



CAL POLY ORGANIC FARM

COMMUNITY SUPPORTED AGRICULTURE NEWSLETTER

September 5th-12th, 2009

IN THE BOX!

All Shares

Lettuce
Corn
Melons
Basil
Chives
Green Peppers
Cucumbers
Delicata Squash
Tomatoes
Bunching Onions
Parsley

Large Shares

Red Carrots
Cucumbers
Bulb Onions

CPOF Announcements

SAVE THE DATE...COME CELEBRATE!!! Have a blast with other CSA members, students and farmer's at our 1st Annual Hose Down Festival featuring live music by the Farm's very own apprentice farmer Roger Tompkins and his band Black Water Union. Check them out at www.myspace.com/blackwaterunion. September 20th @ 3 p.m. Come out and enjoy a day at the farm!

DON'T FORGET!!! Monday is Labor Day. For all you folks that pick up your boxes on Monday, please pick up on Tuesday; same place, same time!

The farm is getting ready to start it's Fall/Winter CSA subscription program. The new season officially starts the week of September 14th. If you haven't returned your forms yet, it's not too late!! There are plenty of membership forms at the farm, you can leave them with the greeter when you pick up this week. All membership forms can also be found at our website www.orgfarm@calpoly.edu. E-mail Tara at orgfarm@calpoly.edu or call 756-6139 if you have questions about when your CSA membership expires.

Notes from the farm...

Gift-of-Veggie gift certificates are available for purchase. This is a one time gift-certificate a great way to spread your love of CSA!

Farmer Jerry and his crew have been busy planting and sowing for Fall. Look for Broccoli, Spinach, Bok Choy, Onions and more!

Are you interested in learning more about organic gardening, school gardens or volunteering?? Come join us for our Farm-to-School apprentice program. The program is free to community members and students can earn credits. Meet weekly for a practical lesson in organic gardening and farming and share your knowledge to make a difference in your community. For more information please e-mail the farm @ orgfarm@calpoly.edu.

Community Announcements

Margarita and Avocado Festival

Saturday, September 19 2009

Morro Bay's Avocados and Margaritas Festival combines two great food groups into one big bash. For starters, guests can sample some of the finest locally grown av's and enter contests such as Best Local Avocado-Based Recipe or Best Guacamole Recipe. One of the local favorites is the contest called Best Dressed Avo. This Kid Event pits one kid against another to win grand prized for the best looking avocado costume.

Free concert entertainment will include several bands performing on stage. The Avocado and Margarita Festival is held at the Embarcadero in Morro Bay, California. Time is 11 a.m. to 6 p.m. It is sponsored by the Morro Bay Chamber of Commerce.

5th Annual Sustainable Ag. Expo

November 16-17, 2009

The Central Coast Vineyard Team is proud announce that CDFA Secretary Kawamura as the opening speaker for the 5th Annual Sustainable Ag Expo on November 16-17, 2009. As a third generation produce grower from Orange County and president of Orange County Harvest, Secretary Kawamura will bring his unique perspective in his presentation "Challenges & Opportunities for California Ag in the Evolving Food System."

The Sustainable Ag Expo addresses a variety of hot topics relevant to row crops, vineyards, orchards, and rangeland. Farmers, pest control advisers, consultants, extension, and agency representatives will find sessions addressing a diversity of issues, including laws and regulations, succession and estate planning, water quality, integrated pest management, energy efficiency, and marketing trends. In addition, a complimentary session for Spanish speakers is also available.

For more information, visit www.sustainableagexpo.org or call 805.369.2288.

REMEMBER!!! The 5th Annual Sustainable Agriculture Resource Consortium (SARC) Fundraiser is just around the corner! On October 14th, 2009 a gourmet dinner at beautiful Rancho Arroyo Grande will be served with special guest MICHAEL POLLAN. Tickets are going fast. Reserve your seat today. Call 805-756-5086 or visit the SARC website at www.sar.calpoly.edu

Community Shared Recipes!!!

