



## Cal Poly Organic Farm Community Supported Agriculture Newsletter

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

### CPOF ANNOUNCEMENTS

**NEW CHICKS!** Five new chickens now reside at our farm. Please visit them in the coop and read the story below for more info.

**U-Pick** Sun gold cherry tomatoes are starting. They are in front of the pack shed at the farm. Feel free to pick a basket! Get those kids a pickin'!

Late August the farm will host our very own **Hoes Down Festival** complete with local musicians, food and fun. This will be a fundraiser for student employee funding and will happen near or in SLO. If you wish to donate your large back yard we would greatly appreciate it. Contact Cindy at 756 6139.

**Calling all PHOTOGRAPHERS.** We are looking for good shots of Helmut "the tank" Lopez (see him on Face Book).

### Community Announcements

Lucia Castello (CPOF alum, Architecture grad) writes...

This summer, the **Real Food Challenge** invites all young activists concerned with agriculture, nutrition, social justice, climate change, sustainability, and the health of our communities and economy - to join us at a Real Food Student Leadership Training.

The Real Food Trainings will be geared towards students who are working on shifting school purchasing practices to fair, ecologically-sound, humane, & community-based foods. This aligns with the Challenge's principal campaign--redirecting \$1 billion of college and university food-dollars to a *real food* economy.

The California training will take place in Santa Cruz, CA from August 13-17. REGISTER NOW. Space is limited. We are encouraging pairs of students to come from each university. The cost ranges from \$10-35 depending on each person's financial situation. That's it! Organizers are also on hand to help attendees fundraise to cover travel and other costs.

<http://spreadsheets.google.com/viewform?hl=en&formkey=ckFpZkF4NThWeTRNMIVQd0VtdFhUcUE6MA>

If you have any questions, contact Fortino Morales at [fortinomorales@gmail.com](mailto:fortinomorales@gmail.com)

**Intro to Yoga, from The Yoga Center.** If you want a quick refresher to tune up your practice or if you want to wet your toes and finally give yoga a try this is the class for you. We have set up 2 classes;

Cal Poly Organic Farm

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July 13 – July 17, 2009

Welcome to Week 16!

**All Shares** will receive:

Apricots (Cal Poly Fruit Sci, Conventional)

Squash

Jumbo Flat Italian Beans

Carrots

Onion (bulb)

Lettuce (Clark Valley Farm)

Kale

Cilantro

Potato

**Large Shares** will also receive:

Tomatillo

Collard Greens

Cabbage

Unless otherwise noted, all vegetables are **certified organic**.  
Unless otherwise noted, all vegetables are **from the CPOF**.

one in July and one in August and you can pick which one works best for you. July 28th & August 25th 7:15-9:00PM. \$10! To register, <http://yogacentre.com/cm/Workshops/Intro%20to%20Yoga.html>

**Cal Poly Organic Farm Welcomes Chickens**, by Christine Heinrichs of Cambria, CSA Member and author of *How to Raise Chickens* and *How to Raise Poultry*.

Five bright young things, pullets in their first year of egg laying, have moved onto the Organic Farm. They join the Leghorn hen and rooster of undetermined breed.

Four of the hens are New Hamsphires, a breed developed by farmers in that state from Rhode Island Reds. The breed was recognized as separate from Rhode Island Reds by the American Poultry Association in 1935. Although they are historically a dual purpose breed, for both meat and eggs, modern strains have separated the two uses. These girls are from the egg-laying strain, not the fast-growing meat strain.

Hens weigh about six and a half pounds and lay brown eggs.

Leghorns date back hundreds of years, to the city of Leghorn (Livorno) in Italy. They acquired popularity for prolific egg laying, which frequently placed them first in competition. Industrial strains of the Leghorn breed are the birds that provide white eggs to American households.

They are small and wiry, unsuitable as meat birds at around four and a half pounds. This hen has a single comb, but some have rose combs.

Leghorns are non-setters, meaning they don't set and brood their own eggs. Their ability to stay on the nest for the required 21 days has been lost over the years. When hens get broody, they stop laying eggs. Over the centuries, breeders have chosen only the hens that produced the most eggs to breed chicks, the ones who weren't interested in being broody. To hatch eggs, they set them under broody hens of other breeds or in artificial incubators.

