



Cal Poly Organic Farm

Community Supported Agriculture Newsletter

www.calpolyorgfarm.com

CPOF ANNOUNCEMENTS

- ◆ **Reminder: For those of you who signed up for the 24-week CSA season and opted for the payment plan, your second payment is due no later than June 30.** If you have any questions regarding your membership status or the balance you owe, please call the Cal Poly Organic Farm at 756-6139. Thank you for your continued support.
- ◆ **Questions about your membership? Looking for an old newsletter? Have you lost your CSA Calendar?** Find all this and more at: www.calpolyorgfarm.com.
- ◆ **Here's the scoop on the Swanton Pacific Ranch Natural Beef:** Cal Poly's Swanton Pacific Ranch currently has "freezer boxes" containing a variety of cuts including steaks, roasts, ground beef and beef patties. The boxes cost \$6/lb and are approximately 30lbs. The Freezer boxes can be purchase directly from Cal Poly Meats on Thursday or Friday from noon - 5 p.m. in the food processing building next to Campus Market on Via Carta. Please call 805-756-2254 with any questions.

The Swanton Pacific Ranch Natural Beef Project offers grass-fed and grain-fed natural beef for sale every spring, and grass-fed natural beef for sale in the fall. Cal Poly Swanton Natural Beef has been minimally processed and beef cattle are never given growth-promoting hormones or antibiotics. Students participating in the project work throughout the year raising a herd of Black Angus-based cattle fed only grass and grains, pastured in rolling hills between the sea and the redwood forests on the university's Swanton Pacific Ranch in the mountains just north of Santa Cruz. The project gives students experience in ranch management and the cattle business as well as "hands-on" learning in ranching and agribusiness.

- ◆ **7th Annual UC/CSU/CCC Sustainability Conference: Putting Sustainability to Work, July 31 – August 3.** Join over 850 students, staff, faculty and administrators in California higher education to explore the ways in which we can implement social, environmental, and economic sustainability on our campuses statewide, prepare future generations for "green collar" jobs, and bring sustainability to campus practices, policies and contemporary culture.

We welcome you to present your best practices and learn about innovations in campus operations, planning, design, curriculum, and research through the peer-to-peer network that is being built within the California State University (CSU), California Community College (CCC) and University of California (UC) systems. For more information and/or to register go to <http://sustainability.calpoly.edu/>.

Week 13 Produce

June 29 – July 5, 2008

Full Shares expect 10-12 items

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

- Carrots** – Store them in the coolest part of the refrigerator in a plastic bag or wrapped in a paper towel.
- Bunching onions** – Onions are a very good source of vitamin C, chromium and dietary fiber.
- Cabbage** - Research has found that the association between frequently eating cabbage and a reduced risk of breast cancer is only seen with raw and short-cooked cabbage foods.
- Kale** - Kale played an important role in early European foodways, having been a popular vegetable eaten by peasants in the Middle Ages.
- Parsley** – Chopped parsley can be sprinkled on a host of different recipes, including salads, vegetable sautés and grilled fish.
- Summer squash** – Sprinkle grated summer squash on top of salads and sandwiches.
- Cucumbers**– Cucumbers should be stored in the refrigerator where they will keep for several days.
- Fennel** – Serve a colorful salad of fennel, orange, cherry tomatoes, pumpkin seeds and parsley leaves.
- Celery root** – Grate, shred, or julienne and serve with salads, slaws, and your vegetable platters.
- Broccoli** – Since the fibrous stems take longer to cook, they can be prepared separately for a few minutes before adding the florets.
- Spring salad mix** – Try the celery root, carrot and beet salad in the recipe section!
- Summer squash (Le Fort's Organic Crops)** – Squash is very fragile and should be handled with care, as small punctures will lead to decay.
- Snap peas (TKP Farms)** – Mix diced cucumbers with sugar snap peas and mint leaves and toss with rice wine vinaigrette.
- Green and Red leaf lettuce (Nojoqui Creek Farms)** – Make sure your leaves are spun or patted dry before adding dressing so as not to dilute flavor.
- Raspberries (Living Soil)** - The flavor combination created by sprinkling fresh raspberries with balsamic vinegar will send your palate to heaven.

