



# Cal Poly Organic Farm Community Supported Agriculture Newsletter

[www.calpolyorgfarm.com](http://www.calpolyorgfarm.com)

## CPOF ANNOUNCEMENTS

- \* **CAL POLY ORGANIC FARM SUMMER CSA STARTS SOON!** Just a reminder... the 10-week Spring/Summer Season ends the week of June 9th, but the new Summer Season is right around the corner. The Cal Poly Organic Farm Summer CSA will have both 10- and 14-week shares available beginning the week of June 16th.

**To sign up for the Summer Season**, mail in a Membership Form and payment to; Cal Poly Organic Farm, HCS Department, Cal Poly, San Luis Obispo, CA 93407. If paying by credit card, please include a completed and signed Credit Card Payment Form. Forms can always be found at our website, located at [www.calpolyorgfarm.com](http://www.calpolyorgfarm.com) (click on the "CSA" tab - forms are listed on the right-hand side of the page). Please note, incomplete forms cannot be processed. Space is limited! Sign up now to continue receiving beautiful, organic produce all summer long.

**CSA PAYMENT PLAN:** 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. Once your payment is received, your CSA subscription is good through September 15, 2008. **YOU DO NOT NEED TO SIGN UP FOR THE NEW 10- OR 14-WEEK SUMMER SHARES.** The balance you owe by June 30th is listed on the Welcome Letter you received at the beginning of the season. If you have any questions regarding your membership status or the balance you owe, please call the Cal Poly Organic Farm at 756-6139.

- \* **INNOVATIONS IN GREEN LANDSCAPING: A Seminar on Permeable Pavements, Green Roofs and Green Walls!** Will take place on Wednesday, May 14 at 6:45 pm (light refreshments at 6:30) in the Science Building 52, Room B-5. **OPEN TO ALL!**

This free event will feature George Irwin, founder of Green Living Technologies, suppliers of green roof and green wall materials for food & horticultural uses ([www.agreenroof.com](http://www.agreenroof.com)) and Al Green, owner of Pro Edge in Morro Bay, providing grass pavement and gravel pavement water retention systems for hardscapes and turf. The Sustainable Agriculture Resource Consortium and the Horticulture & Crop Science Department sponsor the seminar. For more information: 756-5086.

- \* **Spring Yogathon & Wellness Fair**, a charity fundraiser for Manzanita School, will take place on May 17 at 10:00 a.m. at Mitchell Park in San Luis Obispo. Come join us for a celebration of the Spring! Participants will work towards the goal of 108 gentle guided sun salutations. Separate from the adult practice, the students of Manzanita School will

## Week 6 Produce

May 11 – May 17, 2008

**Full Shares expect 10-12 items**

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

**Head lettuce** – Great for spring salads!

**Carrots** - Easy to pack and perfect as crudité for that favorite dip, the crunchy texture and sweet taste of carrots is popular among both adults and children.

**Parsley** - Combine chopped parsley with bulgur wheat, chopped green onions, mint leaves, lemon juice and olive oil to make the Middle Eastern classic dish, tabouli.

**Onions (Mixed)** - Enjoy a classic Italian salad: sliced onions, tomatoes and mozzarella cheese drizzled with olive oil.

**Kale** - Combine chopped kale, pine nuts and feta cheese with whole grain pasta drizzled with olive oil.

**Collard greens** - Drizzle cooked collard greens with olive oil and lemon juice.

**Beets** - The pigment that gives beets their rich, purple-crimson color-betacyanin-is a powerful cancer-fighting agent.

**White Butter turnips** - Store roots and greens in the refrigerator separately wrapped in a plastic bag.

**Green cabbage** - Use shredded raw cabbage as a garnish for sandwiches.

**Kohlrabi** - The name kohlrabi comes from the German kohlrabi, meaning cabbage, and rabi, or turnip, and that sums it up.

**Spinach** - Toss steamed spinach with pressed garlic, fresh lemon juice and olive oil. Sprinkle with Parmesan cheese.

**Oroblanco grapefruit\* (CP Fruit Science)** - The wonderful flavor of a grapefruit is like paradise as is expressed by its Latin name, Citrus paradisi.

**Fava beans (Green Thumb)** - These ancient beans are one of the oldest cultivated plants.

\* Not certified organic; sustainable.

