



Cal Poly Organic Farm Community Supported Agriculture Newsletter

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CPOF Announcements

Mark Your Calendars

LABOR DAY Monday September 7th, Monday pick-up folks will pick up on TUESDAY, Sept 8th. Same place and time as usual. Always let us know at least 24hrs ahead if you need to make alternate pick-up arrangements.

Fall veggie season is just around the corner! We hope that you will **continue your CSA membership and support organic agricultural education.**

Membership forms will be at your pick-up location this week. The farm is going to offer a limited number of “**Gypsy Shares**”. This is where you can call up and order your box on weeks you would prefer. Contact us for the details.

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.

Local Food, Sustainable Communities by Tara Schwartz CPOF’s very own CSA Manager!

This past week I attended the “Let’s Be Frank....About Local Food” and the “SLOcavore” Party and Auction at the Cliffs Resort in Shell Beach as part of the 3rd Annual Pallet to Palate event. Besides enjoying the beautiful ocean views and eating the best food I have ever tasted, I learned more about what it takes to make our local food system sustainable.

The “Let’s Be Frank” discussion on Sunday was a panel made up of Larry Bain of Let’s Be Frank (a sustainable hotdog company out of the bay area), Chef Bradley Ogden (award winning chef at Root 246), and Judith Redmond (Full Belly Farms). Each panelist brought their view points coming from different parts of the food industry on how to make a local food system attainable. They all had the same basic message: a local, healthy food system can happen and it is all in the small decisions we, as food eaters, make every day. We can shop at farmers’ markets, eat at restaurants that serve local food or join a CSA to empower our local food economy. We were also treated to a Let’s be Frank Dog....I know doesn’t sound fancy, but I was surprised at how delicious it was! For more info go to www.letsbefrankdogs.com.

The SLOcavore Party on Monday night was a great way to see what your choices are when you are part the Central Coast’s local food movement. Restaurants and chefs were paired with local farms to create a dish with the freshest ingredients around. There was everything from local oyster pizza made in a clay oven to lavender sorbet to apple cider. The Cal Poly Organic Farm was paired with a local catering company called Catering Unlimited who prepared a Beet Risotto Cake with Lavender

August 24th-28th, 2009

Welcome to Week 22!

ALL SHARES can expect from the following list:

Kale
Onions
Lettuce (Nojoqui Farms)
Eggplant (Le Fort Organics)
Honeydew or Cantaloupe (Pacific Organics)
Green Beans
Delicata Squash (winter squash)
Cucumbers

Large Shares

Lemons
Peppers
Tomatoes

and a Beet Salad; I must say that it was one of the best dishes of the night and a great use of our beets. It was great to see what other farmers in the area are up to and what local products are made right here in our own backyard. The proceeds from the event all went to the Food Bank Coalition of San Luis Obispo.

Meeting and seeing other local farmers, chefs and people who are passionate about local food got me more excited about what we are doing here on the farm. I hope you feel the same way I do about eating local fresh food. I feel a little bit that this is preaching to the choir because you as CSA members already know how good eating fresh, local food is but I would encourage you to share your way of thinking with a friend or family member and we can make a big change in our community and ourselves by doing what most of us love anyways, eating good food.

Community Announcements

SLO ECO EXPO 20

Offers Ideas to Go Green, August 22nd 10 am-4 pm Vets Hall, 801 Grand Ave. in SLO.
Admission is FREE

San Luis Master Gardeners are hosting a **Tomato Extravaganza** on August 29th from 10-2 at the SLO Botanical Gardens

Recipes

Eggplant with Sweet Onions and Tomatoes

INGREDIENTS:

1 medium eggplant, sliced in 1/4-inch thick rounds
olive oil
1 can (14.5 ounces) diced tomatoes, with juice
1/2 medium sweet onion, cut in thin slices
1 clove garlic, minced
pinch dried leaf basil
salt and pepper, to taste
3 slices Mozzarella cheese or about 1 cup shredded

PREPARATION:

Layer eggplant slices in a colander, salting each layer generously. Let stand for 30 minutes. Rinse and pat dry. Heat a thin layer of oil in a large skillet over medium heat; add eggplant to the hot oil and cook, turning once, for about 5 minutes, or until lightly browned. Repeat until all eggplant slices are cooked, using as little oil as needed to brown the slices. Transfer to a plate. Add more oil to the skillet if needed; add onions and garlic. Cook until tender. Combine tomatoes with onion mixture, basil, and salt and pepper, to taste. Layer eggplant slices with the onion and tomato mixture in a shallow casserole.

Bake for 20 minutes at 350°. Top with sliced or shredded Mozzarella cheese and cook for 8 minutes longer, or until cheese is melted.

Serves 4.

From www.about.com

Dilly Cucumber Salad

INGREDIENTS

1 cup sugar

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1 cup white vinegar
1/2 cup water
1 tablespoon snipped fresh dill
2 teaspoons salt
4 medium cucumbers, thinly sliced
1/3 cup sour cream

DIRECTIONS

In a saucepan, combine the sugar, vinegar, water, dill and salt. Bring to a boil over medium heat. Remove from the heat. Place cucumbers in a large bowl. Pour vinegar mixture over and toss to coat. Cover and refrigerate overnight.

Drain and discard vinegar mixture. Stir sour cream into cucumbers. Cover and refrigerate until serving.

From: www.allrecipes.com

Orange-Soy Sauce Reduction

INGREDIENTS

2 oranges, juiced
1/2 cup soy sauce
1/2 cup chicken broth
1 teaspoon grated orange zest

DIRECTIONS

Bring the orange juice, soy sauce, chicken stock, and orange zest to a boil in a saucepan. Reduce heat to medium-low and simmer until the sauce has reduced to half of its original volume, about 30 minutes.

From: www.allrecipes.com

Cantaloupe Frenzy

INGREDIENTS

1 cantaloupe - peeled, seeded and cubed
3 tablespoons white sugar, or to taste
2 cups ice cubes

DIRECTIONS

Place cantaloupe cubes and ice into the container of a blender. Process until the ice is in small pieces. Add sugar, and puree. Pour into tall glasses and serve immediately.

From: www.allrecipes.com

Melon Sorbet

Ingredients

2 1/2 pounds cantaloupe or honeydew melon—peeled, seeded and cut into 1-inch dice (about 4 cups)
3/4 cup Sugar Syrup

Directions

In a blender, puree the cantaloupe until smooth. You should have 2 1/2 cups of melon puree; reserve any extra for another use. Stir in the Sugar Syrup. Pour the sorbet base into an ice cream maker and freeze according to the manufacturer's instructions.

Pack the melon sorbet into an airtight plastic container. Press a sheet of plastic wrap directly onto the surface of the sorbet, cover and freeze until firm, about 4 hours. Scoop into bowls and serve.

From www.foodandwine.com

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