



Cal Poly Organic Farm Community Supported Agriculture Newsletter

www.calpolyorgfarm.com, we grow the future!

CPOF ANNOUNCEMENTS

The Farm seeks to influence others by being a professional example of a student-run, organic farm. Our goal is to build bridges with our conventional agricultural neighbors and “meet in the middle”. Without a relationship or engagement, we cannot hope to change the way we farm, raise animals, eat and processes our food so that we truly can become a sustainable culture.

U-PICK Sungold Cherry Tomatoes are ready. Please encourage your kids to pick and sample the candy-like veggie located near the pack shed. We also encourage folks to pick bouquets when they come to the farm.

TOO MUCH PRODUCE? If you feel like your share is just too much, please consider donating some of it to the Food Bank. The Farm will deliver it to the Food Bank for you. Simply tell us this is what you wish or leave it in the pack shed in your crate.

Blog From a CSA Member:

Last summer (our first CSA subscription) I blogged about the contents of our box each week... with pictures.

We get a large share.

Feel free to send anyone to my post who might wonder about the variety / contents, etc.

<http://mypursuitof.blogspot.com/search/label/CSA%20Box?max-results=20>

Keep growing those veggies!
Blessings,
Robin

Hoes Down Festival is coming, Sept 13th. All are welcome. Location TBA.

Community Announcements

HELP SAN MIGUEL School, Lillian Larson and Mrs. Wilkinson build a school garden on July 31 and Aug. 1 from 8:00-12:00.

July 27 –July 31st, 2009

Welcome to Week 18!

All Shares will receive:

Oranges (Old Creek Ranch) or Peaches (Cal Poly, Conventional)

Green Beans

Carrots

Onions

Lettuce

Cucumber or Broccoli

Raspberries (7th Heaven)

Tomatoes

Large Shares will also receive:

Basil

Beets

Squash

Unless otherwise noted, all vegetables are **certified organic**.

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HopeDance FiLMs

Presents **Fresh** with Foodie Goodies, Literature, Conversation ... and more...

New thinking about what we're eating...

Celebrating our growing local food system...

Discovering the roots of taste & flavor & nutrition in our FOOD!

Thursday, August 6, in SLO at Sally Loo's Wholesome Cafe (outdoors)

Food in the evening; the FiLM at 8:30pm Suggested Donation ... \$5 -\$10

San Luis Obispo: Sally Loo's Wholesome Cafe, 1804 Osos St. / 545-5895

Conversations afterwards

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

Recipes

Tomato and Basil Finger Sandwiches

- 4 slices whole-wheat bread
- 8 teaspoons reduced-fat mayonnaise, divided
- 4 thick slices tomato
- 4 teaspoons sliced fresh basil
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground pepper



Cut bread into rounds slightly larger than your tomato—a biscuit cutter works well. Spread each slice with 2 teaspoons mayonnaise. Top with tomatoes, basil, salt and pepper.

Raspberry-Avocado Smoothie

- 1 avocado, peeled and pitted
- 3/4 cup orange juice
- 3/4 cup raspberry juice
- 1/2 cup frozen raspberries (not thawed)

Puree avocado, orange juice, raspberry juice and raspberries in a blender until smooth.

Curried Carrot Soup

- 3 tablespoons canola oil
- 2 teaspoons curry powder
- 8 medium carrots, peeled and thinly sliced
- 4 medium stalks celery, thinly sliced
- 1 medium onion, coarsely chopped
- 5 cups reduced-sodium chicken broth

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1 tablespoon lemon juice
1/2 teaspoon salt
Freshly ground pepper to taste

1. Cook oil and curry powder in a large saucepan over medium heat, stirring, until fragrant, 1 to 2 minutes. Stir in carrots, celery and onion; toss to coat in oil. Cook, stirring frequently, for 10 minutes. Stir in broth. Bring to a boil. Reduce heat and simmer until the vegetables are very tender, about 10 minutes. Remove from the heat; let stand 10 minutes. Lay a paper towel over the surface of the soup to blot away the oil that has risen to the top. Discard the paper towel.

2. Working in batches of no more than 2 cups at a time, transfer the soup to a blender and puree (use caution when pureeing hot liquids). Return the pureed soup to the pan, place over medium heat and heat through. Season with lemon juice, salt and pepper.

Caprese Salad

2 medium red tomatoes, cut into wedges
2 medium yellow tomatoes, cut into wedges
3/4 cup diced fresh mozzarella cheese
1/4 cup chopped fresh parsley
2 tablespoons chopped fresh basil
1/4 teaspoon salt
Freshly ground pepper to taste

Gently toss tomatoes, mozzarella, parsley, basil and salt together in a large bowl. Season with pepper.

Carrot Saute with Ginger & Orange

2 teaspoons canola oil
3 cups grated carrots (6 medium-large)
2 teaspoons minced fresh ginger
1/2 cup orange juice
1/4 teaspoon salt, or to taste
Freshly ground pepper to taste

Heat oil in a large nonstick skillet over medium-high heat. Add carrots and ginger; cook, stirring often, until wilted, about 2 minutes. Stir in orange juice and salt; simmer, uncovered, until the carrots are tender and most of the liquid has evaporated, 1 to 2 minutes. Season with pepper and serve.

Raspberry, Avocado & Mango Salad



1 1/2 cups fresh raspberries, divided
1/4 cup extra-virgin olive oil
1/4 cup red-wine vinegar
1 small clove garlic, coarsely chopped
1/4 teaspoon kosher salt
1/8 teaspoon freshly ground pepper
8 cups mixed salad greens

1 ripe mango, diced (see Tip)
1 small ripe avocado, diced
1/2 cup thinly sliced red onion
1/4 cup toasted chopped hazelnuts or sliced almonds, optional

1. Puree 1/2 cup raspberries, oil, vinegar, garlic, salt and pepper in a blender until combined.
2. Combine greens, mango, avocado and onion in a large bowl. Pour the dressing on top and gently toss to coat. Divide the salad among 5 salad plates. Top each with the remaining raspberries and sprinkle with nuts, if using.

Creamy Gorgonzola Polenta with Summer Squash Sauté

2 14-ounce cans vegetable broth or reduced-sodium chicken broth, divided
1 cup water
3/4 cup cornmeal
1/2 teaspoon freshly ground pepper
2/3 cup crumbled Gorgonzola cheese
2 tablespoons extra-virgin olive oil
3 tablespoons minced garlic
2 small zucchini, halved lengthwise and sliced
2 small yellow summer squash, halved lengthwise and sliced
2 tablespoons flour
1/4 cup chopped fresh basil

1. Combine 2 1/2 cups broth and 1 cup water in a small saucepan. Bring to a boil. Slowly whisk in cornmeal and pepper until smooth. Reduce heat to low, cover and cook, stirring occasionally, until very thick and no longer grainy, 10 to 15 minutes. Stir in Gorgonzola; remove the polenta from the heat.
2. Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add garlic and cook, stirring constantly, until fragrant, 30 seconds to 1 minute. Stir in zucchini and squash and cook, stirring occasionally, until starting to soften and brown in places, about 5 minutes. Sprinkle flour over the vegetables; stir to coat. Stir in the remaining 1 cup broth and bring to a boil, stirring often. Reduce heat to medium-low and simmer, stirring occasionally, until thickened and the vegetables are tender, 1 to 3 minutes. Stir in basil; serve the sauté over the polenta.