



Cal Poly Organic Farm Community Supported Agriculture Newsletter

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CPOF ANNOUNCEMENTS

Kids...Check out the "Corn Fort" in our patch of corn when you pick-up your boxes. Also pick some of the delicious tomatoes near the pack-shed.

Volunteer Opportunity: Lillian Larsen school in San Miguel is looking for volunteer manpower again to work on their school garden project this Friday, July 31 (8am-12pm) and Saturday, August 1 (8am-12pm) ! Volunteers will help reconstruct the school garden area and will be leveling the garden space, putting together planter boxes, attaching material to the bottom, installing edging and a drip system. Tools will be provided and no prior experience is needed, just a willingness to help! If you're available, please meet at Lillian Larsen School (1601 L St., San Miguel) close to Room 24 (if facing school, on far right corner) on both work days. Please direct questions to Vanessa Adame at: 805.788.2718 or: vadame@co.slo.ca.us

August 2nd-8th, 2009

Welcome to Week 19!

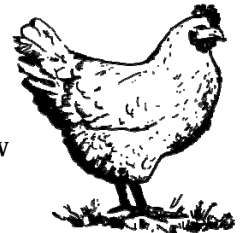
All Shares will receive:

Green Beans
Carrots
Potatoes
Lettuce
Peppers
Kale
Parsley
Cal Poly Corn (conventional)
Oranges(Old Creek Ranch-Small Only)

Large Shares will also receive:

Cucumber
Tomatoes
Avocado (Old Creek Ranch)
Squash

Be sure to check out the latest addition to the Cal Poly Organic Farm! **Buttercup the Hen...**is now residing in the larger coop with the other new members of CPOF's flock. She looks a bit different (see if you can spot her). Her breed is called the American Buttercup and she was given to the farm by CSA member and chicken aficionado Christine Heinrichs. Check out: http://www.backyardpoultrymag.com/issues/4/4-3/the_american_buttercup_the_crown_of_the_fancy.html for Barbara Bullock's article detailing this breed's unique traits. Thank you Christine and Barbara for these wonderful new additions to the Farm!!!!



HopeDance FiLMs presents '**Mad City Chickens**' in San Luis Obispo at the San Luis Obispo Public Library (Osos and Palm) on Wednesday, August 12th at 7 p.m. for a suggested donation of \$7. "Mad City Chickens is a sometimes wacky, sometimes serious look at the people who keep urban chickens in their backyards. From chicken experts and authors to a rescued landfill hen or an inexperienced family that decides to take the poultry plunge—and even a mad scientist and giant hen taking to the streets—it's a humorous and heartfelt trip through the world of backyard chickendom."

Sustainable Living Night on Friday, August 14th from 6 p.m. to 8 p.m. at Coalesce Bookstore's Garden Chapel at 845 Main Street, Morro Bay. This event is free and open to the public.

This will be an evening about of sustainable living and book-signing by authors Christine Heinrichs, author of the books "How to Raise Chickens" and "How to Raise Poultry" and Trish Riley, author of "The Complete Idiot's Guide to Greening Your Business" and "The Complete Idiot's Guide to Green Living." Cindy Douglas, Manager of the Cal Poly Organic Farm, will be talk about its Community Sponsored Agriculture program, local food systems and resources.

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For more information please contact Christine Heinrichs at: christine.heinrichs@gmail.com, (805) 203-5018.

More on the Bakari Project©, of which the Cal Poly Organic Farm is a proud collaborator....

The Bakari Project© is an outgrowth of the Passport to the Future Program which was designed and conceptualized by Dr. Thomas Parham, of the University of California, Irvine in consultation with his colleagues in the 100 Black Men of America, Orange County Chapter (100 BMOC). Derived from the Swahili language, the word Bakari means “one who will succeed.” The program’s mission is to nurture socially conscious, responsible, and productive youth who can actualize their potential and take full advantage of the opportunities life has to offer them and facilitate a positive transition into adulthood. The Bakari Project© at Cal Poly is an offshoot of the general Bakari Project © and is a year-long mentoring and intervention program directed by Dr. Roslyn M. Caldwell, Assistant Professor in the Department of Psychology and Child Development at California Polytechnic State University, San Luis Obispo. The program is unique because one-to-one mentoring is included and provided by a Cal Poly undergraduate or graduate student that commits to the program for 12-months. Youth referred to the program are introduced to six areas of mastery including: self-knowledge and self-awareness, history, relationships, skill development, leadership, and community service. One of the values The Bakari Project© teaches is youth is reciprocity. Youth participants are required to contribute 5 hours/week of community service during their participation in the program. The goal for youth in community service is for them to develop skills, positive connections in their community, take a sense of pride in giving to their community, build their resume and references and of course, develop responsibility and strong work-ethic. For more information, please contact Kim Richards, Program Coordinator, at: 805-234-2702.



