



Cal Poly Organic Farm Community Supported Agriculture Newsletter

www.calpolyorgfarm.com

CPOF ANNOUNCEMENTS

- * CPOF's Farm-to-School Apprentice Program will begin again on Thursday, April 9th at 11am. Meet at the farm for one hour for the orientation and a meet and greet. If you are interested in helping local K-12th graders become future farmers and gardeners or if you are a care giver or teacher who would like help at your school please join us! See below for more info.
- * Local, farm-fresh **eggs** are available at cost to you when you pick up your share. The eggs are from a small farm in Cayucos called Quail Springs and are from range-free, veggie fed and well-loved hens. They are \$4/doz.
- * **Thursday pick up folks.** If you would like a loaf of rustic, full-bodied bread from Skipping Stone Bakery please do contact us or simply buy a loaf when you pick up at the farm \$4/loaf. contact us at orgfarm@calpoly.edu.
- * CPOF's **Volunteer Orientation meeting** is Thursday, April 9th from 11:30-12:30. Please come if you would like to volunteer, if you would like to hear more about the farm's mission, programs, budget, etc. and meet the farm manager, employees and other volunteers. This meeting is open to all.
- * **"Tomato Mania!"** Fri. 4/10 & Sat. 4/11 at the Poly Plant Shop, 10-5 pm, featuring numerous varieties of tomato plants for sale. For more info, 756-1106 or visit: www.polyplantshop.com.
- * Cal Poly's **Open House** is April 17th and 18th. The farm will host tours on the hour from 11-2pm on the 18th. Please come and enjoy your local university.
- * Earth Day Downtown SLO event is Saturday the 18th as well; come enjoy the celebration of Earth Day, 1-5pm, Mission Mall.
- * **April 18th**, the Central Coast Vineyard Team proudly presents the **Earth Day Food & Wine Festival**, an amazing celebration featuring unlimited tastings of sustainably grown foods and wines, served by the farmers who grow them. As a Food Artisan, the Cal Poly Organic Farm is able to offer a special promotion of \$60 per general admission ticket and \$85 per Premiere Admission ticket - that's a savings of \$15 per ticket! To take advantage of this great offer, purchase tickets online and use Coupon Code ARTISAN. Tickets are limited - reserve yours today! https://www.cleverconcepts.net/vineyardteam.org/events/earthday_tickets.php. New in 2009 is early admission during the Premiere hour which affords an exclusive opportunity to visit growers, wine makers and exhibitors in a more intimate setting. Included in the premiere ticket price are Reserved Seating and Priority Parking. Premiere tickets are extremely limited. A limited amount of reserved tables of 8 are available for only \$500. Designated driver tickets are \$25. Visit the website or call 369.2288 ext. 5.

April 6 – April 12, 2009

Welcome to Week 2!

Full Shares expect 10-12 items

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

Unless otherwise noted, all vegetables are certified organic.

Unless otherwise noted, all vegetables are from the CPOF.

All Shares:

Collards
Cabbage
Beets
Carrots
Kohlrabi
Spinach
Lettuce
Kale

Large Shares also receive:

Broccoli
Leeks
Red Turnip
Escarole

- * School Garden Showcase—“**How Does Your School Garden Grow?**” April 29th, 4-7 pm, Loma Vista Community School, SLOCOE. For more information, please contact: Teresa Lees, CREEC Coordinator San Luis Obispo County Office of Education tlees@slococoe.org. 805-782-7265 (*This event is free and open to the public.*)
- * **April 14th**, 7 pm at the SLO Library. **RENEWAL Film** *where various religions take on environmental issues!* For more information: <http://renewalproject.net/> and www.hopedance.org.

Come and join Cal Poly Organic Farm's fun and dynamic **Farm-to-School apprenticeship program**. We hold a lesson each Thursday from 11:00am to 1:00pm, with an hour lecture, then an hour of practical experience. Over a 10 week period we cover the basics of building a school garden and organic farming, as well as field trips of interest. We learn anything from irrigation, composting, vermiculture (children love worms), propagation, social reasons for school gardens, crops, soil fertility etc.

We will go out to different local schools for weekend work days. The schools often provide a wonderful potluck for us in return for us helping them with their tasks in their school gardens. You do not need any knowledge of farming, gardening, or children. We have people from all backgrounds and majors. It is a great way to get involved with the community, meet a great group of people, and learn some fantastic skills. You can get credit which involves 3 hours work per week, per unit, or just volunteer if that is what you prefer.

If you are interested in this program please contact me with any questions!
 Maria Harkleroad. mharkler@calpoly.edu. 805 440 0382.



