



Cal Poly Organic Farm

Community Supported Agriculture Newsletter

We grow the farmers of tomorrow.
www.calpolyorgfarm.com

CPOF ANNOUNCEMENTS

Thank you for your support of **organic agricultural education** here at Cal Poly. We still need 50 more community members to make our budget. Please help us spread the organic veggie word.

- * Renowned **NUTRITIONIST** to speak at Cal Poly, **4/2 at 7 pm**. Dr. Brian Wansink, National bestselling author, nutrition expert, and recent Executive Director of the USDA Center for Nutrition Policy and Promotion. Presents on his latest book, "**Mindless Eating: Why We Eat More Than We Think**". The program will feature Q & A, and a book signing. Don't miss out on this great chance to hear the latest in nutrition marketing, psychology, and behavior! At the Cal Poly Performing Arts Center (PAC). \$6 students, \$10 general admission. For more info. contact COPE, the Emerging Center for Obesity Prevention and Education at Cal Poly: COPE@calpoly.edu, or 756-0673. Tickets can be purchased @ the PAC: <http://www.pacslo.org/>.
- * Poly Plant Shop will be hosting their annual "**Tomato Mania**" on Fri. 4/10 & Sat. 4/11 featuring numerous varieties of tomato plants for sale. For more info, 756-1106 or visit: www.polyplantshop.com.
- * 1st Annual **LAVENDER** GROWER'S Alliance Meeting: **3/28**. Lavender growers from around the world are coming together to celebrate the global growth of lavender. If you are interested in joining/attending, contact: Janice@GreenAcresLavenderFarm.com or www.GreenAcresLavenderFarm.com.
- * **Low Impact Development: Projects for a Healthy Watershed**. Enjoy local beer, wine, pizza and live music while you socialize and network. With featured presentations by: **Darla Inglis**, PhD, Director of Central Coast Low Impact Development Center, **Dominic Roques**, PG, a registered geologist working with Central Coast Water Board helping to define and pursue the Board's vision of Healthy Watersheds, and **Noah Smukler**, Morro Bay City Council member, will outline the local Spencer's Market LID Stormwater Restoration Project. Visit www.slogreenbuild.org or call 461-5986. Tues., **March 31st**, 6-9 pm, **Morro Bay**—Veterans Building, 209 Surf St. and Wed., **April 1st**, 6-9 pm, **Atascadero**—Pavilion on the Lake, 9315 Pismo Ave. Suggested \$10 donation.
- * Four Elements Farm is hosting a Tiny House workshop with revered Tiny House master and homesteader from Vermont, Peter King! **April 10-12th**, 9am-5pm, \$250/person. Learn basic concepts, build a model, build a complete Tiny House, and take away the skills to go home and build a Tiny House. Farm off of Hwy 41 W. Contact Ryan Rich for more info: 674-4272. Watch this entertaining video, at: <http://7d.blogs.com/stuckinvt/2008/11/tiny-houses-105.html>
- * **April 18th**, the Central Coast Vineyard Team proudly presents the **Earth Day Food & Wine Festival**, an amazing celebration featuring unlimited tastings of sustainably grown foods and wines, served by the farmers who grow them. As a Food Artisan, the Cal Poly Organic Farm is able to offer a special promotion of \$60 per general admission ticket and \$85 per Premiere Admission ticket - that's a savings of \$15 per

March 30 – April 5, 2009

Welcome to Week 1!

Full Shares expect 10-12 items

Small Shares expect 8-10 items from the following list:

Unless otherwise noted, all vegetables are certified organic.

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All Shares:

Red/green cabbage

Beets

Carrots

Onions

Butter turnips

Braising greens

Parsley

Sprouts-Mt. Olive Organic Farm

Strawberries-DG Berry Farm (certified organic)

Large Shares also receive:

Red Romaine Lettuce

Celery

Kohlrabi

ticket! To take advantage of this great offer, purchase tickets online and use Coupon Code ARTISAN. Tickets are limited - reserve yours today! https://www.cleverconcepts.net/vineyardteam.org/events/earthday_tickets.php. New in 2009 is early admission during the Premiere hour which affords an exclusive opportunity to visit growers, wine makers and exhibitors in a more intimate setting. Included in the premiere ticket price are Reserved Seating and Priority Parking. Premiere tickets are extremely limited. A limited amount of reserved tables of 8 are available for only \$500. Designated driver tickets are \$25. Visit the website or call 369.2288 ext. 5.

