



CAL POLY ORGANIC FARM COMMUNITY SUPPORTED AGRICULTURE NEWSLETTER

We Grow the Future!

NOVEMBER 14TH - NOVEMBER 21ST

IN THIS WEEK'S BOX!

All Shares:

Butternut winter squash, Lettuce, Colored Bell Peppers, Cauliflower, Cilantro, Tomatoes, Oranges (Old Creek Ranch, organic), Persimmon (Cal Poly Fruit Enterprise, conventional)

Large Shares:

Kiwi (Mallard Lake, conventional), Apples (Swanton Pacific, organic)

FARM ANNOUNCEMENTS

Thanksgiving is coming up in just few weeks!! That means all you folks that pick-up your shares on Thursday mark your calendars to pick-up your share on Tuesday November 24th.

We are now offering a new pick-up location in downtown Paso Robles. Please get in touch with us for more information!!

Support YOUR Cal Poly Organic Farm and buy a winter share of food. Small shares are \$20/week and Large shares are \$26.50/week!

Planning of traveling over the Thanksgiving Holiday?? For any of you folks that will be out of town the week of the 22nd and are unable to pick-up your share you can make arrangements to have a friend or family member come by and pick it up. Or the farm will be happy to donate to a needy person or family. Please don't let it go to waste. Let us know of your travel plans so we can plan to make sure your share finds a good home.



COMMUNITY ANNOUNCEMENTS

Discussion Led by Cindy Douglas

Join the Farm Manager, Cindy Douglas, in a discussion about organic, local food at the Science Cafe series at the Kennedy Library on the second floor near Julian's Cafe. Tuesday, Nov 17th at 5pm. Hope to see you there!

Check out this NEW BOOK!

The Call of the Land' Explores Growing Agrarian Movement from Author Steven McFadden Releases "An Agrarian Primer for the 21st Century"

The book joins a growing chorus voicing a new vision for food and agriculture. Picking up where Food Inc., the recent documentary on industrial agriculture, leaves off, the volume presents dozens of creative responses to the crisis. Dubbed "An Agrarian Primer for the 21st Century," the sourcebook documents a range of positive pathways to food security, economic stability, environmental health, and cultural renewal. To McFadden and others, the call of the land now is an SOS. The surging range of responses—from individuals, communities, cities, and institutions—are both imaginative and practical.

Among the positive solutions featured in the book: The Food Depot of Santa Fe, NM, encourages home gardeners to plant an extra row for the hungry and donate the produce to local food pantries.

OneCoolEarth Workday

Join OneCoolEarth for acorn gathering and tree maintenance. OneCoolEarth is a 501(c)(3) non-profit committed to creating a prosperous, peaceful planet with a health environment for all living creatures. Our activities currently focus on tree planting, since so many positive environmental, social, and economic benefits stem from this single, simple act. Environmental education, habitat restoration, climate change, energy and water savings, and practical day-to-day needs are all addressed, in part or wholly, when a tree is planted. Meet at Campus Market, we will walk or carpool to the site on Saturday Nov.14th, 10am-12pm

Green Festival San Francisco 2009

.November 13-15th in San Francisco. Cost: \$10-\$15 register online: <http://www.greenfestivals.org/san-francisco/> <<http://www.greenfestivals.org/san-francisco/>>

Give the Gift of Organic!

GIVE A GIFT CERTIFICATE FOR A LARGE BOX AS THE PERFECT GIFT

THIS HOLIDAY SEASON!

Only \$26.50!

CONTACT THE FARM TO GET THIS GREAT GIFT TODAY!

Film Showing: Food Inc.

In Food, Inc., filmmaker Robert Kenner lifts the veil on our nation's food industry, exposing the highly mechanized underbelly that has been hidden from the American consumer with the consent of our government's regulatory agencies, USDA and FDA. Our nation's food supply is now controlled by a handful of corporations that often put profit ahead of consumer health, the livelihood of the American farmer, the safety of workers and our own environment. Free food will be provided. Cal Poly Building 33 Room 287. Tuesday, November 17, 6-8 pm

8th Annual Sustainable Pest Management Conference by SARC & CCOF

On December 4th & 5th SARC and CCOF will be hosting the 8th annual Sustainable Pest Management Conference. This year the keynote speaker will be Secretary of CDFA, AG Kawamura! Registration is now open! Please contact SARC at 805-756-5086 or CCOF 831-423-2263 for more information!

FRUIT FACTS....

Kiwis (those little fuzzy, brown fruits in your box)!

How to ripen: put in a paper bag with a banana or apple for a couple of days, wait for soft but not mushy!

Persimmon

This is a Fuyu persimmon which can be eaten while still hard! Fuyus will stay firm for two or three weeks at room temperature. Eventually, after about three weeks, they will soften and at this stage, some people feel the Fuyu's sweetness reaches its peak. At any point feel free to indulge in your persimmon like you would an apple!

RECIPES....MMM...MMM.....

How to Fix Winter Squash QUICK! Remember, you can eat the skins!

First cut your squash in half or fourths

Microwave: Add 1/2" water to bottom of glass dish (microwave safe). Add squash and put on high for about 10-15 minutes.

Oven: Preheat oven to 350 degrees. Put squash on baking dish. Cook for 45-55 minutes or until soft in center.

Steamer: Add 2" water. Add squash. Steam for 20-30 minutes or until soft.

*For all recipes, after squash has reached desired softness, add salt and pepper to taste.

ENJOY!

Simple Cauliflower Recipe

***To make this recipe vegan, just omit the Parmesan cheese finish - still delicious.*

2 - 3 heads of small cauliflower (or 1/2 head large)
2 tablespoons of olive oil
a couple pinches of sea salt
1 clove garlic, minced
1 small bunch of chives, chopped
zest of one lemon
freshly grated Parmesan
a bit of flaky sea salt



To prep the cauliflower, remove any leaves at the base and trim the stem. Cut it into tiny trees. Make sure the pieces are relatively equal in size, so they cook in the same amount of time. Rinse under running water, and set aside.

Heat the olive oil and fine grain salt in a large skillet over medium-high heat. When hot, add the cauliflower and stir until the florets are coated. Wait until it gets a bit brown on the bottom, then toss the cauliflower with a spatula. Brown a bit more and continue to saute until the pieces are deeply golden - all told about six minutes. In the last 30 seconds stir in the garlic.

Remove from heat and stir in the chives, lemon zest, and dust with a bit of freshly grated Parmesan cheese and a pinch of flaky sea salt (if you have it on hand). Serve immediately.

Best Persimmon Cookies

2 ripe persimmons, pureed
1 teaspoon baking soda
2 cups all-purpose flour
1/2 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1/2 teaspoon ground nutmeg
1/2 teaspoon salt 1 egg 1 cup white sugar
1/2 cup butter
1 cup raisins
1 cup chopped walnuts



*Preheat oven to 350 degrees F (180 degrees C).

Dissolve baking soda in persimmon pulp and set aside.

Sift flour, spices and salt together, set aside.

Cream together butter or margarine and sugar until fluffy, beat in egg and persimmon. Stir in dry ingredients. Stir in nuts and raisins.

Drop by teaspoonfuls onto greased cookie sheet. Bake for 15 minutes.

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