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

present concurrent yoga activities and games; all children ages 5-12 are welcome to register. Join us during the Yogathon for a free Wellness Fair! Yoga booths, organic food, products for body, mind, and soul, and a silent auction to benefit Manzanita School students. For more information: <http://www.manzanitaslo.org/yogathon>.

- \* **Understanding Biodynamic Agriculture: Principles and Practice** will be offered through Cal Poly Continuing Education on June 6 and June 7 at Erhart Ag. Building 10, Room 220. Biodynamics is one of the oldest forms of alternative farming, dating back to the 1920s, and has attracted the attention of growers in the wine industry. The course is a complement to “Foundation for Applied Biodynamics” and includes a look at the “four kingdoms” in nature as described by Rudolf Steiner, with a focus on the influence of etheric and astral forces, and an exploration of how the Goethean method of observation is used in Biodynamics. This class is tailored to professional farmers and home gardeners alike. Instructor Gena Nonini received her B.S. in Agriculture Business Management from Cal Poly and M.S. in Agribusiness from Arizona State. Using the Biodynamic® method, she farms grapes, almonds, citrus and row crops on her family’s 80 acre farm in Fresno, CA. For more information on the class: <http://www.continuing-ed.calpoly.edu/wine.html>. Ms. Nonini’s website can be visited at: [www.marianfarmsbiodynamic.com](http://www.marianfarmsbiodynamic.com).
- \* **The Importance of Food Choices:** Increasing awareness through film is the objective of Cal Poly’s Student Community Services and HopeDance Films, two groups collaboratively hosting a two-film series at the Cal Poly campus.

The first film, *King Corn*, directed by Aaron Woolf, follows two best friends fresh out of college on the East Coast who decide to move to the heartland of Iowa to learn about where their food comes from. Together, with help from a few neighbors, fertilizers, and herbicides, they plant and harvest one acre of corn and try to follow the harvest from the fields onto the plates of consumers in America and come across some interesting facts along the way. *King Corn* will be playing at The Sandwich Factory on the Cal Poly campus on Wednesday, May 21<sup>st</sup> at 8 p.m. Special guest Professor Bud Evans will lead a discussion on the importance of food choices as well as give a brief presentation following the film.

The second film of the two-part series, *The Real Dirt on Farmer John*, directed by Taggart Siegal, is the story of Farmer John, known as a pariah within his community, who transforms his farm into a place of free expression and revolutionary agriculture amidst the failing economy, arson, and vicious gossip circles. *The Real Dirt on Farmer John* will be play at The Sandwich Factory on Wednesday, May 28<sup>th</sup> starting at 8 p.m.

Snacks will be provided at each show. The film events are free and open to the public. For more information, please contact Tracy Owens at [towens@calpoly.edu](mailto:towens@calpoly.edu) (or call 310-938-0709) or HopeDance at <http://www.hopedance.org> (or call 805-544-9663).

## VEGETABLE OF THE WEEK: COLLARD GREENS (*Brassica oleracea*)

Collards are leafy green vegetables that belong to the same family that includes cabbage, kale and broccoli. While they share the same botanical name as kale, *Brassica oleracea*, and some resemblance, they have their own distinctive qualities. Like kale, collards are one of the non-head forming members of the *Brassica* family. Collards' unique appearance features dark blue green leaves that are smooth in texture and relatively broad. They lack the frilled edges that are so distinctive to their cousin kale. The taste of collards can be described as pleasantly green and bitter.

Like kale, cauliflower and broccoli, collards are descendents of the wild cabbage, a plant thought to have been consumed as food since prehistoric times and to have originated in Asia Minor. From there it spread into Europe, being introduced by groups of Celtic wanderers around 600 B.C. Collards have been cultivated since the times of the ancient Greek and Roman civilizations. While collards may have been introduced into the United States before, the first mention of collard greens dates back to the late 17th century. Collards are an integral food in traditional southern American cuisine.



## Selection and Storage

Look for collard greens that have firm, unwilted leaves that are vividly deep green in color with no signs of yellowing or browning. Leaves that are smaller in size will be tenderer and have a milder flavor. Store unwashed collard greens in a damp paper towel in a plastic bag. They should be placed in the refrigerator crisper where they will keep for three to five days, but the sooner they are eaten, the less bitter they will be.

