



Cal Poly Organic Farm Community Supported Agriculture Newsletter

www.calpolyorgfarm.com, we grow the future!

CPOF ANNOUNCEMENTS

3 and 4-year-olds from the SLO Childhood Development Center will visit the farm on June 30th at 9am. Come help us host them!

CPOF wishes to thank all of our Summer Volunteers. Without these folks the farm could not operate. We have a record number of volunteers coming out to the farm this summer; they range from one-year-old to over 70 and all are essential for our farm. If you wish to volunteer contact us.

Bishop Peak Elementary School parking lot will be a new pick-up location in the fall. If you would like your box dropped off there when school begins please contact us.

Cal Poly U-Pick- is happening now!! Peaches will only be available for a few weeks so get them while the gettin's good. Wednesday's from 3-6 and Saturday's from 10-1. Apricots are on their way!!!

Summer Holiday's- If you know you or your family is going on vacation and won't be around to pick a box please let us know ahead of time. It's always ok to have a friend or neighbor pick it up while your gone, but let's not let the food go to waste, we can also donate for you. We are also happy to switch pick up days with advance notice. If you are going to be gone over the **4th of July weekend** and can't pick up this **Thursday the 2nd** please let us know.

Community Announcements

- * Party @ Estero Bay Community Garden (North Morro Bay, Ironwood Ave. Near Del Mar Park), Sunday, June 28th 1 p.m. to 4 p.m. \$10 adults, \$5 children under 12, Dinner's "to go" available
Tickets @ Miners Hardware in Garden Department, Morro Bay/Los Osos, Coalesce Bookstore in Morro Bay, Morro Bay Methodist Church, 772-7644 (Kate), Estero Community Garden, 772-7828 (Susan). Proceeds benefit Morro Bay United Methodist Children's Center, a private non-profit child care center serving children and families of our community.
- * 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.

June 29 – July 3, 2009

Welcome to Week 14!

All Shares will receive:

Peaches (Cal Poly Fruit)

Collard Greens

Cabbage

Carrots

Onion

Lettuce

Kale

Beets

Basil

Large Shares will also receive:

Bunching Onion

Chives

Kohlrabi

Summer Squash

Unless otherwise noted, all vegetables are certified organic.

Unless otherwise noted, all vegetables are from the CPOF.

- * 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/>

CPOF's COOPERATIVE GROWERS – by Cindy Douglas, CPOF Manager

Who does the Cal Poly Organic Farm buy from and why?

In order to provide a diverse vegetable and fruit share for our members, we cooperate with many farms that we either buy from or trade produce with. The farms are small and/or mid-size (range from a few acres to 250). The produce is either marketed by each farm under no retail label, and/or the produce is grouped together, put in retail “packaging” and marketed under one label. Companies that group produce and use one label for many growers are called cooperatives. Two examples of cooperatives that CPOF buys from are Bonipak and Driscoll (both located in Santa Maria).

There are many arguments in favor of the cooperative model; such as more efficient use of machinery (tractors and other energy intensive equipment is shared), the ability to buy supplies in bulk, and the ability to create a “union” of growers that has more power when negotiating with the grocery stores, etc. However, there is a feeling that these cooperatives are too large even if they are selling organic product from small farms. I highly encourage debate on this issue either via our Facebook page (see Helmut “the tank” Lopez), are soon-to-be-up blog, or this newsletter.

Here's a partial list of growers that we purchased from: Le Fort Organics, Creston; Old Creek Ranch, Cayucos, Growing Grounds Farm, Santa Maria, DB Berry, Santa Maria (marketed under Driscoll), Betteravia Farms, Santa Maria (marketed under Bonipac), Mallard Lake Ranch, Nipomo, Swift Subtropicals, Los Osos, 7th Heaven, Cayucos, Mount Olive, Paso Robles.....

Organic Agriculture Vocabulary Words of the Week:

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

Catch Crop-a crop grown to hold on to, or catch, excess nutrients still in the soil following an economic crop. Rather than been leached from the soil, the nutrients are taken up by the catch crop and then returned to the soil when the plants decompose.