Unless otherwise noted, all vegetables are from the CPOF.

Unless otherwise noted, all vegetables are certified organic.

FRUIT OF THE WEEK: CELERY ROOT (*Apium graveolens*)

Celeriac is cousin to anise, carrots, parsley and parsnips, some of which are bred for their edible stalks and tops, others for their edible roots. Celeriac is a celery variety refined over time to produce an increasingly large, solid, globular root just below the soil surface. Also known as celery root, knob celery and turnip-rooted celery, celeriac developed from the same wild species as did stalk celery. It had medicinal and religious uses in many early civilizations, including those of Egypt, Greece and Italy.

While what the early Greeks called *selinon* is mentioned in Homer's *Odyssey* in 800 B.C., celeriac did not become an important vegetable until the Middle Ages. It was first recorded as a food plant in France in 1623, and was commonly cultivated in most of Europe by the end of the 17th century.

Celeriac may be used raw or cooked. It has a tough, furrowed, outer surface which is usually sliced off before use because it is too rough to peel. This root is bypassed by many because of its unusual appearance of crevices and rootlets. Celeriac has a celery flavour, and is often used as a flavouring in soups and stews; it can also be used on its own, usually mashed, or used in casseroles, gratins and baked dishes.



Selection and Storage

- Celery roots are available year-round with a peak during November through April. Select roots that are the least knobby or ones that have the smoothest skin (for easier peeling). Medium roots tend to be smoother and harder and these roots can be sold with or without the celery tops.
- Avoid very large bulbs, which are often hollow. Large celery roots can weigh over 2 lb., but to serve four, choose a celeriac weighing about 14 oz. for salad, and a large root (1 2/3 lb.) to use in a purée.
- If you do buy the roots with the tops, trim the stalks and save them for soups and stews.
- The roots should be wrapped in plastic, stored in the refrigerator, and used within a week.

Health Benefits

When peeled, celery root's creamy white flesh resembles that of a turnip and tastes like a subtle blend of celery and parsley. Additionally, half a cup contains only 30 calories, no fat and provides an excellent source of dietary fiber.

Preparation Tips

- Celery roots must be scrubbed, trimmed at the top and bottom, quartered, and then peeled before eating. A paring knife, rather than a peeler, works best for peeling the root. Shave downward with the blade in broad strokes to remove the thick skin. Drop the peeled bits into a bowl of acidulated water (water into which some lemon juice has been squeezed) immediately after cutting to prevent discoloration. Be sure to discard any spongy parts.
- Even if you are planning to fry or bake the celeriac later, parboiling it first for 5 or 10 minutes in acidulated water will soften its raw edge. Cool, peel and use as desired. Avoid overcooking celery root, as it will go quickly from firm to mushy.



A Few Quick Serving Ideas:

- Celery root can be treated like turnips and rutabagas. Grate, shred, or julienne and serve with salads, slaws, and your vegetable platters.
- Additionally, the root can be boiled and pureed with potatoes or cut into pieces and added to soups and stews.
- Use celery root in your stuffing for a more complex taste and texture.
- Celeriac "cakes" – grated and cooked in a mixture of butter and oil, as you would make potato pancakes.
- Alone, or combined with leeks, in a gratin.
- Puréed with mashed potatoes and a pinch of nutmeg. Add a quarter of a green apple to lend a pleasant note of acidity.
- Stuffed, country-style – with chopped onions and carrots; cover with Gruyere cheese and butter; cook in the oven in broth.

French-Fried Celeriac

3 large celery roots, peeled
Juice of 1/2 lemon
3 cups vegetable oil
Salt

Juice 1/2 lemon into a big pot of water and put it on to boil.

1. Julienne the peeled roots by using a mandolin (a device with adjustable blades) on the French-fry setting. If you don't have a mandolin, peel the roots, cut them into 1/4-inch slices, then into 1/4-inch sticks, and put them in a bowl of acidulated water.
2. Add celeriac to the pot of boiling water and blanch for 5 minutes. Drain and dry well.
3. In the same pot or a deep-fryer, heat the vegetable oil until smoking (about 350 degrees) and start deep frying in batches until golden. Drain on paper towels and sprinkle with salt. Reheat in the oven before serving.

