



Cal Poly Organic Farm Community Supported Agriculture Newsletter

www.calpolyorgfarm.com, we grow the future!

CPOF ANNOUNCEMENTS

CPOF is now hosting youth from the BAKARI Project Mentoring Program. This collaboration will undoubtedly serve to expand the learning opportunities and strong community connections which are currently available at the Cal Poly Organic Farm.

Remember to return your green or yellow "Cal Poly Grown" crate to your pick up location. In the north county in hot times we will use waxed cardboard boxes to conserve moisture and coolness. Thank you!

Continue to spread the veggie word. CPOF would love to have 20 more members this summer. If you refer a friend you will receive a free organic tote bag!

Good News! CPOF has received \$15,000 from University President Baker's office to fund student employees and community outreach. For more info search Instructional Related Activities on the Cal Poly Home Page www.calpoly.edu.

Calling all PHOTOGRAPHERS. We are looking for good shots of our farm van and environs. Please contact us if you are interested in taking some photos for our van's Face book page. Call: 805-756-6139.

Community Announcements

- * Swing by the Central Coast Lavender Festival, a celebration of all things lavender, on Sat., July 11th in the downtown Paso Robles City Park from 10 a.m. to 3 p.m. Cal Poly Organic Farm and the Poly Plant shop will be hosting a booth at the event!
- * Stop by the Green Acres Lavender Farm for their 4th annual two-weekend long **Lavender Festival** on Saturday 7/11, Sunday 7/12 and Saturday 7/18 and 7/19. Cal Poly Organic farm will be hosting an informational booth at the event! For more information, please visit: <http://www.greenacreslavenderfarm.com/> or call: (805)466-0837.
- * 3rd Annual Pallet to Palate scheduled for August 7 – 21, 2009; local chefs are paired with local farmers. Check out the website at: <http://pallettopalate.com/>

July 6 – July 10, 2009

Welcome to Week 15!

All Shares will receive:

Oranges (Old Creek Ranch, Organic)
Squash
Green Beans
Carrots
Onion
Basil
Kale
Beets

Large Shares will also receive:

Avocados (Old Creek Ranch)
Broccoli
Mint

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

- * HumanKind Fair Trade opened its doors as a non-profit fair trade store at 982 Monterey Street in downtown San Luis Obispo. Come explore treasures from around the world including home décor, jewelry, garden items, toys, chocolate, tea, and other delicious food items. Hours are Monday-Saturday 10am-6pm and Sunday 11am-4pm. Your purchase means hope and empowerment for workers in the developing world. For more information, call 805-594-1220 or email info@slovillages.com.
- * HopeDance FiLMs presents 'FRESH the Movie' with foodie goodies, literature, conversation and more... The movie, according to the film's website, is a call to action; it means to inspire its viewers to positive change, not scare them into a terrified complacency. We will bring together farmers, activists, chefs, and policy-makers, all working to create a healthier, tasty, and sustainable future. Please join us, not just as part of an audience, but as part of a movement to better our food system, and to bring about a new vision, a new paradigm, a new reality, one that works for everyone. To watch the trailer, go to: <http://www.freshthemovie.com/>
Showings:
Fri., 7/17, in SLO at Public Library, 6 p.m. for goodie foodies; 7 p.m. the FiLM
Thurs., 7/23 in Paso Robles at Café Vio, 1111 Riverside, 6 p.m. for goodie foodies; 7 p.m. the FiLM
Fri., 7/24, in Templeton at 601 S. Main St., 6 p.m. for goodie foodies; 7 p.m. the FiLM
Suggested Donation ... \$5 - \$10
- * The Center for Agroecology and Sustainable Food Systems at UC Santa Cruz offers an Apprenticeship in Ecological Horticulture, a full-time, 6-month program that trains adults in the concepts and practices of organic gardening and small-scale sustainable farming. For more information about this program please contact Talia Hack-Davie info@davisfarmtoschool.org or visit: <http://ent.groundspring.org/EmailNow/pub.php?module=URLTracker&cmd=track&j=282636451&u=3094873>.

Organic Agriculture Vocabulary Words of the Week:

(don't worry you are not going to be quizzed on these)

IPM-Integrated Pest Management. Managing pests (insects, weeds, vertebrates, diseases, etc) on a farm that stresses the use of cultural and least-toxic methods. See <http://www.ipm.ucdavis.edu/> for more info.

Hoedown – 1) The most popular sense of the term is associated with white Americans in rural or southeastern parts of the country, particularly [Appalachia](#). It is a dance in quick movement most likely related to the [jig](#), [reel](#) or [clog](#) dance. 2) action taken at the end of the work day for a weary CPOF employee (most of our weeds are hoed by student employees and volunteers).

Recipes

HEIRLOOM TOMATO-MOZZERELLA TART from : <http://www.grit.com/Garden/Heirloom-Tomato-Recipes.aspx>

Preparation Time: 1 hour

1 sheet puff or pie pastry, from freezer section

1 tablespoon olive or cooking oil

1 large yellow onion, peeled, halved and thinly sliced

Salt and white pepper, to taste

3 medium red tomatoes, heirloom

3 medium yellow tomatoes, heirloom

¾ pound fresh mozzarella, approx. 3 balls

1 bunch fresh basil

Extra-virgin olive oil

Preparation:

Heat oven to 400°F. Thaw puff pastry. Grease baking sheet; set aside.

