



Cal Poly Organic Farm

Community Supported Agriculture Newsletter

www.calpolyorgfarm.com, we grow the future!

CPOF ANNOUNCEMENTS

HAPPY EARTH DAY!

- * **Bring your children to the farm** when you pick up your share for a children's planting activity from 3-5pm on April 20th and 24th at the pack shed.
- * **Cal Poly Open House**; your farm manager will host tours on the hour from 11am till 2pm on Sat, April 18th. come on out and learn more about your farm.
- * **Earth Day this weekend in SLO!** Learning to make every day Earth Day: Raising Awareness, Education, Fun & Activation.
- * Fri., April 24th. 6:30-9 pm. Smiling dog Café, SLO. \$15. Two of the world's foremost authorities on raw foods, Matt Monarch and Angela Stokes, will speak and answer questions. There will be great raw food available through the restaurant as well as books and information on raw foods and healthy living.
- * Friends of the Fiscalini Ranch Preserve will sponsor the **Cambria Wildflower Show** on Saturday, April 25 from noon to 5 p.m. and Sunday, April 26 from 10 a.m. to 5 p.m. You can come see a display of fresh wildflowers collected on the day before by trained and permitted volunteers. The show will be free to students of all ages, but for others a \$3 donation at the door to is asked to help cover costs. 805-927-2856.
- * **COMPOSTING MADE FRIENDLY.** Presented by Hunter Francis, Program Associate of Sustainable Agriculture Resource Consortium at Cal Poly. Saturday, May 2 from 11 a.m. to 12 p.m. All lectures are held on the sunny, backyard patio at Growing Grounds Downtown Store, 956 Chorro Street, across from the Mission in San Luis Obispo. A \$5 donation per attendee is appreciated. 544-4967.
- * Edible Magazine coming soon to SLO! The edible magazines are part of a large family of 50 other edibles throughout the country. For details, see www.ediblecommunities.com/sanluisobispo/ or <http://transitioncalifornia.ning.com/group/hopedance>.
- * April 20th, Ben Keller's Surf Documentary *Blue Green* will screen in Shell Beach at La Perla Del Mar, 205 Windward Ave. The film recognizes the power of the ocean and how it affects the subjects' lives and others. San Luis Bay Surfrider Chapter. 6pm, food, beer, and music, film screens at 7:30pm. \$8 at door. bluegreenconnection.com.
- * EARTH DAY FAIR AT CUESTA, April 22nd, 10-3pm. Informational booths, games, Free(with student ID) taquitos, Face painting, Music provided by the local band "Enantiiodromia" and other artists, drawing for prizes donated by local businesses, & more at the Student Courtyard behind the Cafeteria.
- * April 25th, Refuge Family Day at Guadalupe-Nipomo Dunes National Wildlife Refuge. 10-12:30pm. 2799 Oso Flaco Lake Rd. Free outdoor family activities, live kangaroo rat demo at 10 am. www.dunescenter.org.
- * Physicist Dr. Barbara Goss Levi speaks on *Understanding Climate Change: Probable Causes, Possible Solutions* on April 21st at 8 pm in Philips Hall at the Cal Poly Performing Arts Center. Free. This talk for the general public will look at the science of climate change and examine some of the ways-from individual actions to national policies-of dealing with global warming. Info. 756-1663.

April 20 – April 26, 2009

Welcome to Week 4!

Full Shares expect 10-12 items

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

Spinach
Rutabaga
Cabbage
White Turnips
Kohlrabi
Lettuce
Golden Beets
Carrots
Strawberries (DB Berry, Santa Maria, Organic)

Large Shares also receive:

Broccoli
Chives
Kale
Bunching Onion
Unless otherwise noted, all vegetables are **certified organic**.
Unless otherwise noted, all vegetables are **from the CPOF**.

- * **“How Does Your School Garden Grow?”** symposium where teachers and educators share stories about their school gardens. Bring some garden snacks to share. Wed., April 29th 4-7pm. Loma Vista Community School Gym (behind San Luis Obispo County Office of Education up by Rancho El Chorro Outdoor School). No cost and no reservations required.

