



Cal Poly Organic Farm Community Supported Agriculture Newsletter

www.calpolyorgfarm.com, we grow the future!

CPOF ANNOUNCEMENTS

- * **The Cal Poly Organic Farm will host** an interactive/informational booth at the San Luis Obispo County Water Fest '09 on Saturday, June 20th at the Rock in Morro Bay. Don't miss out...free admission, family fun from 10 a.m. to 2 p.m. and live music from noon to 4:30 p.m. For more information, visit: <http://www.slowaterfest.org/>
- * **12-week shares** for members who started the week of 3/30 will pick up their last share this week...(unless you enroll again).
- * **If you have questions about your shares start/end date**, just reply to this e-mail. Also, a note will be made by your name on the sign-out sheet on your last week of enrollment.
- * **It's Time to enroll in the Summer Season.** Shares are still available, don't miss out on all the splendors of summer. Tell your friends and family and if they enroll you get a free Cal Poly Organic Farm Tote Bag.
- * Cal Poly Organic Farm Volunteer Orientation Training at the Farm's Home Base on **Thursday, 6/18 from 11 a.m. to noon**. Join us to learn the ins and outs of volunteer opportunities at the farm. For more information or to r.s.v.p. reply to this e-mail or call: 756-6139.
- * **NEW Plastic Crates**
Have you noticed the fancy new, long-lasting, crates? A student fee committee from the College of Agriculture, Food and Environmental Sciences (CAFES) voted to allot "college based fees" to purchase these more sustainable crates.
As always, you are encouraged to bring your own tote to transfer your veggies into. However, we understand that this may not always be possible. In the case of members picking up at the farm, feel free to transfer your veggies into one of our remaining wax coated boxes or if you're in a hurry, bring the plastic crate home but PLEASE bring it back. For our delivery customers, you are also welcome to bring home the plastic crates but we will depend on you to bring them back each week. The crates cost significantly more than the wax coated boxes and rather than charge a deposit, we're counting on you to return them. The yellow crates contain the small shares and the green crates contain the large shares. Don't hesitate to be in touch with any questions, comments or concerns.
Thank you in advance for your cooperation and understanding!!!!

June 15th – June 19th, 2009

Welcome to Week 12!

All Shares will receive:

Beets
Kohlrabi
Kale
Savoy Cabbage
Carrots
Bunching Onion
Lettuce
Organic Cherries-M and M Farms(Lake Hughes, CA)
Basil-(Le Fort Organic Farm, Creston)

Large Shares will also receive:

Chard
Spinach

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

- * The Cal Poly College of Agriculture, Food and Environmental Sciences' Sustainable Agriculture Resource Consortium is please to announce Michael Pollan will be guest of honor at its fifth annual fundraiser October 14-15, 2009. Dr. Pollan is a nationally recognized author, journalist, teacher and sustainable foods advocate. There will be volunteer opportunities available for this event. Contact Hunter Francis if you are interested. wfrancis@calpoly.edu 805-756-5086 or visit the Sustainable Agriculture Resource Consortium website: www.sarc.calpoly.edu

Organic Agriculture Vocabulary Words of the Week:

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

Humus-Well decomposed organic matter which is resistant to further decomposition and which may persist for hundreds of years. Humus holds on to some nutrients, storing them for slow release.

Trap Crop- a crop that is planted to lure pest insects away from an economic crop

Sustainable (Agriculture)-referring to an agricultural system that is ecologically sound, economically viable, and socially just-a system capable of maintaining productivity indefinitely.

RECIPES

Organic Cherries- Enjoy Fresh..too yummy to mess with except pie or cobblers or crisps of course!!!

Fresh Cherry Crisp

- 4 cups pitted sour cherries
- 1 1/2 cups white sugar
- 4 tablespoons all-purpose flour
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- 1 1/2 cups all-purpose flour
- 1 cup old-fashioned oats
- 1 cup brown sugar
- 1/2 cup butter
- 1/2 cup shortening



DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a large bowl, combine cherries, 1 1/2 cups white sugar, and 4 tablespoons flour. Pour into 9x13 inch baking dish. In a medium bowl, combine 1 1/2 cups flour, oats, and brown sugar. Cut in butter and shortening until crumbly. Sprinkle over cherries.
3. Bake in preheated oven for 45 to 50 minutes, or until topping is golden brown.