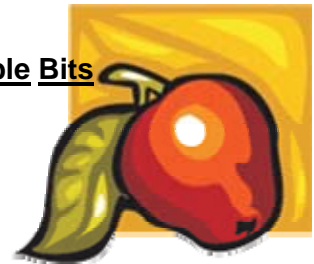
Roasted Celery Root

4 pounds (about 3) celery root (sometimes called celeriac)
1/3 cup vegetable oil
2 teaspoons salt

1. Preheat oven to 425° F.
2. Trim and peel celery root and cut into 1-inch pieces. In a large roasting pan toss celery root with oil and salt and roast in middle of oven 30 minutes. Stir celery root and reduce temperature to 375° F. Transfer pan to lower third of oven if cooking loin. Roast celery root, stirring after 30 minutes, 1 hour more. *Serves 6.*

Mashed Celeriac with Truffle Oil and Deep-Fried Apple Bits

3 large celery roots, peeled and cubed
2 Idaho potatoes, peeled and cubed
1 pint light cream
2 tablespoons butter (1/4 stick)
2 tablespoons salt
2 tablespoons truffle oil (optional if unavailable)
2 crisp apples, cored, peeled and diced fine
1/4 cup all-purpose flour
1/2 cup vegetable oil



1. Boil cubed celery root and potato in a large covered pot until soft. Drain thoroughly and return to pot. Add cream, butter, salt and truffle oil, and mash and whip until integrated and smooth.
2. Dredge the diced apple in the flour. Add 1/2 cup of oil to a sauté pan and heat over high heat until smoking. Add apple bits and "flash" fry (quickly over high heat) until crisp, about 2 minutes. Drain on paper towels.
3. To serve, reheat the mashed celeriac until warmed through, transfer to a bowl and sprinkle the apple bits over the top.

Boiled Celeriac with Butter and Herbs

3 large celery roots, peeled
Juice of 1/2 lemon, plus extra for acidulating water
4 tablespoons butter (1/2 stick)
1/2 cup chopped parsley, chives, tarragon, mint, lemon balm or basil
Salt and pepper, to taste

1. Fill large bowl with water and add lemon juice. Add celery roots as they are peeled.
2. Bring a large pot of salted water to a boil.
3. Cut peeled celery roots into three or four thick slices, and then cut each slice into three or four fat sticks, returning them to their bowl of acidulated water after each step. Shape the sticks into "batons" by shaving off the square "corners" and pointing the ends (like sharpening a fat pencil) with a paring knife.
4. Place the batons in the boiling water. Add juice of half a lemon. Bring water back to a boil, then reduce heat and cook until batons are soft but not mushy, about 30 minutes. Drain thoroughly and return to the pot. Add butter, herbs of choice, and salt and pepper to taste. Heat through before serving.

Celery Root, Carrot and Beet Salad

For vinaigrette

3 tablespoons minced shallots
2 tablespoons white wine vinegar
2 tablespoons chopped fresh parsley
2 tablespoons chopped fresh chives
1 tablespoon Dijon mustard
2 teaspoons minced garlic
1/3 cup olive oil

For salad

1 1/2 cups matchstick-size strips peeled celery root
1 1/2 cups matchstick-size strips peeled carrots
1 1/2 cups matchstick-size strips peeled beets

1 5-ounces mixed baby greens
Toasted hazelnuts (optional)
Crumbled goat cheese (optional)

1. **For vinaigrette:** Whisk first 6 ingredients in small bowl. Add oil and whisk to blend well. Season to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Let stand 30 minutes at room temperature before using.)
2. **For salad:** Cook celery root and carrots in pot of boiling salted water until crisp-tender, about 4 minutes. Using slotted spoon, transfer to medium bowl. Add beets to pot and cook 5 minutes. Drain beets; transfer to another medium bowl. Cool vegetables.
3. Toss greens in large bowl with enough vinaigrette to coat. Toss celery root and carrots with enough vinaigrette to coat. Toss beets with enough vinaigrette to coat. Spoon vegetables over greens. Sprinkle with toasted hazelnuts and crumbled goat cheese, if desired. *Serves 6.*