RECIPES (For past CPOF CSA Newsletters, visit: <http://calpolyorgfarm.com/newsletters.shtml>)

All recipes from www.justvegetablerecipes.com

Quick Collard Greens

1 c Low-salt chicken broth, divided
4 Finely chopped garlic cloves
11 c Chopped fresh collard greens, (4-1/2 pounds) tightly packed
1/4 ts Crushed red pepper
1/8 ts Salt

Heat a 1/2 cup chicken broth in a large Dutch oven over medium heat until hot. Add garlic, and cook 2 minutes, stirring frequently.

Add collard greens and remaining 1/2 cup broth; stir well. Cover and cook 7 minutes, stirring occasionally. Remove from heat; stir in crushed red pepper and salt. Yield: 7 servings (serving size: 1 cup).

Kale Crunch

1 bunch kale -- (about 1 lb) stemmed and minced
Optional:
2-3 tbsp grated parmesan cheese
olive oil or oil spray -- for the baking pan

Preheat the oven to 350F. Line a large baking tray with foil, then brush or spray it with oil.

Add the kale and spread out as much as possible.

Bake for 10 minutes, mixing it up once or twice during that time. Sprinkle with parmesan, if desired, and bake for 10 to 15 minutes longer, stirring occasionally, until it's as crisp as you like it. Watch closely and stir often to prevent burning.

Remove from the oven, and let the kale cool on the tray.

Yield: 2 to 4 cups

Glazed Turnips

1 1/2 lb Turnips; diced
2 tb Butter
6 tb Dark Karo syrup
1/4 c Sugar
1 ts Cinnamon
1 ts Nutmeg
1 ts Ground cloves
1/4 c Water
1/8 c Chablis

Drop turnips in boiling water to cover. Simmer until tender; drain. Combine remaining ingredients in saucepan. Heat to boiling. Pour over cooked turnips. Stir and serve.

Grated and Sautéed Turnips

1 lb Turnips, peeled and grated
4 tb Butter
Salt

Freshly ground black pepper
1/2 c Pecan halves, sautéed in:
3 tb Butter

If the turnips are small, they do not need blanching. If they are larger than an egg, bring a large pot of water to the boil and blanch them by cooking 1 - 2 minutes, to remove the strong taste. Drain well and dry with paper towels. Heat the butter in a large skillet or frying pan. Add the turnips and toss in the butter for 5 minutes. Taste and add salt and pepper as desired. May be made ahead up to this point. When ready to eat, add the pecans and toss over high heat 2 - 3 minutes. Serves 6.

Bacon Spinach Salad

4 sl Bacon; Diced
1/4 c White Vinegar
8 oz Spinach; Shredded, Coarsely
1/3 c Green Onion; Chopped
2 ts Sugar
1/4 ts Salt
1/8 ts Pepper

Cook bacon in 12-inch skillet over low heat, stirring occasionally, until crisp. Stir in vinegar. Heat through, remove from heat.

Add spinach and onions to bacon mixture. Sprinkle with sugar, salt, and pepper. Toss 1 to 2 minutes or until spinach is wilted.

Broccoli and Carrots with Lime Dressing

2 Carrots, thinly sliced on the diagonal
3 Stalks broccoli, heads cut into florets, stalks peeled and sliced on the diagonal

Dressing:

1 Tbl dark sesame oil
1 Tbl soy sauce
2 tsp honey
3 Tbl fresh lime juice (about 1 lime)
Salt and ground black pepper, to taste
Chili oil, Tabasco, or other hot pepper sauce (Optional)

Bring about 2 inches of water to a rapid boil in a covered pot. Add the vegetables, cover, and simmer for about 5 minutes or until tender but firm. While the vegetables cook, mix together all of the dressing ingredients. Drain the vegetables, plunge them into cold water, drain again, and chill until ready to serve or serve them at room temperature. Toss the vegetables with the dressing just before serving.

Makes 4 to 6 servings.

Kohlrabi Slaw

2 whole kohlrabi slices -- purple or green
1/2 small jicama -- peel, cut in sticks
1 teaspoon fresh lemon juice
1/2 teaspoon salt
1 pinch freshly ground black pepper
1/3 cup plain low-fat yogurt
3 sprigs fresh dill -- leaves chopped

Trim the stems, leaves and knobs from the kohlrabi, but do not peel them unless bruised. Cut kohlrabi in half. Using a mandoline or sharp knife, slice into very thin half moons.

Place kohlrabi and jicama in a medium bowl. Add remaining ingredients and toss to combine. Refrigerate slaw for about 30 minutes before serving.