle lightly with additional olive oil. Sprinkle with salt. *Makes 4 servings.*

Carrot Cake

2 3/4 cups all-purpose flour
1 tablespoon baking soda
1 teaspoon salt
1 tablespoon ground cinnamon
1 teaspoon nutmeg
4 eggs
3/4 cup vegetable oil
2 cups sugar
1 teaspoon vanilla
3 cups shredded carrots
1 jar (16 ounces) applesauce
1 cup raisins
1 cup chopped pecans



1. Preheat oven to 350°. Sift together flour, baking soda, salt, cinnamon, and nutmeg; set aside.
2. Beat eggs; add oil, sugar, and vanilla. Stir in carrots and applesauce. Add sifted dry ingredients, raisins and 1/2 cup of chopped pecans.
3. Pour batter into a bundt pan or 10-inch tube pan. Sprinkle remaining chopped nuts over the top and bake for 1 hour, or until cake tests done. A toothpick inserted in center should come out clean.
4. Frost with cream cheese frosting or glaze as desired.

Cream Cheese Frosting: Beat 1 package (3 ounces) cream cheese with 1 tablespoon water and 1 teaspoon vanilla; gradually add 3 cups sifted confectioners' sugar, beating until smooth and spreading consistency. *Makes 1 1/2 cups, enough to frost top and sides of a 9-inch square cake or top of a 13 x 9-inch cake.*