



## Cal Poly Organic Farm Community Supported Agriculture Newsletter

[www.calpolyorgfarm.com](http://www.calpolyorgfarm.com), we grow the future!

### You might be a Locavore if....

you eat food grown or produced locally (i.e. you are a CSA member!). "Locally" can mean a certain radius from your house, such as 50, 100, or 150 miles (240 km). The Locavore movement encourages you to grow your own food, buy from farmers' markets, and/or belong to a CSA. Reducing how far food travels from farm to your plate greatly reduces fossil fuel use. But an even better reason to convert to a Locavore is the strength it provides our community.

Check-Out [www.eatlocalchallenge.com](http://www.eatlocalchallenge.com) and [www.slocavore.com](http://www.slocavore.com) for more information on eating local.

Thank you to Roger (summer intern), Maria (Americorps Youth Outreach staff) and Patrick (volunteer) for painting and placing **beautiful signs** at the Farm. CPOF is still in need of volunteers to help with building pathways and donations for benches.



As part of the **3rd Annual Pallet to Palate event the Cal Poly Organic Farm will be teaming up with Catering Unlimited for the SLOcavore Party and Auction** at the Cliff Resort in Shell Beach Monday, August 17, 5-8pm SLOcavore (slo-kah-vor): someone who eats SLO county grown or produced food. This party offers something for everyone to enjoy. Indulge in great food and wine, a silent auction, and live music outside, overlooking the ocean. Meet the chefs and farmers who have collaborated to give you a delicious taste of what is growing in San Luis Obispo County.



**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.

Our very own, **Cindy Douglas** (farm manager) will be talking about how to become more involved with local agriculture and the local food system.

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

August 9<sup>th</sup>-15<sup>th</sup> ,2009

Welcome to Week 20!

ALL SHARES WILL RECEIVE:

KALE  
SQUASH  
ONIONS  
CILANTRO  
LETTUCE  
SWEET CORN  
(CAL  
POLY/CONVENTIONAL)  
STRAWBERRIES (DG  
BERRIES)

BEANS

LARGE SHARES WILL ALSO RECEIVE:

PEPPERS  
BASIL  
CUCUMBER

**“Fresh” is playing Friday, Aug. 7, in Grover Beach**

**6pm for goodie foodies; 7pm the FiLM, \$7**



**Grover Beach: Tullius Chiropractic & Pilates Center**

**902 W. Grand Ave. / 805-481-1566** Fresh celebrates the farmers, thinkers and business people across America who are re-inventing our food system. Among several main characters, FRESH features urban farmer and activist, Will Allen, the recipient of MacArthur's 2008 Genius Award; sustainable farmer and entrepreneur, Joel Salatin, made famous by Michael Pollan's book, the Omnivore's Dilemma; and supermarket owner, David Ball, challenging our Wal-Mart dominated economy. Trailer: <http://www.freshthemovie.com/>

## **Strawberry, Cucumber, and Basil Salad**

### ***Ingredients***

- 4 cups hulled strawberries, quartered (1 pound)
- 2 tablespoons thinly sliced fresh basil
- 2 teaspoons balsamic vinegar
- 1 teaspoon sugar
- 2 medium cucumbers, peeled, halved lengthwise, seeded, and thinly sliced (about 2 cups)
- 1 teaspoon freshly squeezed lemon juice
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper

### ***Procedure***

1. Combine the strawberries, basil, vinegar, and sugar in a large bowl and toss gently to coat. Cover and chill for one hour.
2. Combine cucumbers and juice and toss to coat.
3. Add the cucumber mixture, salt, and pepper to the strawberry mixture and toss gently to combine.
4. Serve immediately as a side salad, starter, or snack.

## **Cilantro-Lime Rice**

Source: Everyday Food, April 2008

1 c long-grain rice (I used 1-1/2 c Basmati rice)  
coarse salt  
1/2 c fresh cilantro  
2 tbsp fresh lime juice  
1 tbsp olive oil  
1 garlic clove (I used 2)

In a medium saucepan, bring 1-1/2 c water to boil. Add rice and 1/4 tsp salt; cover, and reduce to a simmer. Cook until water is absorbed and rice is just tender, 16 to 18 minutes.