Raspberry Chocolate-Chip Pancakes

1/2 stick (1/4 cup) unsalted butter
3/4 cup plus 3 tablespoons milk
1 large egg
1 cup all-purpose flour
2 teaspoons baking powder
1/4 teaspoon salt
1 cup picked-over raspberries
1/2 cup semisweet chocolate chips
Accompaniment: pure maple syrup, heated



1. In a small saucepan melt 2 tablespoons butter over moderately low heat, stirring. Stir in milk and heat until just warm. Remove pan from heat.
2. In a bowl whisk together milk mixture and egg. Into another bowl sift together flour, baking powder, and salt and stir in egg mixture until just combined. Gently stir in raspberries and chocolate chips.
3. Preheat oven to 200° F.
4. Heat a griddle over moderate heat until hot enough to make a drop of water scatter over surface. Add 1 teaspoon butter and with a metal spatula spread over griddle. Working in batches, drop 1/4-cup measures of batter onto griddle to form pancakes about 4 inches in diameter and cook until bubbles appear on surface and undersides are golden brown, about 2 minutes. Flip pancakes with spatula and cook until undersides are golden brown and pancakes are cooked through. Transfer pancakes as cooked to an ovenproof platter and keep warm, uncovered, in oven. Make more pancakes with remaining butter and batter in same manner. Serve pancakes with syrup. *Makes 10 pancakes.*

Raspberry Granita



1 cup water
3/4 cup plus 2 tablespoons sugar
3 cups fresh raspberries (about 16 ounces)
1 tablespoon fresh lemon juice
Fresh raspberries

1. Combine water and sugar in medium saucepan. Stir over medium heat until sugar dissolves. Bring to boil. Remove from heat. Chill syrup until cold.
2. Meanwhile, mash 3 cups raspberries in medium bowl. Stir in lemon juice. Mix in sugar syrup. Pour mixture through strainer, pressing on solids to extract as much liquid as possible. Pour mixture into shallow baking dish. Freeze until almost firm, stirring frequently, about 2 hours.
3. Continue freezing granita until firm (do not stir), at least 3 hours or overnight. (Granita can be prepared 3 days ahead. Cover and keep frozen.) Using fork, scrape surface of granita to form crystals. Scoop crystals into glasses. Garnish with raspberries. *Makes 6 servings.*

Raspberry Corn Muffins

1 cup yellow cornmeal
1 cup all-purpose flour
1/2 cup sugar
1 teaspoon double-acting baking powder
1 teaspoon baking soda
1/4 teaspoon salt
2 large eggs
1 1/4 cups plain yogurt
1/2 stick (1/4 cup) unsalted butter, melted and cooled
1 cup fresh raspberries

1. Preheat the oven to 375°F. and butter well twelve 1/2-cup muffin tins.
2. In a bowl whisk together the cornmeal, the flour, the sugar, the baking powder, the baking soda, and the salt.
3. In another bowl whisk together the eggs, the yogurt, and the butter, add the flour mixture, and stir the batter until it is just combined.
4. Fold in the raspberries gently, divide the batter among the muffin tins, and bake the muffins in the middle of the oven for 20 minutes, or until a tester comes out clean. Let the muffins cool in the tins on a rack for 3 minutes, turn them out onto the rack, and let them cool completely. The muffins may be made 1 day in advance and kept in an airtight container. *Makes 12 muffins.*

Sweet-and-Sour Cucumbers with Fresh Dill

2 English hothouse cucumbers (1 1/2 pounds total), unpeeled, very thinly sliced
1 tablespoon coarse kosher salt
1/2 cup distilled white vinegar
1/4 cup finely chopped fresh dill
3 tablespoons sugar
1/2 teaspoon freshly ground black pepper



1. Place cucumber slices in colander. Sprinkle with salt; toss to coat. Let stand 15 minutes, stirring occasionally.
2. Meanwhile, for dressing, stir vinegar, dill, sugar, and pepper in large bowl until sugar is dissolved.
3. Drain cucumbers well; pat dry. Add cucumbers to dressing and stir to blend. Refrigerate at least 15 minutes and up to 2 hours; serve cold. *Makes 6 to 8 servings.*