- * "San Luis Beautiful" Art at the Octagon Barn. Celebrating 25 years of Local Land Conservation. **May 2-3**, Saturday: 11-5pm. Sunday: 11-3pm. 4595 S. Higuera St. \$20 Ticket Donation (\$25 at the Door). Children 12 and under are FREE. www.LCSLO.org
- * **New publication** called "**Edible San Luis Obispo**" looking for advertising representatives and writers who wish to make the local food security movement a reality in SLO county... to inspire people to farm healthy and eat healthy at schools, restaurants, homes, business places, etc. It will be a quarterly magazine featuring food artisans, organic farmers, urban gardeners, foodies whether they are omnivores who delight in purchasing only grassfed meat products or raw, vegetarian, vegan foodies who want to support both farmers, farmers markets and restaurants that cater to this new local seasonal food industry! We pay according to experience... 10-20 cents a word. Email bob.banner@gmail.com with resume, samples and experience and passion for this new movement.
- * **Earth Day** needs sponsors, vendors and volunteers at Mission Plaza, SLO, April 18th. 11-5pm. Info: 544-8529 or email: earthdayslo@gmail.com.
- * 4/5: **SLO Bike Kitchen repair** clinic, Mitchell Park in SLO. Info: slobikekitchen.org.

Featured Veggie: Cabbage

- The Cabbage family, *Brassica oleracea*, includes broccoli, Brussels sprouts, cauliflower, kohlrabi, kale, collards, and the Oriental leaf vegetables such as pak choi or Napa cabbage.
- Cabbage has been cultivated for more than 4,000 years and domesticated for over 2,500 years. It is thought that wild cabbage, a vegetable that was closer in appearance to collards and kale since it was composed of leaves that did not form a head, was brought to Europe around 600 B.C. by groups of Celtic wanderers.
- It was grown in Ancient Greek and Roman civilizations that held it in high regard as a general panacea capable of treating a host of health conditions.
- Three distinguishing cabbage families are grouped as follows:
 - Stem cabbage that includes kohlrabi, Chinese cabbage, kale, and collards
 - Smooth-leaf and curled-leaf cabbage such as Savoy, red, white, and green head cabbages
 - Inflorescent cabbages like broccoli and cauliflower.

Cabbage Lore and Legend

- Greeks and Romans placed great importance on the healing powers of cabbage, thinking the vegetable could cure just about any illness. Egyptian pharaohs would eat large quantities of cabbage before a night of drinking, thinking the consumption would allow them to drink more alcoholic beverages without feeling the effects. Perhaps this is why many consider cabbage with vinegar as a good hangover remedy.
- Captain Cook swore by the medicinal value of sauerkraut (cabbage preserved in brine) in 1769. His ship dr. used it for compresses on soldiers who were wounded during a severe storm, saving them from gangrene.
- Eating cabbage or other greens is considered good luck on New Year's Eve by many because the green leaves are representative of money.
- Cabbage is considered **Russia's national food**. Russians eat about seven times as much cabbage as the average North American.

Storage

- Keeping cabbage cold will keep it fresh and help it retain its vitamin C content. Put the whole head in a plastic bag in the crisper of your refrigerator. Red and green cabbage will keep this way for about 2 weeks while Savoy cabbage will keep for about 1 week.
- If you need to store a partial head of cabbage, cover it tightly with plastic wrap and refrigerate. Since the vitamin C content of cabbage starts to quickly degrade once it has been cut, you should use the remainder within a couple of days.

Nutrition

- Cabbage is an excellent source of **vitamin C**. It is also a very good source of fiber, manganese, folate, vitamin B6, **potassium** (which helps regulate blood pressure), and omega-3 fatty acids. Cabbage is also a good source of thiamin (**vitamin B1**), riboflavin (**vit. B2**), **calcium**, magnesium, vitamin A, and **protein**.
- Cabbage is great for your digestive tract: uncooked cabbage is high in **glutamine**, an amino acid that is essential for intestinal health. It also is a good source of **Vitamin K**, which is essential in the production of blood clotting proteins.