Agroecology- the study of the interrelationships of living organisms with each other and with their environment.

Crop Rotation- the practice of planting a sequence of different crops and cover crops on a specific field. Crop rotations can be used to help build soil fertility, reduce insect pest pressure, and suppress weeds.

Recipes

Southern-Style Collard Greens

Ingredients:

- 2 pounds of collard greens
- 1 ham hock or 6 slices of cooked bacon
- 1 medium onion, sliced or chopped
- 1 teaspoon of crushed red pepper
- 2 to 3 teaspoons Kosher salt

Preparation:

Clean and wash greens well; remove tough stems and ribs. Cut them up and place in a deep pot; add onion. Wash off ham hock and add to the pot. Add red pepper and salt. Add enough water to cover greens and cook until tender, about 1 hour. Taste and adjust seasonings. Serve with sliced tomato and corn bread.
Serves 4 to 6.

Beet Relish With Horseradish

Ingredients:

- 4 cups chopped raw beets
- 6 cups chopped cabbage
- 2 cups chopped onions
- 2 cups granulated sugar
- 2 tablespoons prepared horseradish
- 1 tablespoon salt
- 2 cups vinegar

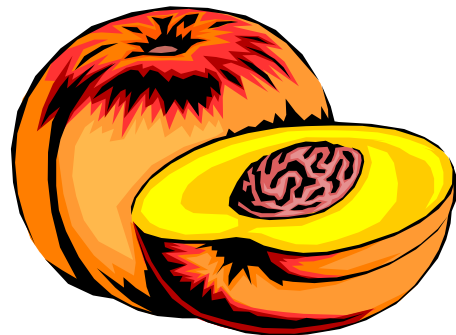
Preparation:

Combine all ingredients in a large kettle. Bring to a boil, reduce heat, and simmer for about 20 minutes, or until thickened, stirring occasionally. Pack into hot sterilized jars and process for 20 minutes in a boiling water bath. Makes 4 to 5 pints of beet relish.

Crockpot Peach Cobbler

Ingredients:

- 3/4 cup biscuit mix
- 1/3 cup granulated sugar
- 1/2 cup brown sugar, packed
- 3/4 cup evaporated milk
- 2 teaspoons butter, melted
- 2 eggs
- 2 to 2 1/2 cups peeled sliced peaches
- 2 teaspoons vanilla extract
- 3/4 teaspoon cinnamon



Preparation:

Lightly butter a slow cooker.

In a large bowl, combine sugars and baking mix. Add eggs and vanilla. Stir to blend. Pour in butter and milk and stir. Mix in peaches and cinnamon, until well mixed. Pour into the slow cooker. Cover and cook on LOW

Soy Green Onion Salad Dressing

(This sounds good on fresh lettuce with cabbage, onions and Carrots)

Ingredients:

- 1/3 cup peanut oil
- 1/3 cup cider vinegar
- 1/3 cup water
- 2 tablespoons soy sauce
- 2 tablespoons green onion stems, finely chopped
- 1 to 2 tablespoons honey
- 1/2 teaspoon prepared spicy mustard

Preparation:

Combine all ingredients in jar or blender. Shake or blend to mix well. Keep refrigerated in a tightly covered jar or container; use within 10 to 14 days.



Summer Squash Pancakes

Ingredients:

- 3 cups grated yellow summer squash or zucchini
- 1/2 teaspoon salt
- 1 tablespoon fresh chopped parsley
- 1 medium clove garlic, minced
- 3/4 cup grated Parmesan cheese
- 1 large egg
- 1 cup biscuit mix
- dash pepper
- milk, as needed

Preparation:

Combine all ingredients in a mixing bowl. Add enough milk as necessary to make a thin pancake-like batter. Drop by spoonfuls onto hot oiled griddle or skillet. Turn over when bottom is golden and cook until browned on both sides.

