



Cal Poly Organic Farm Community Supported Agriculture Newsletter

CPOF ANNOUNCEMENTS

Fall/Winter CSA Season Enrolling Members NOW

Please help spread the word about the Fall/Winter CSA Season which 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.

Tomato Extravaganza on Sept. 13th at the San Luis Obispo Botanical Garden from 10 a.m. to 2 p.m. UCCE Master Gardeners and the SLO Botanical Garden present an "edible festival" for you and your taste buds. Come taste tomatoes, basil, olive oil, breads, cheeses, pistachios, avocados and fruits and Sweet Earth Organic Chocolates. The event will be held at the new Oak Glen Pavilion. For more information, visit: www.slobg.org or call 541-1400.

Saturday, Sept. 20th from 9 a.m. to noon - **California Coastal Cleanup Day (CCD)**. 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.

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 featuring Gena Nonini, will return to Cal Poly on November 14th and 15th to offer the Continuing Education course "Foundation of Applied Biodynamics." See details at: www.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, Tom Fundaro of Villa Creek, 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> **The Cal Poly Fall/Winter CSA Season starts the week of September 22nd.** Spaces go fast, so sign up now to receive your 24- or 12-week share of fresh, local, organic produce! Get your membership form at www.calpolyorgfarm.com, or call (805) 756-6139 for more information.

Week 23 Produce

September 7 – September 13, 2008

Full Shares expect 10-12 items

Small Shares expect 8-10 items

from the following list:

Corn – Organic with worm!
Summer squash – the plant that keeps on giving.
Cucumbers – cool yourself down.
Peppers – Hot ones, sweet ones, and green.
Lettuce
Onions
Green Beans
Tomatoes
Galia melons
Apples (Swanton Pacific, organic, Cal Poly)

Unless otherwise noted, all vegetables are certified organic.

Unless otherwise noted, all vegetables are from the CPOF.

Fruit of the Week

Galia Melon

The **Galia** is a type of [melon](#) similar to a [cantaloupe](#), though larger, and with deep green flesh. The name Galia is the feminine form of the [Israeli](#) name Gal (meaning 'wave') .^[1]

Most varieties have fairly large fruit compared to other melons. The most common size is one kg. Like any melon, they are sweet and aromatic, with a flavor more like a cantaloupe than a honeydew, although with a complexity of their own. Ripeness is measured not by softness at the stem but rather by color and fragrance. Left at room temperature, Galias keep well, but after cutting, each piece should be wrapped and refrigerated to preserve taste.

They are not particularly difficult to grow. Developed in [Israel](#) around 1970 by the melon breeder Zvi Karchi, Galias are now grown in [Brazil](#), [Spain](#), Southern U.S. regions, [Costa Rica](#) and [Panama](#). Galia can be grown anywhere other melons can. Galias should not be picked until ripeness is assured and they have a high sugar content.

Below are a number of melon varieties that will be familiar to you.

- Honeydew: *Smooth, creamy white rind with a pubescence (a soft, invisible, downy texture that disappears when ready to eat), light green flesh, juicy, sweet. Newer varieties include orange fleshed honeydews.*
- Casaba: *Matures late summer. The skin is corrugated and pale to bright yellow or greenish yellow, not netted or ribbed. Flesh is white or cream colored, sweet, considered spicy, and very juicy.*
- Crenshaw: *Late summer maturing. Has elongated shape, rough skin, corrugated with yellow and green mottled coloring. Flesh is pale pinkish orange, sweet distinctive flavor.*
- Canary: *Late summer maturing. Oval shape similar to Crenshaw, bright yellow corrugated rind. Flesh is pale green to white with pale orange seed cavity, mild and delicately sweet.*
- Santa Claus or Christmas: *Elongated shape similar to canary but with mottled green and yellow rind and green flesh. Its name is derived from its long keeping qualities.*
- Charentais: *Small European melon also known as Chaca, French or Italian melon. Slightly elongated. Can be smooth or slightly netted, gray or gray-blue rind with dark green furrows. Flesh is deep orange, firm and sweet. This is reputed to be one of the best melon varieties of all.*
- Persian: *Late summer maturing. Similar to cantaloupe but with a more rounded shape. Dark green rind with slight tan cracks and sparse netting. Flesh is orange-pink, sweet and firm.*
- Ogen: *Netted rind turns golden yellow when fully mature. Very fragrant with sweet flesh. This melon hails from Israel, and it's very highly regarded by melon fans.*
- Galia: *This sweet, juicy melon is a honeydew-cantaloupe cross. Netted rind like cantaloupes, green flesh similar to honeydew*
- Sharlyn: *Netted rind greenish orange in color. Has white flesh and a sweet flavor that combines the qualities of honeydew and cantaloupe. It's very perishable, so don't wait more than two days after getting it home to eat it.*

