



Cal Poly Organic Farm

Community Supported Agriculture Newsletter

www.calpolyorgfarm.com

CPOF ANNOUNCEMENTS

- * **Waterfest 2008 on Saturday, 5/3 at the Atascadero Sunken Gardens from 10 a.m. to 4:30 p.m.** Featuring: Family Fun from 10 a.m. to 2 p.m. including bouncehouse, hands-on activities, dunktank, snowcones and other food. Live Music Festival from noon to 4 p.m. featuring *Resination, Blue Turtle Seduction, Zongo All-Stars and Cuesta Ridge* For more information, please contact: www.special-places.org/cm/News_and_Events/WaterFest/Home.html Stop by the Cal Poly Organic Farms educational/interactive booth and say hello!
- * **The Seventh Annual San Luis Obispo County Eco Summit.** Every year, environmental leaders come together at this important community event to discuss issues facing the Central Coast. Dedicated individuals and representatives from a diverse spectrum of groups spend the day discussing how we can work together to solve our county's environmental problems and make our community more sustainable. This year's event will be held on Sunday, May 18 from 9:00 AM to 6:00 PM at Camp Ocean Pines. Eco-Summit is by invitation only. If you would like to attend, please email ecosummit@ecoslo.org or call 544-1777.
- * Save these dates!!!! **HopeDance** films: *King Corn* will be showing at The Sandwich Factory with Professor Bud Evans as guest speaker on Wednesday, May 21 at 8 p.m. *The Real Dirt on Farmer John* will air at The Sandwich Factory on Wednesday, May 28th at 8 p.m.
- * **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 (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.

Week 5 Produce

May 4 – May 10, 2008

Full Shares expect 10-12 items
Small Shares expect 8-10 items
from the following list:

- Cilantro** - Cilantro leaves and stems are frequently used to garnish Chinese salads, or chopped up and mixed in dressings and sauces.
- Spinach** - We all know that Popeye made himself super strong by eating spinach, but you may be surprised to learn that he may also have been protecting himself against osteoporosis, heart disease, colon cancer, arthritis, and other diseases at the same time.
- Green cabbage** – Head cabbage will keep all winter in a cold cellar or for several weeks in the vegetable crisper of the refrigerator.
- Napa cabbage** – The raw leaves have a pleasant crunchiness: grate them for coleslaw.
- Broccoli raab** – One eats the entire plant when enjoying this Italian member of the broccoli family.
- Rosemary** - It is the herb of love, as well as being (as Ophelia says in Hamlet) "for remembrance."
- Carrots** – Did you know that the carrot's distinctive orange color did not make its appearance until the nineteenth-century? Carrots were originally somewhere between white and yellow.
- Beets (mixed)** - Roasting: wrap them individually in foil; place them in the oven for 1 to 3 hours depending on the size (cook slowly at 275° F).
- Turnips (mixed)** - Young and tender spring turnips can be prepared like carrots: à l'anglaise (boiled and served with butter and parsley), with cream or with herbs.
- Lettuce** - Always wash your lettuce just before coming to the table.
- Onions (mixed)** – No matter what the variety, the onion has ingratiated itself into the cooking of every country. Onions were even found carved on the tomb of Tutankhamen.
- Broccoli** – It has been grown since antiquity around the Mediterranean - it was the Italians who perfected it by selecting cabbages with increasingly developed inflorescence.
- Fava Beans (Growing Grounds Farm)** – These ancient beans are one of the oldest cultivated plants and among the easiest to grow.
- Cauliflower (BoniPak)** – Raw cauliflower florets are quite nice, thinly sliced, in a salad.

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

VEGETABLE OF THE WEEK: SPINACH (*Spinacia oleracea*)

Spinach belongs to the same family (*Chenopodiaceae*) as chard and beets. It shares a similar taste profile with these two other vegetables-it has the bitterness of beet greens and the slightly salty flavor of chard.

Spinach is thought to have originated in ancient Persia (Iran). Spinach made its way to China in the 7th century when the king of Nepal sent it as a gift to this country. Spinach has a much more recent history in Europe than many other vegetables. It was only brought to that continent in the 11th century, when the Moors introduced it into Spain. In fact, for a while, spinach was known as "the Spanish vegetable" in England. Spinach was the favorite vegetable of Catherine de Medici, a historical figure in the 16th century. When she left her home of Florence, Italy, to marry the king of France, she brought along her own cooks, who could prepare spinach the ways that she especially liked. Since this time, dishes prepared on a bed of spinach are referred to as "a la Florentine."



Selection and Storage

- * Choose spinach that has vibrant deep green leaves and stems with no signs of yellowing. The leaves should look fresh and tender, and not be wilted or bruised. Avoid those that have a slimy coating as this is an indication of decay.
- * Store fresh spinach loosely packed in a plastic bag in the refrigerator crisper where it will keep fresh for about five days. Do not wash it before storing as the moisture will cause it to spoil. Avoid storing cooked spinach as it will not keep very well.