Preparation Tips:

- To preserve its vitamin C content, cut and wash the cabbage right before cooking or eating it. Since phytonutrients in the cabbage react with carbon steel and turn the leaves black, use a stainless steel knife.
- If you notice any signs of worms or insects, which sometimes appears in organically grown cabbage, soak the head in salt water or vinegar water for 15-20 minutes first.
- To cut cabbage into smaller pieces, first quarter it and remove the core. Cabbage can be cut into slices of varying thickness, grated by hand or shredded in a food processor.
- Research has found that the association between frequently eating cabbage and a significantly reduced risk of breast cancer is seen with raw and short-cooked cabbage foods (steamed cabbage and sauerkraut), not long-cooked cabbage recipes (hunter's stew, cabbage rolls, pierogi). To promote the production of the most glucosinolates, slice or chop your cabbage and let sit for 5-10 minutes before cooking, and cook lightly, steaming or sautéing for 5 minutes or less.
- If you **begin to smell the volatile sulfur compounds when cooking** (that odor associated with cooking cabbage), **you've cooked your cabbage too long**. Keep the cooking brief to prevent loss of nutrients and avoid that familiar cabbage odor. Another trick is to add an English walnut, shell & all, to the cooking water. A celery stalk added to the cooking water may also help to reduce or eliminate that cabbage smell.

A few quick serving ideas:

- Cabbage leaves are a great way to inspire leftovers. Spoon some leftovers such as rice salad or a vegetable mixture onto the center of a cabbage leaf and roll into a neat little package. Bake in medium heat oven until hot. Enjoy your easy and healthy version of stuffed cabbage, a traditional eastern European dish.
- Braise red cabbage with a chopped apple and red wine. This is a child-friendly dish, since the alcohol (but not the flavor or the flavonoids) will evaporate.
- Combine shredded red and white cabbage with fresh lemon juice, olive oil, and seasonings such as turmeric, cumin, coriander and black pepper to make coleslaw with an Indian twist.
- Cabbage is a staple of soups, stews, and rustic dishes. It pairs well with meats such as pork, pheasant, or partridge. **Try a bit of nutmeg, juniper, cumin, or cloves to spice up your cabbage.**

RECIPES

Cabbage With Leeks (About.com)

- 1 medium green cabbage
- 3 large leeks
- 3 tablespoons butter
- 1/3 cup chicken broth
- 1 scant teaspoon salt
- 1/2 teaspoon freshly ground black pepper

Trim leeks and slice into 1 to 1 1/2-inch lengths. Cut the rounds into thin strips. Soak in cold water to loosen any soil that may be adhering to them, then rinse well. Cut the cabbage into 6 wedges; remove core pieces. Thinly slice the cabbage wedges crosswise. Toss the drained leeks with the cabbage.

Heat butter over medium heat in a large skillet. Add leeks and cabbage and sauté for 8 minutes. Add chicken broth, salt, and pepper and simmer, covered, until the cabbage is cooked but has a little crunchiness.

North Indian Spiced Cabbage, Fennel, and Onions (VegetarianTimes.com)

- 3 Tbs. vegetable oil

1 tsp. **fennel** seeds and 1 tsp. **cumin** seeds
1 large fennel bulb (1 lb.), halved and thinly sliced (4 cups)
1 large onion, halved and sliced into half-moons (2 cups)
½ head cabbage (1½ lb.), cored and thinly sliced (8 cups)
¼ tsp. cayenne pepper
1 15-oz. can chickpeas, rinsed and drained

2 Tbs. fresh lemon juice and **1 tsp. garam masala** or curry powder

Heat oil in cast iron skillet over medium-high heat. Add fennel seeds and cumin seeds, and sauté 30 seconds. Add fresh fennel and onion, and season with salt, if desired. Sauté 5 minutes. Carefully pile cabbage into pan, cover, and cook 15 minutes, or until cabbage has cooked down, stirring often. Add cayenne pepper, reduce heat to medium-low, cover, and cook 20 to 30 minutes, or until vegetables are browned and caramelized. Stir in chickpeas, lemon juice, and garam masala, and cook 5 minutes more, or until chickpeas are heated through.