Have a favotie recipe you would like to share? Email the Cal Poly Organic Farm (orgfarm@calpoly.edu) your best recipe which uses veggies from the CSA boxes and your recipe could be posted!

RECIPES... for this week's box! ...mmmm...

Double Tomato Bruschetta

from allrecipes.com

- 6 roma (plum) tomatoes, chopped
- 1/2 cup sun-dried tomatoes, packed in oil
- 3 cloves minced garlic
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- 1/4 cup fresh basil, stems removed
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 French baguette
- 2 cups shredded mozzarella cheese



Delicious, easy appetizer!!!

1. Preheat the oven on broiler setting.
2. In a large bowl, combine the roma tomatoes, sun-dried tomatoes, garlic, olive oil, vinegar, basil, salt, and pepper. Allow the mixture to sit for 10 minutes.
3. Cut the baguette into 3/4-inch slices. On a baking sheet, arrange the baguette slices in a single layer.
4. Broil for 1 to 2 minutes, until slightly brown.
5. Divide the tomato mixture evenly over the baguette slices. Top the slices with mozzarella cheese.
6. Broil for 5 minutes, or until the cheese is melted.

Veggie Pizza with Pepper, Onion and Feta

from USA Weekend

- 1 (12 inch) thin pizza crust (homemade or prepared)
- 3 cups chopped bell peppers (red, green, yellow)
- 1 cup sliced red or yellow onion, pulled into rings
- 3 cloves garlic, crushed
- 2 tablespoons extra-virgin olive oil
- 1 1/2 teaspoons dried Italian herbs
- Salt, to taste (optional)
- Crushed red pepper flakes, to taste (optional)
- 3/4 cup crumbled herbed feta cheese



1. Preheat oven to 450 degrees
2. Lay crust on pizza pan or cookie sheet
3. In a bowl, combine remaining ingredients except cheese; spoon over crust.
4. Top with cheese. Bake 10-12 minutes, or until vegetables are crispy-tender.

RECIPES Continued... mmmm...

Watermelon and Cantaloupe Salad with Mint Vinaigrette

from Giada de Laurentiis

- 1 bunch fresh mint, chopped
- 1/4 cup lemon juice, from about 1 lemon
- 1/4 cup simple syrup (1/2C water 1C sugar)
- 1/8 teaspoon amaretto
- 2 cups watermelon balls, from about half a watermelon
- 2 cups cantaloupe balls, from about 1 cantaloupe

1. In a blender, combine mint, lemon juice, simple syrup, and amaretto. Blend until smooth.
2. In a large bowl, combine the watermelon and the cantaloupe. Add the vinaigrette and toss.
3. Transfer to a serving bowl and serve.

Favorite Vegetarian Lasagna

from Mille

- 1 1/2 quarts spaghetti sauce (your favorite homemade or jar spaghetti sauce)
- 1/2 cup grated carrot
- 1/2 teaspoon oregano
- 6 cooked lasagna noodles
- 1 (16 ounce) container ricotta cheese
- 1 package frozen chopped spinach, thawed and well drained
- 2 eggs
- 1 1/2 cups thinly sliced zucchini
- 1 cup sliced fresh mushrooms
- 3 cups shredded part-skim mozzarella cheese
- 1/2 cup grated parmesan cheese



1. Mix carrots, oregano, and spaghetti sauce together.
2. Mix Ricotta, spinach, and eggs together in separate bowl.
3. Spread 1/2 cup spaghetti sauce in bottom of 9 x 13 inch baking dish.
4. Layer 3 lasagna noodles, 1/2 remaining sauce, 1/2 Ricotta mixture, 1/2 sliced zucchini, 1/2 sliced mushrooms, 1/2 Mozzarella, and 1/2 Parmesan.
5. Repeat layers with remaining ingredients.
6. Bake in 350 degrees oven for about 45 minutes.

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