



Cal Poly Organic Farm Community Supported Agriculture Newsletter

CPOF ANNOUNCEMENTS

This is the LAST week of the Spring/Summer CSA!!!!

Sign up now for the Fall/Winter season and help us to spread the word. The new season will start on September 22nd. Membership forms are available at:

<http://calpolyorgfarm.com> or by calling: 805-756-6139.

Enroll a new member to the program and receive a **complimentary organic cotton canvas tote bag!** Just have the new member mention that they were referred to the program by you.

NEW CSA North County Drop Site at Kennedy Club Fitness in Paso Robles.

Cal Poly Organic Farm will be participating in a number of Week of Welcome activities which helps acquaint first-year and transfer students to the new campus and community environment. "WOWies" will come to know the CPOF at:

Resource Fair on Saturday, Sept. 13th from 9:00-3:30 p.m. at the University Union Plaza.

Taste of Cal Poly on Wednesday, Sept. 17th from 4:30 p.m. to 7 p.m. at the University Union Plaza.

Block Party on Friday, Sept. 19th from 4-7:30 p.m. on Mott Lawn, University Union and streets between Tahoe Road & Via Carta. CPOF will join over 150 student-run clubs and organizations and Student Life and Leadership in taking over the street with information booths, club performances, games, giveaways and live music.

WOW Day of Service on Friday, Sept. 19th from 1 p.m. to 4 p.m. This is one of the largest community service events in San Luis Obispo which helps students familiarize themselves with the community that they have recently joined. WOWies lend a hand through various community service projects and will be working at CPOF to help grow organic veggies. WOW Day of Service is organized by the Student Community Services (SCS).

Tomato Extravaganza on Sept. 13th at the San Luis Obispo Botanical Garden from 10 a.m. to 2 p.m. at the Oak Glen Pavilion. For more information, visit: www.slobg.org or call 541-1400.

California Coastal Cleanup Day (CCD) on Saturday, Sept. 20th from 9 a.m. to noon. For more information, visit: www.ecoslo.org/programsprojects/coastalcleanupday/

First Annual Pozo Green Music Festival Featuring Michael Franti and Spearhead on Saturday, September 20th from 2 p.m. to 10 p.m. at Pozo Saloon.

Week 24 Produce

September 14 – September 20, 2008

Full Shares expect 10-12 items

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

Summer squash
Cucumbers
Peppers – Hot, sweet and green
Lettuce
Green Beans
Tomatoes-red & heirloom varieties
Broccoli
Radish
Eggplant
Gala Apples-Swanton Pacific Ranch,
organic, Cal Poly
[Blue Potatoes \(Swift Subtropicals,
Organic\)](#)

Unless otherwise noted, all vegetables
are certified organic.

Unless otherwise noted, all vegetables
are from the CPOF.

www.calpolyorgfarm.com

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Vineyards Winery-organic¶

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Morro Bay Avocado & Margarita Festival on Sat., Sept. 20th from 11 a.m. to 6 p.m. For more information, please visit: morrobay.org/cm/Calendar/margaritafest.html **Volunteers needed to host an informational booth at the event.**

BIODYNAMIC Short Course with Gena Nonini, on November 14th and 15th For more information on "Foundation of Applied Biodynamics." please visit: ww.sarc.calpoly.edu/programs/continuing_ed.html

The **Sustainable Agriculture Resource Consortium's fourth annual fundraiser dinner**, with special guest of honor Dr. Tim LaSalle of the Rodale Institute will take place on Thursday, Oct. 2. The gourmet dinner will be prepared under the direction of Chef Maegen Loring of The Park Restaurant with assistance from Chefs Joanne Currie of Splash Café, Jensen Lorenzen of The Cass House, Pandee Pearson of Adelina's Bistro, Robert Root of The Manse on Marsh. Dr. LaSalle will join leading representatives from California's organic industry at an 'Organic Industry Summit' at Cal Poly from 5:30 – 7:00 p.m. on Friday, October 3rd. For more information, please visit <http://sarc.calpoly.edu/events/fundraisers.html>

Fruit of the Week Gala Apple

Gala apples are small and are usually red with a portion being greenish or yellow-green, vertically striped. Gala apples are fairly resistant to bruising and are sweet, grainy, with a mild flavor and a thinner skin than most apples. They are also considered to be a very soft eating apple due to their lack of [crispiness](#), well-suited for [denture](#) wearers. Quality indices include firmness, crispness, and a lack of mealiness.

History and other tidbits...The Gala apple is native to New Zealand, but now grows extensively in Washington. It is a cross between the Kidd's Orange Red and the Golden delicious, the Gala was introduced to the United States in the 1970s. The history of apple consumption dates from Stone Age cultivation in areas we now know as Austria and Switzerland. Folk hero Johnny Appleseed (John Chapman) did indeed spread the cultivation of apples in the United States. He knew enough about apples, however, so that he did not distribute seeds, because apples do not grow true from seeds. Instead, he established nurseries in Pennsylvania and Ohio.

Cooking and Storage:

- ◆ Toss cut apples with lemon to prevent discoloration.
- ◆ One pound of apples, cored and sliced, measures about 4 1/2 cups. One large apple, cored and processed through a food grinder or processor, makes about 1 cup of ground apple. Three medium-sized apples weigh approximately one pound.
- ◆ Store apples in a plastic bag in the refrigerator away from strong-odored foods such as cabbage or onions to prevent flavor transfer. Three medium-sized apples weigh approximately one pound.