Meanwhile, in a blender, combine cilantro, lime juice, oil, garlic and 2 tbsp water. Blend until smooth. Stir into cooked rice and fluff with a fork.

# Cilantro Pesto Recipe

## Ingredients

2 cups, packed, of cilantro, large stems removed  
1/2 cup blanched almonds  
1/4 cup chopped red onion  
1/2 teaspoon chopped and seeded serrano chile  
1/2 teaspoon Kosher salt  
1/4 cup olive oil

## Method

In a food processor, pulse the cilantro, almonds, onion, chile, and salt until well blended. With the food processor running, slowly add the olive oil in a steady stream.

Add more oil as needed for your use.

Makes about 1 cup.

Whatever you don't use, you can freeze. Line an ice cube tray with plastic wrap and fill in the individual cube spaces with the pesto. Freeze and remove from the ice tray, put in a sealed freezer bag for future use.

# Cilantro Dressing

## Ingredients:

1/2 cup cilantro  
1/4 cup oil  
1 tablespoon lime juice  
pinch of garlic powder  
pinch of Mexican oregano  
salt to taste

## Preparation:

Combine all ingredients in a blender. Blend on low speed until almost smooth.

# Cajun Corn and Kale Salad Recipe

2 quarts water  
4 ears sweet corn  
1 large bunch kale, stems removed (about 1 pound)  
1 large red bell pepper, chopped  
1 green bell pepper, chopped  
1 large tomato, chopped  
1/2 cup chopped sweet onion  
1 garlic clove, minced  
1/4 cup extra virgin olive oil  
2 tablespoons fresh lemon juice  
1 1/2 teaspoons Cajun Spice Seasoning

## Instructions

1. Bring 2 quarts of water to a boil in a large pot; add ears of corn. Boil 5 minutes. Set ears aside and reserve cooking water. When corn is cool, slice off kernels.
2. Return corn water to a boil and add kale and salt. Cook until kale is tender and still bright green, about 5 minutes. Transfer to a colander to drain and cool. Squeeze out excess liquid with your hands and finely chop.
3. Toss kale with remaining ingredients in a large bowl until well combined. Season with salt. Serves 4 to 6

## Garlicky Kale with Corn

- 2 cups kale torn
- 1 ear of corn, kernels removed
- 3 cloves garlic, minced
- 2 Tbsp extra virgin olive oil

Place oil in garlic in a cold skillet and turn on medium heat. Slowly cook the garlic in the oil until aromatic. Add the kale and stir in the corn. Cover the skillet with a lid and allow to cook until the kale is tender, about 10 minutes. Add a few tablespoons of water if needed during the cooking time.

## Corn and Kale Skillet Cakes

### INGREDIENTS

- 1 cup flour
- 1 cup fine yellow cornmeal
- 1 teaspoon salt, or to taste
- 2 cups fresh or thawed frozen corn
- 2 cups finely chopped, firmly packed kale
- 2 large eggs
- 2 tablespoons melted butter or olive oil
- 2 cups milk
- 1 cup diced onion (optional)
- Butter or oil for frying

1. In a large bowl, mix the flour, cornmeal, salt, corn and kale.
2. In a medium bowl, lightly beat the eggs, melted butter or oil, and milk to combine. Pour wet ingredients into dry and mix briefly.
3. Heat butter or oil in a large frying pan. Add the onion, if using, and saute until golden.
4. Add the sautéed onion to the batter, mix again, then drop about 1/4 cup batter per cake into the hot skillet, adding more oil or butter as needed to keep cakes from sticking. Cook until cakes begin to bubble, about 3 minutes, then flip and cook until the other side is golden, 1 or 2 minutes longer. Serve warm.

Serves 4-6.