History

The exact origin of melons is unclear, although they are thought to have originated in either India, Africa or ancient Persia and have been cultivated in these lands since ancient times. Historical texts from Greek and Roman times note that these ancient civilizations enjoyed cantaloupes.

During the fifteenth century, cantaloupes were growing in popularity in the southern part of Spain. Melon seeds were brought in by the Arabs who settled in Andalusia. From there they were introduced to the New World on Columbus's second voyage in 1493 when he took melon seeds to Haiti. The Indians of Central and South America were delighted to discover a new fruit and eagerly adopted cantaloupes into their cultivated gardens.

By the 1600's cantaloupes were grown in North America from Florida to New England, but the melons did not attain popular acceptance until the 19th century. It was not until after the Civil War, which ended in 1865, that cantaloupes became a major crop in United States.

How to Select and Store

- * The key to purchasing a good quality melon is to find one that is ripe, which is sometimes a challenge because oftentimes they are picked while still unripe in order to ensure that they make it through the shipping process undamaged. If you tap the melon with the palm of your hand and hear a hollow sound, the melon has passed the first

test. Choose a melon that seems heavy for its size, and one that does not have bruises or overly soft spots. The rind, underneath the netting, should have turned to yellow or cream from the green undertones that the unripe fruit has. The "full slip," the area where the stem was attached, should be smooth and slightly indented, free from remnants of the stem. The end opposite the full slip should be slightly soft, and you should be able to smell the fruit's sweetness subtly shining through, although be careful since an overly strong odor may be an indication of an overripe, fermented fruit.

- * Leaving a firm cantaloupe at room temperature for several days will allow the texture of its flesh to become softer and juicier. Please note that cantaloupe can be left at room temperature only if it is whole, intact, and not yet to the stage of full ripeness. Once the cantaloupe has reached its peak ripeness, place it in the refrigerator to store. Melon that has been cut should be stored in the refrigerator as well and should be wrapped so as to ensure that the ethylene gas that it emits does not affect the taste or texture of other fruits and vegetables.
- * Public health organizations like the Canadian Food Inspection Agency (CFIA) and the U.S. Food and Drug Administration (FDA) do make allowances for cut cantaloupe to be kept at room temperature for a short period of time (between 2-4 hours). However, if left at room temperature for 2-4 hours and not eaten, this sliced cantaloupe is considered no longer safe for consumption and must be discarded. A primary risk here involves *Salmonella* contamination.
- * Since bacteria can grow on the surface of most melons, it is important to wash the outside of the cantaloupe before cutting into it. After washing, cut the cantaloupe in half. Using a spoon, scoop out and discard the seeds. Remove and discard the strings as well. The melon can then be cut into slices, quarters, wedges, or chunks. For special occasions, you may want to create melon balls using a handy tool called a melon baller.
- * No time to prepare your fruit salad right before serving? You can prepare it several hours ahead or even the day before and still have fresh, flavorful cantaloupe. Simply cut up the fruit while holding it under water. Once again, be sure to refrigerate your cantaloupe immediately after cutting.