## Nutrition

Collard greens are an excellent source of vitamin A, vitamin C, manganese, folate, dietary fiber, and calcium. In addition, collard greens are a very good source of potassium, vitamin B2 and vitamin B6, and a good source of vitamin E, magnesium, protein, omega-3 fatty acids, vitamin B1, vitamin B5, niacin, zinc, phosphorous, and iron.

## Preparation Tips

- \* Collard greens should be washed very well since the leaves and stems tend to collect sand and soil. Before washing, trim off the roots and separate the leaves. Place the collard greens in a large bowl of tepid water and swish them around with your hands, as this will allow the sand to become dislodged. Remove the leaves from the water, empty the bowl, refill with clean water, and repeat this process until no dirt remains in the water (usually two to three times will do the trick).
- \* If your recipe calls for leaves only or if the stems are overly thick, they can be easily removed. Just take each leaf in hand, fold it in half lengthwise, hold the folded leaves near the base where they meet the stalk, and with the other hand, gently pull on the stem. You can also use a knife to separate the leaves from the stems.

## A Few Quick Serving Ideas:

- \* Serve steamed collard greens with black-eyed peas and brown rice for a Southern inspired meal.
- \* Use lightly steamed, cooled and chopped collard greens as a filling in your sushi vegetable rolls.
- \* Healthy sauté collard greens with tofu, garlic and crushed chili peppers for a meal that will definitely add spice to your life.

## Pinto Beans with Collard Greens

*This recipe can be a great side dish or enjoyed as a vegetarian main dish.*

1 medium sized onion, chopped  
4 cloves garlic, chopped  
1½ pounds collard greens  
3 tablespoons + ½ cup vegetable stock  
1 15-ounce can of diced tomatoes, drained  
1 15-ounce can pinto beans, drained  
2 tablespoons lemon juice  
3 tablespoons olive oil  
salt and pepper to taste



1. Chop onion and garlic and let sit for 5-10 minutes to bring out their hidden health benefits.
2. Remove stems from greens, rinse and chop. Let sit for 5-10 minutes.
3. Heat 3 tablespoons vegetable stock in large sauté pan. When the broth begins to steam, add onions, and sauté for 4 minutes. Add garlic and continue to sauté for another minute.
4. Mix together 1/2-cup vegetable stock, tomatoes, and pinto beans and let it come to a boil. Add collard greens and simmer for 5 minutes. Season with salt and pepper.
5. Remove from heat and stir in olive oil and lemon juice. Serve hot. *Serves 4.*

## Easy Collard Greens with Rice



1 cup white rice  
1 tablespoon vegan margarine  
1/2 teaspoon salt  
1/4 teaspoon red pepper flakes  
2 cups collard greens, rinsed and chopped  
pepper, to taste  
cayenne pepper (optional)

1. In a large pot, bring the vegetable broth to a boil. Add the rice, margarine, salt and red pepper flakes.
2. Add the collard greens and bring to a slow simmer. Cover and allow to cook until rice is soft, about 20 minutes, stirring occasionally.
3. Add a dash of black pepper and more salt and red pepper flakes to taste. For a spicier dish, mix in a 1/4 to 1/2 tsp cayenne pepper before serving.

## Braised Cajun Collards

1 large bunch collard greens (about 1 lb) rinsed and chopped  
1 yellow onion, diced  
2 cloves garlic, diced  
4 medium sized tomatoes, diced OR 1 14-ounce can diced tomatoes, drained  
3/4 cup vegetable broth  
1/2 tsp red pepper flakes  
1/2 teaspoon hot sauce  
2 tbsp olive oil  
1/2 tsp garlic powder  
salt and pepper, to taste  
dash cayenne (optional)

1. Sauté onions and garlic in olive oil. Add vegetable broth and collard greens and cover. Allow to cook for about 6-8 minutes, until greens are slightly soft.
2. Add remaining ingredients and cook for another 6-8 minutes, until greens are done, stirring occasionally.