How to Select and Store: Good-quality Gala apples will be firm with smooth and clean skin. Test the firmness of the apple by holding it in the palm of your hand. (Do not push with your thumb). It should feel solid and heavy, not soft and light. The optimum temperature for storing apples is between -1° and 1°C (30 to 34°F), and the optimum relative humidity is 90 to 95%. Like many fruit, ethylene gas can speed ripening and spoilage and reduce firmness.

Recipes

Apple Walnut Bundt Cake

Prep Time: 20 minutes

Cook Time: 55 minutes

Ingredients:

- 2 cups peeled, diced apples
- 2 Tbsp. sugar

- 1 tsp. cinnamon
- 3 cups flour
- 1 Tbsp. baking powder
- 1/4 tsp. salt
- 2 cups sugar
- 1 cup safflower oil
- 1/4 cup apple juice
- 2 tsp. vanilla
- 4 eggs
- 1-1/2 cups chopped walnuts

Preparation:

1) Preheat oven to 350 degrees F. Grease and flour a 10 inch Bundt pan and set aside. In a medium bowl, combine the diced apples, 2 Tbsp. sugar and 1 tsp. cinnamon; set aside. Sift together flour, baking powder, and salt.

2) In a large bowl, combine 2 cups white sugar, oil, apple juice, vanilla, and eggs. Beat at high speed until smooth. Stir in flour mixture. Fold in chopped walnuts and apple mixture.

3) Pour batter into prepared pan. Bake at 350 degrees F for 55 to 60 minutes, or until cake is firm, well browned, and begins to pull away from pan edges. Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely. Sprinkle with confectioners' sugar. Serves 8-10

Grilled Chicken and Apple Sandwiches

Prep Time: 10 minutes

Cook Time: 5 minutes

Ingredients:

- 12-oz. can dark and light meat chicken, drained
- 1/2 cup mayonnaise
- 1 tablespoon lemon juice
- 1-1/2 cups grated Swiss cheese
- 2 stalks celery, chopped
- 1 apple, finely chopped
- 1/2 cup grated carrot
- 12 slices whole wheat bread
- 2 Tbsp. butter

Preparation:

In small bowl, combine chicken, mayonnaise, lemon juice, Swiss cheese, celery, apple, and carrot. Make sandwiches with the bread. Spread outside of sandwiches with butter. Grill the sandwiches, covered, over medium heat, turning once, until cheese begins to melt and bread is toasted. Or cook on dual-contact indoor grill for 3-5 minutes until bread is golden brown. Serves 6

Apple Mint Chutney

Cook Time: 15 minutes

Ingredients:

- 3 cups sliced peeled Gala or Granny Smith apples
- 1/2 cup golden raisins
- 1/2 cup brown sugar
- 1/3 cup apple cider vinegar
- 1/4 cup finely chopped onion
- 2 Tbsp. chopped fresh mint leaves
- 1/4 tsp. salt

Preparation:

Combine all ingredients in a heavy medium saucepan and stir to combine. Bring mixture to a hard boil over medium high heat, stirring frequently. Reduce heat to medium and boil for 4-5 minutes until apples are soft, begin to break apart, and mixture is thickened, stirring often.

Cool chutney for 5 minutes, then pour into 2 clean, hot 8-oz. jars. Cover tightly with screw lids. Store in the refrigerator up to 3 weeks, or in the freezer up to 3 months. This chutney must be stored in the refrigerator or freezer; it is not shelf stable.

Butternut Squash and Apple Soup**Ingredients:**

2 tablespoons (1/4 stick) butter
1 large onion, chopped
1/2 teaspoon ground nutmeg
4 1/4 pounds butternut squash, peeled, seeded, cut into 1-inch cubes
4 1/4 cups (or more) vegetable broth
1 Gala apple, peeled, cored, diced
1/2 cup apple juice
Light sour cream
Chopped fresh chives

Preparation:

Melt butter in large pot over medium-high heat. Add onion and nutmeg; sauté until onion begins to brown, about 5 minutes. Add squash, 4 1/4 cups broth, apple, and apple juice. Bring to boil; reduce heat and simmer uncovered until squash and apple are tender, about 30 minutes. Working in batches, puree soup in blender until smooth. Return soup to pot. Season to taste with salt and pepper.

Bring soup to simmer, thinning with more broth if desired. Ladle soup into bowls. Garnish with sour cream and chives.

Leeks Vinaigrette with Smoked Whitefish and Gala Apple**Ingredients:**

1 shallot, minced
2 tablespoons fresh lemon juice
1 tablespoon Champagne vinegar or white wine vinegar
1 teaspoon Dijon mustard
1/2 cup olive oil

8 whole small (1 inch in diameter) leeks
1 Gala apple, cored, cut into 1/4-inch cubes
8 ounces smoked whitefish, carefully boned, coarsely flaked

Preparation

Whisk shallot, lemon juice, vinegar, and mustard in small bowl to blend. Gradually whisk in oil. Season vinaigrette with salt and pepper.

Trim root end of leeks, leaving core intact. Remove any tough outer leaves. Cut each leek in half lengthwise. Bring large pot of salted water to boil. Add leeks; reduce heat to low and simmer until leeks are soft, about 12 minutes. Drain. Arrange leeks on platter. Spoon 1/2 cup vinaigrette over; let stand until leeks cool, about 1 hour. Add apple to remaining vinaigrette. Divide leeks among 8 plates. Spoon fish over leeks. Top fish with apple mixture and serve.