Basil WALNUT VINAIGRETTE

- 1 tsp. chopped garlic
- 20 basil leaves
- 1/2 tsp. salt
- 1/2 tsp. pepper

2 tsp. Dijon mustard
4 tbsp. white wine vinegar
1/2 cup olive oil

Whirl together the above ingredients, and toss with lightly steamed green beans and/or cooked potatoes, or? Then toss with: chopped walnuts and 3 sliced scallions.

SAUTEED CHARD WITH GARLIC AND RED PEPPER

2 tbsp. olive oil
2 cloves garlic (or green garlic)
2 pinches red pepper flakes
1 lg. chard
bunch Salt
Juice of 1/2 lemon or a few teaspoons red wine vinegar

Heat the oil with the garlic and pepper flakes in a wide skillet over medium-high heat until the garlic begins to color. Add the cooked spinach and toss to coat it with the oil. Add 1/2 cup water and cook until it's absorbed and the greens are heated through. Season with salt and a little lemon juice or vinegar.

RED DEVIL CAKE

1 1/4 cups beet puree (whirl cooked beets in blender: fresh cooked or canned.)
3 eggs
1 1/2 cups sugar
1/2 cup vegetable oil
1 tsp. vanilla
1/2 tsp. salt
1 1/2 cups unbleached white flour
3/4 cup cocoa powder
1 1/2 tsp. baking soda

Preheat oven to 350 degrees. Generously oil the baking pan (9 inch square or round pan). In a large bowl, beat the eggs well. Thoroughly whisk in the sugar, oil, vanilla, salt and beet puree until very smooth. In a separate bowl, sift together the flour, cocoa, and baking soda. Add the dry ingredients to the wet ingredients a little at a time, whisking until smooth.

Pour the batter into the prepared pan and bake for 45 to 50 minutes, until a knife inserted in the center comes out clean. Cool in the pan. Serve topped with confectioners sugar, whipped cream, or frosting. (from a Mollie Katzen book)

Kohlrabi and Carrot Slaw

1 1/4 pounds kohlrabi (trim, peel, shredded)
2 large carrots, shredded
1/2 red bell pepper, seeded and diced
1/2 cup chopped scallions
1 teaspoon dill, chopped fresh
1 egg
1/3 cup olive oil
1/3 cup tarragon wine vinegar
1/3 cup sour cream
1 teaspoon chili, ground, mild
1/2 teaspoon cumin, ground
1/2 teaspoon salt
1/4 teaspoon black pepper

Combine kohlrabi, carrots, bell pepper, scallions, and dill in a large bowl. Toss lightly. Beat the egg in a medium bowl. Slowly add the oil, vinegar, sour cream, chiles, cumin, salt and pepper. Pour this dressing over the vegetables and toss well. Refrigerate covered for 2 hours before serving.

Chinese Sesame Kale

2 cloves garlic, minced
1 pound kale (about bunch)
2 teaspoons sesame seed oil
2 tablespoons water
1 teaspoon soy sauce
2 teaspoons toasted sesame seeds
Salt and pepper, if desired

- 1. Mince the garlic cloves. Wash the kale and shake it over the sink. It should remain a little wet. Remove and discard the stems from the kale and tear it into bite-size pieces. Save the stems for another use, such as vegetable stock.*
- 2. Heat the sesame seed oil in the skillet over medium-low heat. Add the minced garlic to the hot oil and sauté for about 20 seconds. Add the kale and water to the garlic and oil, and cover the skillet.*
- 3. After 1 minute, stir the kale, then re-cover. After 1-2 more minutes, when the kale is wilted, stir in the soy sauce and sesame seeds. If desired, add salt and/or pepper to taste.*