Turnip soup (Vegetarian Cooking for Everyone)

4 to 6 medium turnips, ½ to 2 pounds
with their greens if available
3 small boiling potatoes
2 tablespoons butter
2 leeks, white parts only, thinly sliced
1 garlic clove, minced
¼ cup chopped parsley
4 thyme sprigs or ¼ teaspoon dried
Salt and freshly milled white pepper
6 cups water or Basic Vegetable Stock
½ cup cream or milk

Peel the turnips and potatoes, quarter, and thinly slice them. Discard the stems and any yellowed leaves from the greens. Wash the remaining leaves well.

Melt the butter in a soup pot over medium heat. **Add the turnips**, potatoes, leeks, garlic, parsley, and thyme. Cook for about 5 minutes, then add 1 ½ teaspoons salt and the water and bring to a boil. **Lower the heat and simmer**, partially covered, until the vegetables are tender, about 25 minutes. **Puree** all of just part of the soup, depending on whether you like a smooth soup or one with some texture. **Stir in the cream.**

While the soup is cooking, chop the greens into small pieces. There should be about 2 cups, although more is fine. **Simmer them in salted water** until they're tender, then drain and add them to the finished soup. Taste for salt and season with pepper.

Tip: To ensure a good soup when using turnips that aren't at their peak, thickly peel them, slice them into rounds, and blanch for 1 minute in boiling salted water. Drain and rinse. This keeps them nice and sweet.

Confetti Salad in Orange-Cucumber Dressing

(Ani's raw food kitchen)

Salad

½ head of red leaf or romaine lettuce, torn into bite-size pieces
½ bunch dinosaur kale, ribs removed and leaves torn into bite-size pieces

2 cups red cabbage, chopped
1 cup walnuts
½ cup cherries, dried or fresh

Dressing

1 small cucumber, about 5 inches long, diced
1 medium orange, peeled, seeded, and diced
¼ cup extra virgin olive oil
¼ cup cashews
1 tablespoon grated ginger
1 clove garlic
Juice of 1 lemon, about 2 tablespoons
1 teaspoon sea salt

Place lettuce, kale, cabbage, and walnuts in a large salad bowl. Place all dressing ingredients in a blender and blend until smooth. To serve, toss salad with dressing. Top with cherries for color. Tossed salad will keep for one day in the fridge. Salad mix will keep for 2 days, and dressing will keep for 3-4 days when stored separately.

Strawberry Carrot Cake (pastrywiz.com)

2 1/2 c All purpose flour
1 1/4 c Packed brown sugar
1 c Carrots; finely shredded
1/2 c Vegetable oil
1/2 c Yogurt; low fat, plain
1/3 c Water
1/2 c Pecans; chopped
2 ts Baking powder
1 ts Ground cinnamon
1 ts Ground nutmeg
1/2 ts Baking soda
1/2 ts Salt
2 Eggs
1 c Strawberries; finely chopped
1 Strawberry cream cheese glaze

Heat the oven to **350 degrees**. Grease and flour 12 cup bundt cake pan. **Beat all ingredients except strawberries and Strawberry Cream Cheese Glaze** in a large bowl on low speed for 45 seconds, scraping bowl, constantly. Beat on medium speed for 2 minutes, scraping occasionally. Fold in strawberries; pour into prepared pan. **Bake 45 to 55 minutes** or until a wooden pick inserted in center comes out clean. Cool 5 minutes; remove from pan. Cool completely on a wire rack. Prepare strawberry cream cheese glaze (recipe follows), spoon onto cake. Refrigerate any remaining cake.

Strawberry Cream Cheese Glaze

1/4 Cup Cream Cheese at room temperature
2 Tbsp Confectioner Sugar
1/4 Cup mashed Strawberries
1 Tbsp water if needed

At high speed beat cream cheese and sugar until smooth. Stir in mashed strawberries. Add water (if needed) and continue until spreading consistency.