Melon Carpaccio

1 (3-lb) cantaloupe, halved lengthwise and seeded
1 1/2 teaspoons fresh lime juice
1 tablespoon extra-virgin olive oil
60 small fresh tarragon leaves
Coarse sea salt (lightly crushed if grains are large) to taste
6 thin lime wedges
Special equipment: a Y-shaped vegetable peeler

1. Cut each cantaloupe half lengthwise into 3 wedges (6 total). Shave thin slices from seeded side of a melon wedge with vegetable peeler (first slice may be irregular), stopping when you get close to rind. Arrange slices, overlapping slightly, on 1 plate. Repeat with remaining cantaloupe, putting slices from each wedge on a separate plate.
2. Drizzle each serving with 1/4 teaspoon lime juice and 1/2 teaspoon oil, then scatter 10 tarragon leaves on top. Season with sea salt and pepper and serve with lime wedges. *Makes 6 first-course servings.*

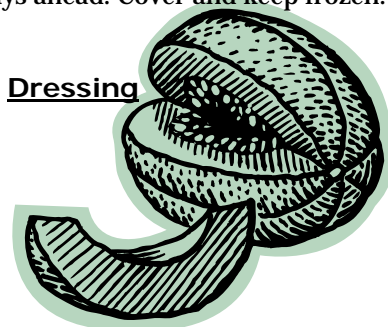
Melon Sorbet

2/3 cup sugar
1/2 cup water
3 cups 1-inch pieces peeled seeded cantaloupe (about 1/2 cantaloupe)

1. Combine sugar and water in medium saucepan. Stir over medium heat until sugar dissolves. Bring to boil. Transfer to 11x7x2-inch glass dish and chill until cold, about 2 hours.
2. Puree cantaloupe in blender until smooth. Add to sugar syrup in dish and stir until well blended. Freeze until almost firm, stirring occasionally, at least 3 hours or overnight.
3. Transfer cantaloupe mixture to large bowl. Using electric mixer, beat until fluffy. Return to freezer and freeze until firm (do not stir), at least 3 hours or overnight. (Can be prepared 3 days ahead. Cover and keep frozen. *Serves 6.*)

Fruit Salad with Poppy Seed Dressing

1/3 cup mayonnaise
1/3 cup sour cream
3 tablespoons chopped crystallized ginger
2 tablespoons honey
2 teaspoons distilled white vinegar
1 1/4 teaspoons poppy seeds



2 cups diced cantaloupe
1 1/2 cups diced fresh pineapple
1 1/2 cups sliced hulled strawberries
1 cup seedless grapes, halved
1 banana, peeled, sliced

1. Combine mayonnaise, sour cream, ginger, honey, vinegar and poppy seeds in small bowl; whisk to blend. Season dressing to taste with salt and pepper. (Dressing can be made 1 day ahead. Cover and refrigerate.)
2. Combine all fruit in large bowl. Add dressing and toss to coat. Refrigerate until cold, about 1 hour. Serve chilled. *Serves 4.*

Brochettes of Melon, Prosciutto, and Fresh Mozzarella

1/2 cup olive oil
1/3 cup (packed) fresh basil leaves plus sprigs for garnish
1 medium shallot, quartered
1 small (about 2-pound) cantaloupe, halved crosswise, seeded, cut into 6 wedges, peeled
6 small fresh water-packed mozzarella balls or one 8-ounce ball,* drained
6 thin slices prosciutto, cut in half lengthwise, gathered into ruffle
6 8-inch wooden skewers

1. Using on/off turns, puree olive oil, 1/3 cup basil, and shallot in processor until basil and shallot are finely chopped.
2. Cut each cantaloupe wedge crosswise in half. If using large mozzarella ball, trim and cut into 6 cubes. Alternate 1 melon piece, 1 piece ruffled prosciutto, 1 mozzarella ball or cube, 1 more prosciutto piece, and 1 more melon piece on each skewer. (Can be prepared 2 hours ahead; cover and refrigerate. Bring to room temperature 15 minutes before serving.)
3. Arrange skewers on platter. Drizzle with basil oil and sprinkle with cracked black pepper. Garnish with basil sprigs. *Servings: Makes 6.*