This Sicilian Buttercup hen has a comb like a crown. Buttercups trace their history back to North Africa, probably developed by the Arabs there, who traded around the Mediterranean. They arrived in Europe via Sicily, where that name became identified with them.

She is small, around five pounds, and wiry like her Leghorn sister. She is a good layer but lacks the broody talent to hatch eggs. She lays white eggs.

Although his breed is undetermined, the rooster is a valued member of the flock. Hens produce eggs whether a rooster is present or not, but he is necessary to make the eggs fertile. The rooster guards and protects the flock. He leads the social organization of the Pecking Order, by which each chicken understands her status.

The New Hampshires were raised by members of Central Coast Feather Fanciers. The local poultry club raises chicks to four months of age. They will begin to lay eggs at about six months old. CCFF sells them each year as a fundraiser. Watch for notices in April for the next sale.

The Buttercup was raised and donated by Barbara Bullock of San Luis Obispo, a member of CCFF.

The New Hampshires were donated by Christine Heinrichs of Cambria. She is the author of *How to Raise Chickens* and *How to Raise Poultry*, the FFA Livestock Series. She serves as Historian for the Society for Preservation of Poultry Antiquities. As such, she is caretaker of the SPPA's library of antique poultry books, on which she depended for historical research on these breeds.

# Recipes

## Sauteed Kale with Summer Squash

- 1 bunch kale, rinsed, chopped
- 1 pound summer squash, cut into small pieces
- 1 medium onion, chopped
- olive oil
- salt
- fresh ground pepper
- (fresh or crumbly cheese such as farmer's cheese, or feta) optional

Chop onions and sauté in olive oil over medium heat until soft. Add summer squash and stir frequently. In about 3 minutes add the kale and keep stirring. Cover for a few minutes and turn heat to low until kale softens. Once squash and kale are cooked, remove from heat and add salt and fresh ground pepper. Optional: stir in a crumbly farmer's cheese or feta while the pan is still warm.

## Fresh Apricot Basil Salad Dressing Recipe

### **Ingredients:**

- 1 fresh ripe apricot, pitted
- 1 tbsp white vinegar
- 1/2 tbsp sugar
- 2 tbsp vegetable or olive oil
- 1 tbsp chopped fresh basil or 1 tsp dried basil

### **Preparation:**

Combine pitted apricot, vinegar and sugar in blender, and whirl until blended. With blender running, slowly add vegetable oil until thick and smooth. Stir in basil.

## Apricot Coffee Cake

### **INGREDIENTS**

- 1 1/2 cups all-purpose flour
- 1/2 teaspoon salt

- 2 teaspoons baking powder
- 6 tablespoons white sugar
- 1 egg
- 2 tablespoons butter or margarine
- 1/4 cup dry milk powder
- 2/3 cup water
- 1 teaspoon vanilla extract
- 2 cups pitted and diced fresh apricots
- 1/4 teaspoon ground cinnamon, or to taste
- 1 tablespoon white sugar, or to taste

1. Preheat oven to 375 degrees F (190 C).
2. Place the flour, salt, and baking powder in a large bowl. In a separate bowl, cream together the sugar, egg, and butter until smooth. Mix the powdered milk, water, and vanilla into the batter, stirring until well blended. Pour the batter into the flour and beat until smooth.
3. Spread the batter into a greased 8 inch square pan, and sprinkle the diced apricots evenly over the top. Dust with cinnamon and sugar.
4. Bake in the preheated oven approximately 45 minutes, or until a toothpick inserted into the center of the cake comes out clean.

## **Grilled Summer Squash & Zucchini**

### **Ingredients**

- \* Summer squash and zucchini (or one or the other)
- \* Olive oil
- \* Sea salt
- \* Freshly ground black pepper
- \* Minced or pressed garlic (optional)

### **Directions**

1. Slice the squash into 1/4 inch-thick ribbons length-wise (you could use a mandolin if you have one but a sharp knife will do the trick fine, too)
2. Toss the squash with olive oil to coat thoroughly and sprinkle with the salt, pepper and garlic (if you're using it).
3. Grill over the hottest part of the coals (or gas jets) for roughly six minutes or until black grill marks appear, turning once. Move to a cooler area of the grill and grill another four or so minutes, until fully softened.