3rd Annual Pallet to Palate scheduled for August 7 – 21, 2009. Check out the website at: <http://pallettopalate.com/>

7th Heaven Organic Farm (who supplies Cal Poly Organic Farm with those wonderful raspberries and blueberries) will be hosting a **U-Pick**, by appointment, throughout the month of August. To arrange an appointment, please e-mail: pacificfarm@yahoo.com or call: 805-995-1436.

How to Store Parsley, Cilantro, and Other Fresh Herbs

- Snip off the bottom of the stems.
- Make sure the leaves are completely dry. Better to hold off rinsing them until you're about to use them.
- Fill a jar or a water glass partially with water and place the stem ends of the herbs into the water in the jar.
- If you are storing the herbs in the refrigerator, cover loosely with a plastic bag. Cilantro loves cool temperatures and should be stored in the refrigerator. Parsley can be stored at room temperature or in the refrigerator.
- Change the water after several days if the water starts to discolor.

Fresh parsley, cilantro, basil, and other fresh herbs can last up to 2 weeks or longer when stored this way.

(From Simply Recipes.com)

Avocado and Corn Salsa recipe

Ingredients:

3 ripe avocados, peeled, pitted and diced into large cubes.
3 corn ears, (about 2 cups of kernels), husked.
1 red onion, finely diced.
1 red bell pepper, finely diced.
½ cup of olive oil.
½ cup of lime juice.
¼ cup of freshly chopped oregano.
¼ cup of red wine vinegar.
1 tablespoon of minced garlic.
1 tablespoon of ground cumin.
1 teaspoon of chili powder.
4 shots of tabasco sauce.
Salt and pepper, to taste.



Preparation Instructions:

Blanch the corn in boiling water for 3 minutes, then drain and cool under cold water.

Cut the kernels off the cob and mix together with all the remaining ingredients in a suitably sized bowl.

Cover and refrigerate for up to 3 days.

Avocado Dip recipe

Ingredients:

1 large ripe avocado.
1 clove of garlic, peeled and chopped.
1 green chili, chopped.
2 ½ oz of unflavored fromage frais.
3 tablespoons of fresh coriander leaves.
1 tablespoon of lemon juice.
½ teaspoon of salt.
¼ teaspoon of ground cumin.

Preparation Instructions:

Slice the avocado into two lengthway and remove the stone.

Scoop out the flesh and put into a food processor with all other ingredients except the cumin. Blend well.

Move the dip into to its serving dish and sprinkle the cumin over top.

LEMON PARSLEY POTATOES

4 lg. potatoes

2 tbsp. butter

1 tsp. grated lemon peel

2 tbsp. lemon juice

2 tbsp. chopped parsley

Cook potatoes in boiling water 15 to 20 minutes until tender. Drain and peel. Melt butter in saucepan. Mix in lemon peel - lemon juice and parsley. Add potatoes and cook over medium heat - turning frequently until hot and coated with butter. This is especially good with new potatoes. Serves 4.

BAKED PARSLEY CARROTS

6-7 med. carrots

1 tbsp. butter

1 tbsp. fresh snipped parsley

Few drops of water

Salt and pepper

Peel and cut carrots into small sticks, 2-3 inches. Line baking dish with heavy foil. Dot 1 tablespoon butter in bottom of foil; layer in the carrots; sprinkle with salt, pepper and parsley. Dot with rest of butter. Sprinkle few drops of water and seal foil very securely around all. Bake 40-45 minutes in 350 degree oven. Serves 6-8.

CUCUMBER PARSLEY DRESSING

1/2 c. mayonnaise

1 c. peeled, seeded & chopped cucumber

1 c. chopped parsley

1 clove garlic, minced

1/2 tsp. salt

1/8 tsp. ground black pepper

1 c. plain yogurt

Stir together first 6 ingredients. Stir in yogurt. Chill. Makes about 2 cups. Spruces up a salad.

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