



Cal Poly Organic Farm Community Supported Agriculture Newsletter

Off Season Newsletter - We Look Forward To Seeing You For the Spring/Summer Season Starting the Week of April 7th!

CERTIFIED ORGANIC?

The Cal Poly Organic Farm is a "certified organic" grower. What does this mean?

"Organic" refers to methods of growing and processing foods that rely on the earth's natural resources. Pests and weeds are managed using earth-friendly methods such as beneficial insects and mechanical controls. Organic farmers work to build natural nutrients in soil, which help fertilize plants without the need for synthetic fertilizers. Organic processors and handlers package food that is natural from beginning to end. By USDA definition, "organic" food is "produced by farmers who emphasize the use of renewable resources and the conservation of soil and water to enhance environmental quality for future generations."

Products labeled "certified organic" have been grown and processed according to strict standards governed by a third-party certifier such as California Certified Organic Farmers (CCOF). According to the standards, organic food is produced without using most conventional pesticides, fertilizers made with synthetic ingredients or sewage sludge, bioengineering, or ionizing radiation. Organic meat, poultry, eggs, and dairy products come from animals that are given no antibiotics or growth hormones. CCOF annually inspects all farms and facilities to ensure that no harmful chemicals have been used for at least three years, that foods are processed using ecologically-friendly methods, and that growers and processors keep detailed records of their practices. Products must include the name of the certifier when using "certified organic" labeling.

Until October 21, 2002, "organic" farmers and producers were required only to register with the state; they were not necessarily certified by a third party, and may never have been inspected. However, the National Organic Standards implemented in October 2002 by the U.S. Department of Agriculture now require that all foods labeled "organic" must be certified by a third-party certifier (such as CCOF) and must comply with Federal Standards. For more information, or to view the Standards in their entirety, visit the National Organic Program of the U.S. Department of Agriculture at www.ams.usda.gov/nop.

CCOF provides certification services to all stages of the organic food chain from farms to processors, restaurants and retailers. Founded in 1973 as a mutual

CPOF ANNOUNCEMENTS

Off Season Newsletter, March 30 – April 5, 2008

→ Please accept our apologies for any confusion surrounding the Fall/Winter season end date. We are currently in between CSA seasons. Now is the time to enroll for the Spring/Summer Season (10 & 24 week shares available), which will begin the week of April 7th. Membership forms are available at the end of this newsletter and online at: calpolyorgfarm.com/aboutus.shtml Please do not hesitate to e-mail or call with any questions. Included in the Spring/Summer welcome letters will be a flier listing all the important dates for the Spring/Summer season, including holidays, start and end dates. These "dates to remember" will also be posted online for your ongoing convenience.

→ The **CPOF Spring/Summer CSA** share starts April 7th. Sign up to insure your spot! End date: week of June 9, 2008.

- Large Share, 10 weeks for \$265.00
- Small Share, 10 weeks for \$190.00

Sign up for 24 weeks and get a 5% discount with the option to pay in two installments. Second installment for two payment option: no later than June 30. End date: week of September 15, 2008.

- Large Share, 24 weeks for \$604.00 (5% discount)
- Small Share, 24 weeks for \$433.00 (5% discount)

Did you get a friend to join the upcoming season? Let us know to ensure you get your 100% cotton Cal Poly Organic Farm tote bag.

→ Make a connection everyday with real things. The Spring/Summer Bread Share from **Skipping Stone Breads** starts April 7. The cost will be \$4.50 per week for a delicious, crusty 2-pound loaf of rustic bread made from unbleached flour, whole-wheat flour, rye flour, salt, water and yeast. Sign up for a 24-week share for \$108.00 or a 10-week share for \$45.00.

→ HopeDance Films featuring: **'The Real Dirt on Farmer John,'** a classic film on the epic journey of farmer/activist/actor John Peterson, showing Wednesday, April 9th in Templeton. Potluck begins at 6 p.m. and film shows at 7 p.m.

→ Save the Date: Saturday, April 19 is the **Cal Poly Open House** (for more info, visit: studentlife.calpoly.edu/ohs/) and **Cal Poly Organic Farm Earth Day Celebration** (from 11 a.m. to 4 p.m.)

www.calpolyorgfarm.com
805 756-6139

assistance and certification organization for organic farmers, CCOF was one the first organizations to perform organic certification in North America. Today CCOF remains the oldest and one of the largest organic certification associations in North America, with more than 1,400 members and over 180,000 acres of certified organic land. Companies that handle or process organic food before it gets to your local supermarket or restaurant must also be inspected and certified. For more information about CCOF, visit their site at www.ccof.org.

FOOD OF THE WEEK: VEGETABLES

Eat your veggies with abandon. You simply can't over-consume vegetables. In fact, most people don't get enough of them. Like fruits, vegetables contain protein, carbohydrates, and fats.



Visit farmers' markets to get the best and freshest of the local vegetables that are in season. Most farmers pick their vegetables the day before and bring them to market early the following morning.