Nutrition

We all know that Popeye made himself super strong by eating spinach, but you may be surprised to learn that he may also have been protecting himself against osteoporosis, heart disease, colon cancer, arthritis, and other diseases at the same time. Researchers have identified at least 13 different flavonoid compounds in spinach that function as antioxidants and as anti-cancer agents.

Spinach is an excellent source of vitamin K, vitamin A, manganese, folate, magnesium, iron, vitamin C, vitamin B2, calcium, potassium, and vitamin B6. It is a very good source of dietary fiber, copper, protein, phosphorous, zinc and vitamin E. In addition, it is a good source of omega-3 fatty acids, niacin and selenium.

Preparation Tips

- * Spinach 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 spinach in a large bowl of tepid water and swish the leaves around with your hands as this will allow any dirt 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). Cut away any overly thick stems to ensure for more even cooking.
- * If you are going to use the spinach in a salad, you can dry it in either a salad spinner or by shaking it in a colander.
- * If you are going to cook it, you do not need to worry about drying it well as the remaining water will serve to help it cook. Spinach is one of the few vegetables we suggest quick boiling (for one minute). That's because boiling will help to reduce the amount of oxalic acids found in spinach, resulting in a sweeter taste.

A Few Quick Serving Ideas:

- * Add layers of steamed spinach to your next lasagna recipe.
- * Toss steamed spinach with pressed garlic, fresh lemon juice and olive oil. Sprinkle with a little Parmesan cheese.
- * Pine nuts are a great addition to cooked spinach.
- * Spinach salads are a classic easy and delicious meal or side dish.

Orecchiette with Broccoli Raab

1 pound orecchiette
2-1/4 pounds broccoli raab
1 hot pepper, shredded
2 cloves garlic, minced
6 tablespoons olive oil
Grated Pecorino Romano (not too sharp)



1. Pick over and clean the broccoli. Bring a pot of water to a boil, salt it, add the broccoli, and after a few minutes stir in the orecchiette and cook the two together until the orecchiette are done.
2. While the pasta's cooking, simmer the garlic and the pepper in the oil, taking care lest the garlic brown and become bitter.
3. Drain the pasta and broccoli well, turn them out into the skillet with the oil and garlic, cook, stirring, for a few seconds to distribute the seasoning evenly, and serve with grated cheese. *Serve 4.*

Stir-fried Broccoli Raab

1 pound cleaned broccoli raab (wash well, trim roots, and coarsely chop leaves)
1/2 cup olive oil
2 cloves garlic, crushed
Salt
Hot pepper, if you like it
2 anchovies, boned and minced (optional)

1. Drain the broccoli well and cook them until half done in lightly salted boiling water (3-5 minutes from when the water resumes boiling after you add them to the pot). Drain them well, and squeeze them to force out the bitter juices.
2. Sauté the garlic in the oil, and when it is golden, add the broccoli.
3. Cook over a brisk flame, stirring constantly, for about 10 minutes. Season with the hot pepper, if you are using it, half way through the cooking, and the anchovies, if you are using them, at the end. Before serving check seasoning. *Serves 6.*

Spicy Stir-fry Chinese Cabbage

1 pound Chinese cabbage (also called Napa cabbage or Sui Choy)
1 large garlic clove
2 green onion (spring onions)
2 tablespoons vegetable or peanut oil, for stir-frying
2 - 3 teaspoons chile paste, according to taste
1 tablespoon Chinese rice wine, dry sherry, or white wine
1/2 teaspoon salt
1/4 cup water
1 teaspoon sugar
1 - 2 teaspoons soy sauce, optional
1 teaspoon cornstarch mixed in 4 teaspoons water

1. Rinse the cabbage and pat dry. Remove the leaves and cut diagonally into 1-inch pieces. Finely chop the garlic. Rinse the green onion and cut into 1-inch lengths.
2. Heat the wok and add 2 tablespoons oil. When the oil is hot, add the chile paste. Stir-fry for 30 seconds, then add the garlic. Stir-fry for a few seconds until fragrant, and then add the cabbage.
3. Stir-fry the cabbage for 1 minute, splashing with the rice wine or dry sherry and stirring in the salt.
4. Add the water. Turn down the heat, cover, and simmer the cabbage for 3 minutes.
5. Turn the heat back to medium-high. Stir in the sugar and green onion. Stir in the soy sauce if desired.
6. Push the cabbage to the sides of the wok. Give the cornstarch and water mixture a quick stir and add it in the middle, stirring quickly to thicken. Cook briefly to mix everything together. Serve hot.

