



Cal Poly Organic Farm Community Supported Agriculture Newsletter

www.calpolyorgfarm.com, we grow the future!

CPOF Announcements

Fall veggie season is just around the corner! We hope that you will **continue your CSA membership and support organic agricultural education**. Share the bounty, tell a friend about what a CSA is and what it means to you to have LOCAL, FRESH AND ORGANIC FOOD. Membership forms can be found online or at your pick-up location. The Fall/Winter Season begins September 14th, however anyone can sign up for the CSA at anytime.

CPOF's newest pick up location will be at **Bishop's Peak Elementary School**. **This will begin on Sept 1st** at 2:15pm in the parking lot. If you are picking up your child there it may be more convenient for you. Please contact us if you wish to change.

Are you a member of Face Book? To learn more about Farm Happenings, sustainability, organic living and lots more add **Helmut "the tank" Lopez** to your friends list. Helmut is our farm van and he has a lot to say about what goes on at our farm.

Notes from Nathan (CPOF's Head Gardener, MS candidate)Nathan with his wife Maria and with the help of their son Oliver have been busy sowing seeds for fall veggies. Nathan says it's a good time to start broccoli, cauliflower and cabbage for your fall garden at home. He also says you may be able to plant another crop of beans before fall. If you haven't taken a walk around the farm lately spend a few extra minutes and take a stroll around to get inspired by what Nathan and the other farmies have been busy growing all summer.

Community Announcements

Food, Wine and MAD CITY CHICKENS (film) at Zinfuzion Winery

Friday, August 14 2009, 6:30pm - 10:00pm

Friday nights on the Vinfuzion Lawn with HopeDance FiLMs

Admission for the film: \$7. Food served at 6:30pm. Film at sunset (8:15ish), outdoors! *Bring lawn chairs and blankets.* 2485 Highway 46 West (3 miles west of 101) / Contact 434-3950 / film@vinfuzion.com Vinfuzion wines issue from organic and bio-dynamic grapes, reverently hand-crafted, they are first and foremost sublime wines. visit their website at <http://www.vinfuzion.com>

Pallet to Palate: Panel Discussion / "Let's Be Frank . About Local Food" Aug 16 (\$5)

Ground-breaking panel discussion addressing local food. The event is this Sunday August 16th at 2 pm at the Cliffs Resort. The cost is \$5 and includes pastured beef and pastured turkey hot dogs and salad. For more info about the entire Pallet to Palate event, please go to www.pal2pal.org

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August 17th-22nd, 2009

Welcome to Week 21!

ALL SHARES WILL RECEIVE:

Collard Greens or Kohlrabi
Onions
Peppers
Tomatoes
Lettuce (Nojoqui Farms)
Parsley
Eggplant (LeFort Organics)
Basil

Large Shares

Avocados
Potatoes (SwiftSubtropical)
Beets
Cucumbers

This is way up north and a few months away but if you're interested in taking a look this might be a great chance to get out of town and explore another farm. **Hoes Down Farming Festival at Full Belly Farm** in Yolo County, CA Saturday October 3rd 11am-11pm More information at www.hoesdown.org

Recipes

Kale & Potato Hash

8 cups torn kale leaves
2 tablespoons horseradish
1 medium shallot, minced
1/2 teaspoon freshly ground pepper
1/4 teaspoon salt
2 cups cooked shredded potatoes
3 tablespoons extra-virgin olive oil

1. Place kale in a large microwave-safe bowl, cover and microwave until wilted, about 3 minutes. Drain, cool slightly, and finely chop.
2. Meanwhile, mix horseradish, shallot, pepper and salt in a large bowl. Add the chopped kale and potatoes; stir to combine.
3. Heat oil in a large nonstick skillet over medium heat. Add the kale mixture, spread into an even layer and cook, stirring every 3 to 4 minutes and returning the mixture to an even layer, until the potatoes begin to turn golden brown and crisp, 12 to 15 minutes total.



Eggplant Sandwiches

INGREDIENTS

1 small eggplant, halved and sliced

1 tablespoon olive oil, or as needed

1/4 cup mayonnaise

2 cloves garlic, minced

2 (6 inch) French sandwich rolls

1 small tomato, sliced

1/2 cup crumbled feta cheese

1/4 cup chopped fresh basil leaves

DIRECTIONS

Preheat your oven's broiler. Brush eggplant slices with olive oil, and place them on a baking sheet or broiling pan. Place the pan about 6 inches from the heat source. Cook under the broiler for 10 minutes, or until tender and toasted.

Split the French rolls lengthwise, and toast. In a cup or small bowl, stir together the mayonnaise and garlic. Spread this mixture on the toasted bread. Fill the rolls with eggplant slices, tomato, feta cheese and basil leaves.

Olive Oil Roasted Eggplant with Lemon

Ingredients:

1 large eggplant

3 tablespoons extra virgin olive oil salt and pepper to taste

2 tablespoons fresh lemon juice

Directions:

1. Preheat the oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper or lightly grease.
2. Slice the eggplant in half lengthwise, then cut each half into quarters lengthwise. Cut each of those in half to make two shorter quarters. Place the eggplant onto the baking sheet with the skin side down. Brush each piece with olive oil and season with salt and pepper.
3. Roast in the preheated oven until softened and golden brown, 25 to 30 minutes. Remove from the oven and sprinkle with lemon juice. Serve hot.

Parsley Pesto

Ingredients:

2 cups loosely packed flat-leaf parsley leaves, washed and dried

1 large clove garlic, crushed

Zest and juice of 1 medium lemon

1/4 cup walnut halves, lightly toasted in a dry skillet

Pinch salt, or more to taste

1/4 teaspoon freshly ground black pepper

3/4 cup extra-virgin olive oil

Directions: Combine the parsley, garlic, lemon zest and juice, walnuts, salt, pepper and 1/4 cup of the oil in a food processor. Pulse a few times until the mixture is coarsely chopped. With the motor running, gradually add the remaining oil to form a creamy sauce. Stop the machine occasionally to scrape down the sides, if needed. Taste and adjust the salt as needed.

Tomatoes with Parsley Pesto

INGREDIENTS

1 cup packed fresh parsley

1/4 cup snipped fresh chives

1 garlic clove

1/4 teaspoon salt

Dash pepper

3 tablespoons olive oil

2 tablespoons red wine vinegar

3 medium tomatoes, cut into wedges



DIRECTIONS

In a blender or food processor, combine parsley, chives, garlic, salt and pepper. Cover and process until finely chopped. Add oil and vinegar; mix well. Transfer to a bowl; cover and refrigerate. When ready to serve, add tomatoes and gently toss to coat.

Avocado Green Goddess Dressing

INGREDIENTS (Nutrition)

1 avocado, peeled and pitted
1 cup mayonnaise
5 anchovy filets, rinsed and chopped
2 tablespoons chopped green onion
1 tablespoon lemon juice
1 clove garlic, chopped
salt and pepper to taste



DIRECTIONS

In a blender combine the avocado, mayonnaise, anchovies, green onion, lemon juice, garlic, and salt and pepper. Process until smooth, then chill for 24 hours before serving.