Experiment with vegetables that are new to you. Include some raw veggies each day. These contain enzymes that help the body's digestion, absorption, and elimination processes.

Your plate should include a mosaic of vegetable colors. Each color contains different carotenes and nutrients in differing quantities.

We all have favorite foods, but rather than eating just broccoli or asparagus all the time, try expanding your variety little by little to include some vegetables of different colors. Explore the red vegetables, such as beets, radishes, radicchio, and tomatoes. During the summer discover the wonderful world of heirloom tomatoes.

Heirloom vegetables have a special place in the vegetable kingdom. They have not been hybridized like most of the vegetables found in supermarkets. Because heirloom vegetables are grown from seeds the farmer saves year after year, they retain their original, unique qualities like juiciness and exceptional sweet flavor.

Include yellow vegetables, such as sweet potatoes and winter or summer squashes, and yellow bell peppers.

White vegetables include onions, turnips, cauliflower, parsnips, and potatoes. Orange vegetables include carrots and rutabagas.

Green veggies are the largest group and include green beans, Brussels sprouts, artichokes, broccoli, asparagus, avocados, Swiss chard, kale, collards, mustard greens, beet and turnip greens, cabbage, lettuces, and green bell peppers.

Prepare a fresh salad every day with dark green lettuces along with lots of crunchy veggies. If you're only used to iceberg lettuce, it's time to graduate to romaine, red leaf, green leaf, escarole, oak leaf, and batavia. These are higher in fiber and contain much more beta-carotene than iceberg lettuce. Far richer in flavor, the darker varieties of lettuces contain higher levels of vitamins and minerals than iceberg lettuce.



Chop a leaf or two of the dark greens like kale, collards, and mustard greens into your daily salad. These leafy greens provide an excellent source of calcium. Boost your calcium intake by including these greens in soups and casseroles, or simply enjoy them lightly steamed.



Add a non-dairy salad dressing that doesn't overwhelm the subtle flavor of the fresh vegetables. Allow your taste buds to really savor the delicate or sometimes earthy flavor of fresh veggies with a light oil and vinegar dressing. Often, just a squeeze of fresh lemon juice is the ideal complement to a tossed salad.

Add some cooked veggies to your every day meals, and introduce yourself to those that may be unfamiliar. Cook them only briefly to preserve their vitamins and minerals. Most veggies can be steamed, stir fried, and even roasted. Don't drown them in seasonings that steal away their wonderful flavors. Enjoy them in their natural state or with just a light touch of seasoning.

Fresh herbs, chopped or minced, can often add zesty enough flavor to a salad or vegetable dish to replace the need for heavy seasonings.

<http://www.vegparadise.com/>



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 Spring/Summer CSA Membership Form

Name _____

Full Mailing address (street, city, zip) _____

Email address(es) _____

Phone Number(s) _____

Spring/Summer season begins the week of **04/07/08**.
10 week Spring/Summer season ends the week of **6/9/08**.
24 week Spring/Summer season ends the week of **9/15/08**.
Second equal installment for 24-week season due by **6/30/08**.

	<u>Large (\$26.50/week)</u>	<u>Small (\$19/week)</u>
10 weeks (student share option)	\$265.00	\$190.00
Or		
24 weeks**	\$604.00 (5% discount included)	\$433.00 (5% discount included)

****24-week share may be paid in 2 equal installments. You will receive notice when your second payment is due.**

Your CSA share price = \$ _____

Additions:

Drop site delivery fee (\$1/week) x (#of weeks) = \$ _____
(see below for drop site locations)

Bread Share (2lb fully fermented loaf from Skipping Stone;
minimum of 10 weeks for \$45 or 24 weeks for \$108) \$ _____

Cal Poly Org Farm Organic Tote or Tee (Sm, M, L, XL \$10) \$ _____

Total DUE = \$ _____

Choose your Pick-Up location (circle one please)

1. **Cal Poly Organic Farm** Mondays after 3:00pm (no delivery site fee).
2. **Cal Poly Organic Farm** Thursdays after 3:00pm (no delivery site fee).
3. **Morro Bay** Mondays after 4:30pm
4. **Cerro Vista** dorm at Cal Poly on Mondays after 4:00pm
5. **Atascadero** on Mondays after 4:30pm
6. **SLO** (Pacific Coast Home and Garden) on Thursdays after 4:00pm
7. **Pismo Beach** on Thursdays after 4:30pm

Send your payment to the above address, all checks written to the Cal Poly Organic Farm. For credit cards, please use the form on the reverse side, or contact CPOF for forms.



Cal Poly Organic Farm
HCS Dept. Building 11, Room 227
Cal Poly San Luis Obispo, CA 93407

Phone: 805 756-6139/fax 756 6504
orgfarm@calpoly.edu
www.calpolyorgfarm.com

Dear Cal Poly Corporation,

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

_____,

exp date _____ in the amount of \$ _____ for a CSA

membership at the Cal Poly Organic Farm.

Thank you,

Signed/dated

Print name

Phone number