Cucumbers with Wasabi and Rice Vinegar

1 pound cucumbers
1/2 teaspoon wasabi powder
1/2 teaspoon water
2 tablespoons rice vinegar (not seasoned)
1 tablespoon sugar
1/4 teaspoon soy sauce

1. Very thinly slice cucumbers crosswise with slicer; toss with 1 teaspoon salt and drain in a colander 15 minutes. Rinse cucumbers under cold water, then squeeze handfuls to remove excess water; pat dry.
2. Stir together wasabi powder and water in a bowl and let stand 5 minutes. Add vinegar, sugar, and soy sauce, whisking until sugar has dissolved. Add cucumbers and toss well. *Makes 6 servings.*

Fresh Corn Salsa

1 ear fresh white or yellow corn
1/2 bunch cilantro, finely chopped
4 green onions, chopped
2 small tomatoes, diced
1/4 cup lemon juice
1/4 teaspoon sea salt or to taste
1/4 teaspoon ground cumin
1/8 teaspoon chili powder

1. Cut kernels off the cob and put them into a medium-size bowl.
2. Add remaining ingredients and mix well.
3. Adjust seasonings to taste, and serve chilled or at room temperature. *Serves 6.*



Bell Pepper and Onion Crostini with Pesto

For toasts

1 (18- to 22-inch-long) baguette, cut into 60 (1/4-inch-thick) slices
1/4 cup extra-virgin olive oil

For peppers and onions

6 assorted red, yellow, and orange bell peppers (3 lb), cut into 1/4-inch-wide strips
2 large onions (1 1/2 lb), cut lengthwise into 1/4-inch-thick slices

1 teaspoon finely chopped garlic
1/2 teaspoon salt
2 tablespoons extra-virgin olive oil
1 tablespoon red-wine vinegar

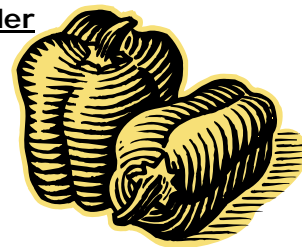
For pesto

1 cup coarsely chopped fresh basil
1/4 cup pine nuts, toasted
1/4 cup finely grated parmesan (1 oz)
2 teaspoons chopped garlic
2 tablespoons water
1/4 teaspoon salt
1/8 teaspoon black pepper
1/3 cup olive oil

1. **Make toasts:** Preheat oven to 350°F. Put baguette slices on 2 large baking sheets, then brush tops with oil and season with salt and pepper. Bake in batches in middle of oven until pale golden, about 10 minutes. Cool on a rack.
2. **Cook peppers and onions:** Cook bell peppers, onions, and garlic with salt in oil in a wide 4- to 6-quart heavy pot over moderately low heat, uncovered, stirring occasionally, until softened, 20 to 25 minutes. Cover pot and continue to cook, stirring occasionally, until vegetables are very tender and just starting to brown, 20 to 25 minutes more. Stir in vinegar and remove from heat.
3. **Make pesto while peppers cook:** Pulse all pesto ingredients except oil in a food processor until finely chopped. With motor running, add oil in a slow stream and blend until combined well.
4. **Assemble crostini:**
Put about 1 tablespoon pepper mixture on each toast and top with about 1/4 teaspoon pesto.

Corn and Bell Pepper Chowder

4 cups fresh or frozen corn kernels (thawed if frozen), divided
2 cups low-salt chicken broth, divided
3 tablespoons butter
1 red bell pepper, chopped
1 (5- to 6-ounce) Yukon Gold potato, peeled, cut into 1/2-inch cubes
3 large shallots, chopped
2 tablespoons whipping cream
Chopped green onions



1. Blend 2 cups corn and 1 cup broth in blender until almost smooth.
2. Melt butter in large saucepan over medium-high heat. Add next 3 ingredients; sauté 5 minutes. Add 2 cups corn, 1 cup broth, and puree from blender. Bring to simmer.
3. Reduce heat to medium-low, cover, and simmer until potatoes are tender, about 10 minutes. Mix in cream. Season chowder with salt and pepper. Ladle into bowls; sprinkle with onions. *Makes 4 servings.*