In medium-size skillet, heat olive oil over medium heat; add onion, salt and pepper. Reduce heat to low; cook slowly 20-30 minutes, or until onions turn golden brown. Set aside.
Place thawed pastry on counter. With rolling pin, roll evenly to 1/8-inch thickness. Prick with fork and carefully place on prepared baking sheet. Bake 5-8 minutes, or until golden brown.
Remove from oven and cool on rack. Lower oven temperature to 350°.
When pastry has cooled, place on counter or large cutting board. Using plate or other round, flat item with diameter of 5 inches; place plate on pastry to cut 5-inch rounds of pastry. Place plate as efficiently as possible to maximize yield from pastry sheet
Slice tomatoes into 1/8-inch rounds, and mozzarella into as thin of disks as knife will allow.
Pick tops off basil for plate decoration; pick off 15-20 leaves, stack together and cut into very thin strips.
To assemble tarts: place pastry circles on counter. On each, spread thin layer of browned onions. Alternate layers and colors of heirloom tomatoes with discs of cheese (1 red, 1 cheese, 1 yellow, 1 cheese) around circumference of tart, atop onions. It should be possible to fit 3 red wheels, 3 yellow wheels and 6 cheese wheels around the top.
Place tarts on baking sheet; drizzle with olive oil, sprinkle with thinly sliced basil, salt and pepper. Bake 5-7 minutes, or until cheese melts and begins to brown. Remove from oven, garnish with reserved basil tops, and serve. Goes well with mixed salad. Yields 4 servings.

HEIRLOOM TOMATO SALSA WITH FRESH HERBS

2 cups chopped heirloom tomatoes, preferably organic
1/2 cup chopped fresh herbs, such as cilantro, basil, oregano, chives, thyme, dill or mint chopped jalapeno, to taste
1 tablespoon fresh key lime, lime or lemon juice
Optional: fresh corn kernels, chopped sweet onion, chopped mild garlic
Salt and white pepper, to taste
Combine ingredients and toss. Serve chilled or at room temperature.

Avocado Salad with Heirloom Tomatoes Recipe

From: http://simplyrecipes.com/recipes/avocado_salad_with_heirloom_tomatoes/

INGREDIENTS

1 half avocado, peeled, sliced
1 half ripe heirloom tomato, sliced
A pinch of chopped fresh chives or sliced green onions
Juice from one slice of lemon
A pinch of coarse salt (fleur de sel if you can get it)

Method

Arrange slices of avocado and tomato on a plate. Sprinkle with chives, lemon juice, and coarse salt.
Serves one.

Caprese Sandwich

Original recipe from: <http://www.yumsugar.com/3412869>

(Makes 2 sandwiches)

Ingredients

1 large, round focaccia, ciabatta, or similar roll
2 medium heirloom tomatoes, cut into 1/2-inch-thick slices
2 tablespoons olive oil
2 tablespoons balsamic vinegar
salt and pepper, to taste
1 cup fresh basil leaves
4 oz. part-skim mozzarella cheese, cut into 1/2-inch-thick slices

Directions

1. Preheat oven to 300 degrees Fahrenheit.
2. Arrange the tomato slices on a plate and drizzle with 1 tablespoon olive oil and 1 tablespoon vinegar, turning slices over to distribute evenly on both sides. Season with salt and pepper to taste and set aside.
3. Cut the round roll in half horizontally and drizzle the bottom half with 1 tablespoon olive oil.
4. In a concentric pattern, arrange the basil leaves so they cover the bottom half of the roll. Top with tomato slices, followed by cheese, then another, sparser layer of basil.
5. On the top half of the roll, drizzle 1 tablespoon vinegar, and place on top of basil.
6. Place sandwich on a baking sheet and warm in oven for about 5 minutes, until cheese is melted.
7. Cut into quarters and serve; two quarters is one serving.

French Fried Tomatoes

From: <http://southernfood.about.com/od/deepfryerrecipes/r/bln302.htm>

Ingredients:

4 firm ripe tomatoes
1 teaspoon salt
1 teaspoon sugar, to taste
1/8 teaspoon pepper
1 egg, slightly beaten
1/4 cup milk
bread crumbs

Preparation:

Wash the tomatoes and cut them in 1-inch slices. Do not peel. Dust with salt, pepper and sugar. Whisk beaten egg with milk. Dip tomato slices in the egg mixture, then roll the in the crumbs. Place in a frying basket and fry in deep fat hot enough to brown a cube of white bread in 55 seconds (about 370°).

Scalloped Tomatoes

From: <http://southernfood.about.com/od/tomatoes/r/bln513.htm>

Cook Time: 35 minutes

Ingredients:

2 cups cooked tomatoes
2 tablespoons butter
1 cup soft bread cubes
salt and pepper
buttered bread crumbs

Preparation:

Fill an oiled or buttered baking dish with alternate layers of well-seasoned cooked tomatoes, butter, and bread cubes. Cover with buttered bread crumbs. Bake in a 350° F. oven for 35 minutes.

Serves 6.

Mojito Drink Recipe

From: <http://www.drinkstreet.com/searchresults.cgi?drinkid=780&drinkname=category%3A22>

2 ounces White Rum
1/2 ounce Lime Juice
1 teaspoon sugar
6 whole mint leaves
2 ounces soda water

Mix juice and sugar and stir until dissolved. Rub mint leaves on inside of glass. Fill glass with crushed ice and rum, stir. Top with soda water and garnish with mint sprig.