Featured Veggie: CARROT (*Daucus carota*)

HISTORY

- Today the wild carrot grows throughout Europe and Western Asia, from Afghanistan and westward into Turkey. Both continents are home to archeological sites where ancient seeds were found in prehistoric lake dwellings in Switzerland and the 8th century BCE royal gardens of Babylon, an area now part of Iraq.
- Evidence shows the Babylonians appreciated the pleasing fragrance from the leaves and seeds of carrot plants and grew them as aromatic herbs rather than eating them for their roots. During the first century CE, the Greeks cultivated a variety of root crops that included leeks, onions, radishes, turnips, and a poorly developed variety of carrots.
- Charlemagne, the 8th century ruler of France, welcomed new fruits and vegetables into his royal gardens and set aside an area for growing carrots, though their flavor did not win them a great deal of acceptance there either. To lessen their appeal, the purple carrots turned brown when cooked. Worse, liquid and foods cooked in the same pot also turned brown.
- Centuries passed before the carrot received additional mention in historical literature. During that period the carrot traveled westward into the Mediterranean countries. Arab writer Ibn al-Awam gave a definitive description of two varieties of carrots he encountered in the early part of the 12th century: a red one he says is tasty and juicy and the other, a yellow and green carrot, he calls coarser and of inferior flavor. Al-Awam, who lived in Andalusia, a region in southern Spain, noted that Arab travelers brought carrots from their homeland to the European continent.
- The curious carrot traversed the route eastward via European travelers and explorers to set its roots into India and the Far East during the 13th century. By the 14th century the Netherlands, France and Germany were introduced to the carrot.
- It took another century to reach England's shores during the reign of Queen Elizabeth I. After Columbus' first visit to the Caribbean in 1492, the islands became the melting pot of the world with explorers from Europe, Asia, Africa, and America who each brought plants, animals, and customs from their homelands. By the 1600's carrots along with cabbages, onions, and garlic were growing on many of the islands. During the 16th century the Dutch were avid growers of carrots and applied their craft in developing a genuinely sweet carrot, but they apparently did not eat many of them. Rather, the carrots they grew were fed to their prized Holstein cows. Throughout Europe the Dutch became known for producing the richest, yellowest butter, owing this success to their cows' regular carrot feed. During the 17th and 18th centuries foods from many parts of the globe arrived in the New World at a steady pace. Vegetables like carrots, cabbages, and turnips, though not yet commonplace, began their transition from the home garden to the

beginnings of the commercial farm. Carrots also made a favorable impression on Native American Indians who eagerly adopted them because of their bright color and novel flavor.

- Following World War I carrots came into popularity in the U.S. because several American travelers visited Europe, tasted the uncommon roots, and thought them novel enough to stir interest. Shortly after, farmers began growing carrots in Michigan and California. Today, most commercial carrots grown in the United States come from California, Texas, and Michigan.

TRIVIA

- Carrot tops were considered a fashion statement when worn by the ladies of the English court. The lacy green foliage provided an attractive hair ornament or an adornment on their hats.
- Carrots were prepared as a love potion by the ancient Greeks. The carrot was thought to endow men with the power of passion, while compelling women to become more submissive.
- Carrot juice and marigold petals were the first colorants used to enhance the appearance of pale colored European cheeses. Today synthetic beta-carotene is a common additive used to color cheese.

NUTRITION

- Carrots are **packed with nutrients**. Carrots contain vitamins B1, B2, B3, B6 and folic acid. Also, Potassium, vitamin C, iron, magnesium, and calcium, as well as minerals zinc, cobalt, fluorine, silicon, and chlorophyll make an appearance along with the amino acids.
- That **carrots contribute to improved eyesight** is no myth. The high content of vitamin A is beneficial and contributes to the function of the retina of the eyes. Because beta-carotene is a powerful antioxidant, eating carrots frequently may help prevent cataracts.

SELECTION AND STORAGE

- Look for carrots that are bright orange in color and that have a smooth skin, indicators of a sweet, flavorful carrot. Plump, deep green, attached carrot tops are a true sign of freshness. If the greens are wilted and turning yellow or brown, the carrots have lost their freshness and, no doubt, some of their nutrients.
- Carrots with a rough, pale, or cracked skin are seldom sweet. A rim of green color at the top of the carrot indicates it may have become sunburned and will frequently have a bitter flavor.
- Don't toss those carrot tops into the trash--they're completely edible and highly nutritious.
- Miniature carrots have become popular items in the produce market; some are not genuine miniatures, but mechanically trimmed from large carrots to resemble the baby carrots.
- Store carrots in a perforated plastic bag or an open plastic bag to allow air to circulate.
- Carrot tops tend to pull moisture from the carrots, so the tops should be cut or twisted off and stored separately. Avoid storing carrots close to fruits such as apples and pears; these fruits create ethylene gas that hastens ripening.