Cauliflower Soup



2 tablespoons unsalted butter
1 medium onion, chopped
1 head of cauliflower, trimmed and cut into 2-inch pieces
1 medium baking potato, peeled and chopped
6 cups chicken stock
Salt and pepper, to taste
1/2 teaspoon freshly grated nutmeg

1. In a large, heavy saucepan, melt the butter over medium heat. Add the onion and cook, stirring often, for 10 minutes, or until the onion softens.
2. Add the cauliflower, potato, stock, salt, and pepper. Bring to a simmer.
3. Lower the heat to medium-low. Cover the soup and simmer it for 30 minutes, or until the cauliflower is tender.
4. In a blender, puree the soup in batches, filling the blender one-third full each time. Reheat the soup over low heat.
5. Add the nutmeg and taste for seasoning. Add more salt and pepper, if you like. Ladle into bowls. *Serves 6.*

Carrot Muffins

2 cups all-purpose flour
2 teaspoons baking soda
2 teaspoons cinnamon
1/4 teaspoon salt
1 1/4 cups sugar
1/4 pound carrots
1/2 cup pecans
1/2 cup raisins
1/4 cup sweetened flaked coconut
3 large eggs
1 cup corn oil
2 teaspoons vanilla
1 Granny Smith apple

1. Preheat oven to 350°F. and oil eighteen 1/2-cup muffin cups.
2. Into a large bowl sift together flour, baking soda, cinnamon, and salt and whisk in sugar. Coarsely shred enough carrots to measure 2 cups and chop pecans. Add shredded carrots and pecans to flour mixture with raisins and coconut and toss well.
3. In a bowl whisk together eggs, oil, and vanilla. Peel and core apple and coarsely shred. Stir shredded apple into egg mixture and add to flour mixture, stirring until batter is just combined well. Divide batter among muffin cups, filling them three fourths full, and bake in middle of oven until puffed and a tester comes out clean, 15 to 20 minutes.
4. Cool muffins in cups on racks 5 minutes before turning out onto racks to cool completely. Muffins keep in an airtight container at room temperature 5 days. *Makes 18 muffins.*

Mediterranean Spinach

4 medium bunches fresh spinach
1/2 tablespoon lemon juice
1/2 tablespoon balsamic vinegar
2 medium cloves fresh garlic, pressed
1 tablespoon extra virgin olive oil
salt & cracked black pepper to taste

1. Bring lightly salted water to a rapid boil in a large pot. Cut stems off spinach leaves and clean well. This can be done easily by leaving spinach bundled and cutting off stems all at once. Rinse spinach leaves very well as they often contain a lot of soil. Cook spinach in simmering water for 2-3 minutes.
2. Drain and press out excess water. Toss in rest of ingredients and serve. Make sure you don't toss spinach with dressing until you are ready to serve. Otherwise the flavor will become diluted. *Serves 4.*

Spinach, Beet and Walnut Salad

1 1/2 pounds medium beets, trimmed
1/2 cup walnut oil or olive oil
1/4 cup Sherry wine vinegar
2 large shallots, minced
2 6-ounce packages baby spinach
4 heads Belgian endive, thinly sliced crosswise
1 cup walnuts, toasted, coarsely chopped (about 4 ounces)
6 ounces soft fresh goat cheese (such as Montrachet), crumbled

1. Preheat oven to 400°F. Wrap beets in foil and bake until tender when pierced with knife, about 1 hour 30 minutes. Cool slightly, then peel. Cut each beet into 8 wedges. Place in medium bowl. Cover.
2. Whisk oil and vinegar in small bowl. Mix in minced shallots. Pour 3 tablespoons dressing over warm beets; toss. Cool. (Can be prepared 1 day ahead. Cover beets and remaining dressing separately; refrigerate. Bring dressing to room temperature before continuing.)
3. Combine spinach, endive and 3/4 cup nuts in large bowl. Pour remaining dressing over; toss. Season with salt and pepper. Divide among plates. Sprinkle cheese over. Top with beets and 1/4 cup nuts. *Makes 12 servings.*

Spinach, Red Pepper, and Feta Quiche

1/3 cup plus 3 tablespoons all-purpose flour
3 tablespoons cold unsalted butter
1 tablespoon cold vegetable shortening
1 1/2 tablespoons ice water plus additional if necessary
1/3 cup sliced red bell pepper
1 tablespoon olive oil
2 cups packed fresh spinach leaves, trimmed and washed thoroughly (about 5 ounces)
2 large eggs
1/3 cup heavy cream or milk
1/3 cup crumbled feta cheese

1. Preheat oven to 425°F.
2. In a bowl with a pastry blender or in a small food processor blend together flour, butter, shortening, and a pinch salt until mixture resembles meal. Add water and toss until incorporated, adding additional water if necessary to form a dough. Pat dough onto bottom and one half inch up sides of a 7 1/2-inch tart pan with removable fluted rim or a 9-inch pie plate and bake shell in bottom third of oven until set and pale golden, about 7 minutes.
3. While shell is baking, in a large skillet sauté bell pepper in oil over moderately high heat, stirring, 1 minute. Add spinach and sauté, stirring, until wilted and tender, about 1 minute. Remove skillet from heat and season spinach mixture with salt and pepper. In a small bowl whisk together eggs and cream.
4. Sprinkle feta over bottom of shell and arrange spinach mixture on top. Pour cream mixture over spinach and bake quiche on a baking sheet in middle of oven 15 minutes. Reduce temperature to 350°F. and bake until set, about 10 minutes. *Serves 2.*

