



Cal Poly Organic Farm Community Supported Agriculture Newsletter

www.calpolyorgfarm.com, we grow the future!

December 12th-18th

CPOF Announcements

Mark your calendars.

No CSA Pick up for 2 weeks, December 21st through January 3rd. We'll start back up January 4th. Happy Holidays!

Give the Gift of Health

Give the Gift-O-Organic Veggies. Purchase a membership or a one time gift certificate for you friends and family. You may purchase this when you pick up your share at the farm or contact us and we can mail it to you.

***ALL SHARES** can expect from the following list:*

*Red and Yellow Potatoes
Satsumas (Santa Barbara Growers, Conventional)
Kiwi (Mallard Lake Kiwi Farm, Conventional)
Kale
Peppers
Parsley
Carrots
Cauliflower
Kohlrabi
LARGE SHARES WILL ALSO RECEIVE:
Pistachios (NPO Organic)
Lettuce
Radish*

The Farm has added two new drop sites for our members. We now offer an Avila Beach pick-up on Thursdays and a downtown Paso Robles pick-up on Mondays. Let your friends and neighbors know. If you refer a member, you will receive an organic tote bag or tee-shirt.

Attention! PACIFIC HOME AND GARDEN CENTER folks. From now on, please pick up at Sally Loo's Café, located at 1804 Osos St near Café Roma from 3:30-6pm on Thursdays.

Community Announcements

Eberle Winery Holiday Open House

On Dec 12th, visit Eberle Winery and join the festivities with carolers, free appetizers, and Gary's famous BBQ. Experience the holidays "wine country style". Our friendly elves in the tasting room will be happy to finish your shopping list gifts, wrapping and pre-made custom gift baskets. From 10am-5pm. 238 9607

Guitar Concert at Thomas Hill Organic market Bistro in Paso

Enjoy acoustic guitarist Tom Rigby in an enclosed outdoor patio. Sat, Dec 12th 6:30pm. 1305 Park St., Paso Robles, 226 5888.

Classical Guitar played by Tony Harmon at the San Miguel Mission, 3pm, Sun Dec 13th 3pm.

Vine St Victorian Christmas Showcase, 6-9pm, Dec 12th Paso Robles on Vine Street.

SLO Arts Craft Market 11-5 daily through Dec 31st, 1010 Broad St, 543-8562

Vegan, Live, Organic Pies Debbie Bennett makes the following flavors: pumpkin cheesecake, chocolate mousse, maple apple pecan. Order by Dec 18, \$45, nakedfood@gmail.com.

Recipes

For the LOVE of Winter Squash (Butternut, Acorn, Kabocha, Red Kuri, Sweet Dumpling, Delicata, pumpkin etc.) – we know you have at least 10 of these guys piled up on the counter, here's some quick, easy ideas. They are really good, trust us!

Quick ways to prepare winter squash:

Microwave (some of us are *really* busy): Cut squash in half (quarter if the squash is large). Place seed-side down in a dish with 1/4 inch water. Cover and heat in micro on high for 8-10 min or until the squash is soft when you insert a fork. Or for even more ease....spray PAM or brush oil over the cut squash and microwave without water.

YOU CAN EAT THE SKIN!

Steam: cut as stated above and place in steamer for 15-20 min, until the squash is soft when you insert a fork.

Roast: you can peel the skin or leave it on. Cut squash into 1 to 2 inch chunks, mix with herbs and olive oil in a bowl, then place on a cookie sheet and bake on 350 degrees for 1/2 hour or so.

In Soups: cut and use just as you would a potato! Or puree for a base.

Deep Fry: slice into 1/8 inch slices (thin), batter with Tempura or regular flour or use no batter and fry in regular Canola oil till the slice gets soft (3 min).

Favorite toppings or ingredients that go so well with Winter Squash

Brown sugar

Butter

Parsley

Olive oil

Nuts! Mmm mmmm, walnuts are really good as are pine nuts.

Curries

Red pepper flakes

Ginger

Caramelized Onion

Leeks

Winter Squash PIE

Don't forget, you can make your traditional "pumpkin" pie recipe with any and all of the winter squashes! The farm is looking for a winter squash pie recipe you might be willing to share, email it to us at orgfarm@calpoly.edu.

Roasted Kohlrabi and Butternut Squash from epicurious.com

time: 1 hr We love the contrasts at play in this dish—from its earthy, sweet flavors to its velvety, crisp textures. The convenience of being able to roast...

Ingredients

- 4 medium kohlrabi (2 1/4 lb with greens or 1 3/4 lb without)
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons finely chopped fresh thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 1/2 lb butternut squash
- Special equipment: a 17- by 12- by 1-inch shallow heavy baking pan

Preparation

Put oven rack just below middle position and put baking pan on rack, then preheat oven to 450°F. (If roasting vegetables along with turkey, preheat pan for 15 minutes while turkey roasts, then roast vegetables underneath turkey.)