PREPARATION

- Carrots can be **sliced, diced, shredded, or grated, and can be boiled, steamed, sautéed, fried, baked, roasted, or mashed**. They are among the most versatile vegetables in the garden. They stand alone as a side dish or blend with other items to form casseroles, salads, soups, and main dishes. Carrots can also be added to cakes and muffins.
- For aesthetic reasons most people prefer to peel their carrots, but **most of the carrot's nutritive elements are just under the skin and get peeled off** into the garbage or compost heap. Instead, wash carrots thoroughly under running water and use a vegetable brush to remove earthy bits that cling.
- Just wash and eat! However, if you're inclined to putter a little, simply shred a carrot or two on the coarse grater, finely shred some green and red cabbage, and dress your slaw with a little oil, lemon juice, s&p.
- The traditional **carrot salad** with raisins and nuts can go equally as well with some variations like chopped dried fruits and sunflower seeds.
- Grate or dice carrots into a **tossed salad**. The added color is eye appealing and adds extra vitamins.
- Slice carrots thinly, and put them into a saucepan with a cover. Bring them to a boil over high heat, turn heat down to low, and **steam** for about 5 to 6 min.
- After steaming carrots, **puree** them in a food processor. A little of the cooking water may be added for a smoother puree. Spices like cinnamon and nutmeg add a pleasant touch to really sweet carrots. If the carrots are not sweet, add a pinch of salt and some cumin, coriander, or dill.
- Cut small carrots in half lengthwise, large ones into thirds. Arrange them on a lightly oiled baking sheet and **roast** open at 375° F for 25 to 35 minutes. If desired, toss with oil before roasting.

RECIPES

Spicy Cooked Carrot Salad with Paprika, Feta, and Olives ([Vegetarian Cooking for Everyone](#))

1 pound carrots
1 garlic clove, minced
Salt
2 teaspoons hot paprika
1 tablespoon red wine vinegar or fresh lemon juice
3 tablespoons olive oil
2 tablespoons chopped parsley
1/3 cup crumbled or thinly sliced feta cheese
12 oil-cured black olive, pitted and diced

Boil the carrots in salted water until tender but not soft, then drain and rinse with cold water. Slip off the skins and slice them into rounds or dice into small pieces.

Smash the garlic with ¼ teaspoon salt, then add the paprika, vinegar, and whisk in the oil. Toss the carrots with the vinaigrette, parsley, and most of the cheese and olives. Taste for salt. Mound the carrots on a plate and garnish with the remaining cheese and olives.

Good-Luck Greens ([VegetarianTimes.com](#))

2 Tbs. olive oil
1 medium red bell pepper, diced (1 cup)
1 small jalapeño pepper, stemmed, seeded, and minced
1 medium head escarole (3/4 lb.), leaves rinsed and chopped
1 medium head kale (3/4 lb.), leaves rinsed and chopped
2 cloves garlic, minced (2 tsp.)

Heat oil in large, deep skillet over medium-high heat. Add bell pepper and jalapeño, and cook, stirring often, 5 minutes, or until softened. Add escarole, kale and garlic, and cook, tossing often, over medium heat until wilted, about 4 minutes.

Add 1/2 cup water, and cook 5 to 10 minutes, or until almost dry. Stir in another 1/2 cup water, and cook 5 to 10 minutes, or until almost dry. Add another 1/2 cup water, and simmer 5 minutes more. (Greens should be tender and moist, but not soupy. If not tender, cook a bit longer in a little more liquid.) Season to taste with salt and pepper. Serve hot.

Steamed Greens with Caramelized Leeks

([VegetarianTimes.com](#))

1 Tbs. olive oil
2 large leeks, white parts only, thinly sliced (1 1/2 cups)

1 bunch Swiss chard, collard greens, or beet tops (12 oz.), tough veins removed, coarsely chopped
1 clove garlic, minced (1 tsp.)
Heat oil in large skillet over medium heat. Add leeks, and sauté 5 minutes, or until soft. Reduce heat to low; add Swiss chard and garlic. Cover pan, and steam greens 7 to 9 minutes, or until wilted and tender.

Sauteed Turnips with Spinach and Raisins ([sallybernstein.com](#))

2 tablespoons olive oil
1 clove minced garlic
3 medium turnips, peeled and cut into matchsticks
1/2 cup raisins
3 tablespoons fresh lemon juice
10 ounces fresh spinach, coarsely chopped
Freshly ground nutmeg
Salt and pepper

In a saute pan, heat the oil with the garlic. Add the turnip and raisins and cook for about 1 minute. Add the lemon juice; cover and cook for 3 more minutes. Stir in the spinach and cook just until wilted. Sprinkle with nutmeg and salt and pepper to taste.

Beet and Arugula Salad ([foodnetwork.com](#))

1 pound beets without leaves (about 6 medium)
2 small bunches arugula
1 red onion, halved and sliced thin
2 tablespoons white wine vinegar
1/2 cup olive oil

Peel beets and cut into 1/2 inch wedges. In a steamer set over boiling water steam beets until tender, about 10 minutes, and transfer to a bowl. Discard coarse stems from arugula. Wash arugula well and dry. In a bowl whisk together vinegar and salt and pepper to taste and whisk in oil until emulsified. Pour half of vinaigrette over beets and toss well. To vinaigrette remaining in bowl add arugula and toss well. Arrange beets and arugula on plates.