## Sauté of Fresh Fava Beans, Onions, and Fennel

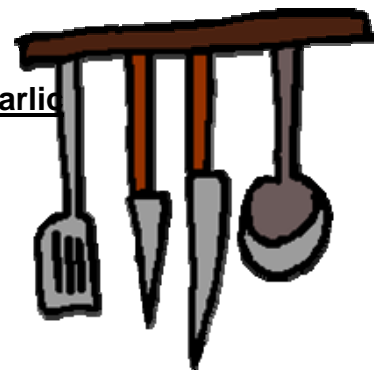
3 lb fresh fava beans shelled  
1/3 cup olive oil  
1 cup chopped onion  
1 fresh fennel bulb trimmed, sliced  
1 teaspoon fennel seeds coarsely ground with a spice grinder  
1 1/3 cup canned low-salt chicken broth more or less  
4 tablespoon chopped fresh dill  
1/2 cup chopped pancetta  
1/2 teaspoon dried savory  
2 tablespoon fresh lemon juice  
Salt to taste  
Freshly-ground black pepper to taste



1. Cook fava beans in boiling salted water 2 minutes. Drain, cool and peel outer skins.
2. Heat oil in heavy large skillet over medium-high heat. Add onion and fennel bulb; sauté 5 minutes. Add favas or lima beans and fennel seeds; sauté 3 minutes. Add 1 cup broth and 2 tablespoons dill; bring to boil. Reduce heat; simmer 10 minutes to blend flavors.
3. Stir in pancetta and savory, adding more broth if mixture is dry. Simmer until favas are tender, about 15 minutes longer.
4. Mix in lemon juice and 2 tablespoons dill. Season to taste with salt and pepper. Serve warm or at room temperature. (Can be made 2 days ahead. Cover and chill. Bring to room temperature before serving.)

### Mélange of Artichokes, Fava Beans and Green Garlic

Juice of 1 lemon, or 1 tablespoon vinegar  
16 very small artichokes (about 2 ounces each), or 6 medium artichokes  
2 to 2 1/2 pounds young fava beans (about 2 cups shelled)  
1/2 cup olive oil  
6 to 8 green garlic stalks, cut into 2-inch lengths  
2 tablespoons chopped fresh winter savory  
2 tablespoons chopped fresh thyme  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper



1. Fill a large bowl with water and add the lemon juice or vinegar.
2. Trim the stem end and cut off the top 1 to 1 1/2 inches of each artichoke, depending upon size. Peel away and discard the outer dark-green leaves until you reach the pale-yellow, tender inner leaves. Cut the artichokes in half, from stem to top, and remove any bits of furry choke. Cut the halves in half again lengthwise; drop the pieces into the water.
3. Shell the fava beans. Because some people are allergic to the skins of the fava beans and because they are somewhat tough, you may want to peel the skins away, too. Slitting the skin with the tip of a sharp knife or your thumbnail easily pops them off.
4. Heat the olive oil in a heavy saucepan over medium-high heat.
5. Drain the artichoke pieces and dry them. Add them to the pan and sauté for 3 or 4 minutes. Add the fava beans and the garlic and cook for 10 minutes, stirring frequently. The artichokes will begin to change color to deep olive green; the favas, if peeled, will be bright green. Add the fresh herbs and the salt and pepper. Stir well, reduce heat to very low, cover and simmer until the artichokes are tender, 15 to 20 minutes.

### Fava Beans, Roman Style

Pancetta, one half-inch thick slice  
3 pounds unshelled young fresh fava beans  
2 tablespoons extra virgin olive oil  
2 tablespoons onion, finely chopped  
1/3 cup water  
Salt and black pepper, freshly ground

1. Unroll the pancetta and cut it into stripes 1/4 inch wide
2. Shell the beans and wash in cold water.
3. Cook the onion in the oil until it becomes translucent, then add the pancetta strips and cook for 2 to 3 more minutes. Stir in beans and pepper. Add water and simmer, covered, on low heat for 8 to 10 minutes if the beans are young and tender, or up to 15 minutes if the beans are larger and tougher. Add extra tablespoons of water if necessary. When the beans are tender, add salt, and cook for a few more minutes uncovered until the last of the water has evaporated.

### Broiled Grapefruit

4 grapefruit  
1 tablespoon ground cinnamon  
1 tablespoon white sugar  
4 teaspoons butter

1. Preheat your oven's broiler.
2. Cut the grapefruits in half, and use a small serrated knife to cut out the sections in the halves. Spoon the sections and juice into a bowl, then scrape out all of the remaining thick skins and pulp. Spoon the sections from the bowl back into the halves. This is best done one half at a time.
3. Sprinkle sugar and cinnamon over the top of each grapefruit half, adjusting as you see fit. Dot with butter. Place the halves on a cookie sheet. Broil for 3 to 5 minutes, until the butter is melted and sugar is starting to turn brown. *8 servings.*