Trim and peel kohlrabi, then cut into 3/4-inch pieces. Toss kohlrabi with 1 tablespoon oil, 1 teaspoon thyme, 1/4 teaspoon salt, and 3/4 teaspoon pepper in a bowl. Transfer kohlrabi to preheated pan in oven and roast 15 minutes.

Meanwhile, peel butternut squash, then quarter lengthwise, seed, and cut into 3/4-inch pieces. Toss squash with remaining 1 tablespoon oil, 1 teaspoon thyme, 1/4 teaspoon salt, and 3/4 teaspoon pepper in same bowl.

Stir kohlrabi, turning it, then push it to one side of pan.

Add squash to opposite side of pan and roast, stirring and turning squash over halfway through roasting, until vegetables are tender and lightly browned, about 30 minutes total (after squash is added).

Toss vegetables to combine and transfer to a dish.

Cauliflower Steaks with Cauliflower Purée from epicurious.com

Few ingredients, big payoff: Large "steaks" are cut from a head of cauliflower, sautéed until golden, then baked until tender.

Ingredients

- 1 1 1/2-pound head of cauliflower
- 1 1/2 cups water
- 1 cup whole milk
- 2 tablespoons vegetable oil plus additional for brushing

Preparation

Preheat oven to 250°F. Using sharp heavy knife and starting at top center of cauliflower head, cut two 1-inch-thick slices of cauliflower, cutting through stem end. Set cauliflower steaks aside.

Cut enough florets from remaining cauliflower head to measure 3 cups. Combine florets, 1 1/2 cups water, and milk in medium saucepan, and sprinkle with salt and pepper. Bring to boil and cook until cauliflower florets are very tender, about 10 minutes. Strain, reserving 1 cup cooking liquid. Spread florets on large rimmed baking sheet, and bake 10 minutes until slightly dry. Transfer florets to blender. Add reserved 1 cup cooking liquid and puree until smooth. Return puree to same saucepan and increase oven temperature to 350°F.

Heat 2 tablespoons vegetable oil in heavy large ovenproof skillet over medium-high heat. Brush cauliflower steaks with additional oil and sprinkle with salt and pepper. Add cauliflower steaks to skillet and cook until golden brown, about 2 minutes per side. Transfer skillet to oven and bake cauliflower steaks until tender, about 10 minutes.

Rewarm cauliflower puree over medium heat. Divide puree between 2 plates; top each with cauliflower steak.

Dark Chocolate Squash Cake from CPOF Employee Kristina Wolf

3oz dark chocolate, coarsely chopped	¼ cup butter
¼ cup applesauce	½-¾ cup sugar
1 ¼ cup all-purpose, unbleached flour	2 eggs
¼ cup unsweetened cocoa powder	1 tsp vanilla extract
1 tsp baking powder	¼ cup buttermilk
1 tsp baking soda	1 ½ cup cooked winter squash, pureed*
½ tsp salt	½ tsp cinnamon

In the summer you can use zucchini or any other summer squash.

Over to 350. Grease 9-inch cake pan and dust with cocoa powder.

Melt chocolate along with the applesauce (or oil) in saucepan over low heat, don't scorch.

Sift together flour, cocoa, baking powder, soda, salt and cinnamon into a medium mixing bowl

In a large bowl, cream butter and sugar. Add the eggs one at a time beating well, then beat in vanilla.

Add the flour and buttermilk, beating until combined then fold in chocolate and applesauce mixture and the pureed squash.

Bake for 35-40 min.

ROASTED KOHLRABI

Hands-on time: 10 minutes

Time to table: 45 minutes

Serves 4 (smallish servings since roasted vegetables shrink so much)

1 1/2 pounds fresh kohlrabi, ends trimmed, thick green skin sliced off with a knife, diced

1 tablespoon olive oil

1 tablespoon garlic (garlic is optional, to my taste)

Salt

Good vinegar

Set oven to 450F. Toss the diced kohlrabi with olive oil, garlic and salt in a bowl. (The kohlrabi can be tossed with oil and seasonings right on the pan but uses more oil.) Spread evenly on a rimmed baking sheet and put into oven (it needn't be fully preheated) and roast for 30 - 35 minutes, stirring every five minutes after about 20 minutes. Sprinkle with a good vinegar (probably at the table so the kohlrabi doesn't get squishy).

NUTRITION ESTIMATE

Per Serving: 64 Cal (45% from Fat, 12% from Protein, 44% from Carb); 2 g Protein; 3 g Tot Fat; 0 g Sat Fat; 8 g Carb; 4 g Fiber; NetCarb 4; 31 mg Calcium; 1 mg Iron; 23 mg Sodium; 0 mg Cholesterol; Weight Watchers 1 point