



## Cal Poly Organic Farm Community Supported Agriculture Newsletter

[www.calpolyorgfarm.com](http://www.calpolyorgfarm.com), we grow the future!

Jan 4<sup>th</sup> – Jan 8<sup>th</sup>, 2010

### CPOF Announcements

**Happy New Year! Welcome back Cal Poly students.** The farm's winter goal is to have 60 student memberships. By promoting the CSA program to the students we provide an opportunity for young adults to learn about eating well, cooking, and local agriculture.

ALL SHARES can expect from the following list:  
Carrots, Beets, Lettuce, Cilantro, Braising Greens, Arugula, Winter Squash, Kale, Satsuma (4 Elements Farm, organic)

LARGE SHARES WILL ALSO RECEIVE:  
Potatoes, Limes (4-Elements Farm, organic), Spinach

**Please tell your friends and family about our educational farm and CSA.** If you refer someone, the farm will give you an organic t-shirt or tote bag. We are in need of about 40 more community members this winter.

The farm hosted several anthropology students from the **University of Kentucky** last week. They participated in Learn-by-Doing by helping to transplant your bok choy, broccoli and cauliflower.

**The Farm has added two new drop sites for our members.** We now offer an Avila Beach pick-up on Thursdays at Morovino Winery on 1<sup>st</sup> street and a downtown Paso Robles location at V2 Wine Bistro on Mondays.

**Attention! PACIFIC HOME AND GARDEN CENTER folks.** Remember, 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

Ice Cream Social at Doc Burnstein's Ice Cream Parlor in the Village of Arroyo Grande (ice cream and stories) from 3:30-4:25pm, Tues, Jan 5<sup>th</sup>.

The Green Building Alliance January meeting: 6<sup>th</sup>, 5:00 to 6:30 PM - Cuesta College's Intro to Green Building program. Meet at the Clubhouse on Foothill Rd. for more info go to <http://www.slogreenbuild.org/cm/Home.html>

Bike Happening, Thurs, Jan 7<sup>th</sup>. Meet at Mission Plaza downtown after farmers' market from 9:30-10 to join in the crazily dressed bikers that will take to the streets.

Don't forget to visit your local **Farmers' Market** to support SLO county's cherished landscape (mixed ag/wild land/urban) <http://www.slocountyfarmers.org/>

**The Farm will donate produce to the Pacific Repertory Opera to be served at their Silver Anniversary...**Loving and Living Through Art, Music, Opera and FOOD 6:00 p.m., Saturday, January 30, 2010. Pavilion in the Performing Art Center's Christopher Cohen Center, San Luis Obispo. For more info go to <http://www.propera.org/concerts-and-events/index.html>

# Recipes

## **Sweet Potatoes, Apples, and Braising Greens**

- 4 medium sweet potatoes, peeled and cut lengthwise into quarters, then cut crosswise into 1/8-inch slices
- 5 tablespoons unsalted butter, plus 3 tablespoons melted
- 1 tablespoon fine sea salt
- 2 teaspoons freshly ground black pepper
- 3 medium baking apples, such as Sierra Beauty or Granny Smith, peeled, cored, and cut into quarters
- 6 cups loosely packed braising greens such as kale, chard, or collard greens, stems removed and torn into 2-inch strips
- 1/4 cup loosely packed fresh parsley leaves, coarsely chopped

### ***Preparation***

Preheat oven to 400°F.

On foil-lined baking sheet, toss potato slices with 3 tablespoons melted butter, 1 teaspoon salt, and 1/2 teaspoon pepper. Bake until cooked through and slightly caramelized, about 20 minutes. Keep warm.

In heavy medium skillet over moderate heat, melt 3 tablespoons butter. Add apples and sauté until tender and golden brown, about 15 minutes. Keep warm.

In heavy large pot over moderate heat, combine remaining 2 tablespoons butter and 3 tablespoons water. Add greens and sauté, stirring occasionally, until wilted, about 5 minutes. Lower heat to moderately low and add sweet potatoes and apples. Continue cooking, stirring occasionally, until warmed through, 3 to 4 minutes. Stir in parsley, remaining 2 teaspoons salt, and 1 1/2 teaspoons pepper. Serve hot.

## **Linguine with Pecan Arugula Pesto**

- 3/4 cup pecans (3 oz), [toasted](#)
- 1 large garlic clove
- 1/2 teaspoon salt
- 10 oz arugula, coarse stems discarded
- 1/2 cup finely grated Parmigiano-Reggiano (1 1/2 oz)
- 1/2 cup olive oil
- 1/2 teaspoon black pepper
- 1 lb dried linguine

### ***Preparation***

Finely chop 1/4 cup pecans (preferably with a knife).

Mash garlic to a paste with salt using a mortar and pestle (or mince and mash with a large heavy knife). Blend remaining 1/2 cup pecans, arugula, cheese, oil, pepper, and garlic paste in a food processor until smooth, about 1 minute.

Cook pasta in a 6- to 8-quart pot of [boiling salted water](#) until al dente, 10 to 12 minutes. Ladle out and reserve 1 1/2 cups cooking water. Drain pasta in a colander, then return to pot and toss with pesto, 1/2 cup cooking water, and chopped pecans, adding more cooking water as necessary if pasta seems dry. Cooks' note: **You can substitute 2 cups fresh flat-leaf parsley for the arugula**, but then you should use only 1/3 cup olive oil (instead of 1/2 cup) in the pesto.

