



# CAL POLY

## ORGANIC FARM

### Community Supported Agriculture Newsletter

*We Grow the Future!*

JANUARY 23RD - JANUARY 29TH

### IN THIS WEEK'S BOX!

#### All Shares:

Cilantro, Braising Greens, Arugula,  
Parsley, Cabbage, Lettuce, Citrus,  
Walnuts, Celery

#### Large Shares:

Butternut squash, Spinach

### FARM ANNOUNCEMENTS

\*\*The Farm Staff was pleased to be a part of this year's Eco Farm Conference. We met with other farmers, educators and researchers to share ideas about the future of sustainable agriculture. We hope we are able to put what we learned into action here at our farm!! Glad you are a part of the future!!!!

\*\*What a week of weather!!! Thanks for braving the storms and coming out to pick-up your boxes. Don't forget to thank your farmers who were out in their rain gear harvesting your veggies.

*Start thinking about what you're going to cook your sweetheart for Valentines Day. Nothing says romance like a fresh, local meal prepared by you. Take a look at recipes from past newsletters or if you have a recipe you cook for your sweetheart send it to us, we would love to hear what you've got cookn'!*

# RECIPES....MMM...MMM.....

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## SUNDAY SCRAMBLE WITH BRAISING GREENS OR ARUGULA

Lisa Ankenbrandt

*6-8 eggs*

*1 teaspoon olive oil*

*1 teaspoon basil*

*2 cloves garlic, finely chopped*

*1/4 cheese, grated (optional)*

*salt and pepper to taste*

*1 bunch braising greens or argulka, sliced into 1/4 inch strips, no stems*

In medium bowl, beat eggs thoroughly with basil. In medium skillet, heat oil and add garlic, cook on Medium for 1 minute. Add eggs and scramble to desired texture. Stir in sliced greens and cook 30 seconds to one minute until slightly wilted, but not soggy. Top with cheese, add salt and pepper to taste and serve immediately.

Serves 3-4 people

## EASY BUTTERNUT SQUASH SOUP

Food Network

*1 (2 to 3 pound) butternut squash, peeled and seeded*

*2 tablespoons unsalted butter*

*1 medium onion, chopped*

*6 cups chicken stock*

*Nutmeg*

*Salt and freshly ground black pepper*

*Great for rainy days!*

Cut squash into 1-inch chunks. In large pot melt butter. Add onion and cook until translucent, about 8 minutes. Add squash and stock. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes. Remove squash chunks with slotted spoon and place in a blender and puree. Return blended squash to pot. Stir and season with nutmeg, salt, and pepper. Serve!

# RECIPE FOR DARK CHOCOLATE SQUASH CAKE

from Kristina Wolff

<i>3 ounces good-quality dark chocolate, chopped</i>	<i>½ stick (¼ cup) butter softened</i>
<i>¼ cup applesauce</i>	<i>½ to ¾ cup sugar according to taste</i>
<i>1 ¼ cups all-purpose unbleached flour</i>	<i>2 eggs</i>
<i>¼ cup unsweetened cocoa powder</i>	<i>1 teaspoon pure vanilla extract or vanilla paste</i>
<i>1 teaspoon baking powder</i>	<i>¼ cup buttermilk</i>
<i>1 teaspoon baking soda</i>	<i>1 ½ cups grated zucchini or summer squash</i>
<i>½ teaspoon salt</i>	<i>Optional ½ teaspoon cinnamon</i>

1. Preheat oven to 350°. Grease 9-inch cake pan and dust with some unsweetened cocoa powder. Can also make cupcakes instead.
  2. Melt chocolate along with the applesauce (or oil) in a double boiler or in a saucepan over low heat, taking care not to scorch.
  3. Sift together the flour, cocoa, baking powder, salt, and optional cinnamon into a medium mixing bowl.
  4. In a large mixing bowl, cream together the butter and sugar until light. Add the eggs one at a time, beating well with each addition, then beat in the vanilla. Add the flour mixture and buttermilk, beating until combined, then fold in the chocolate and applesauce (or oil) mixture, and the zucchini.
  5. Scrape the batter into the prepared pan and bake for 35-40 minutes, or until a tester inserted into the center comes out clean. Cool the cake in the pan for about 10 minutes on a wire rack, then invert it on the rack, remove the pan, and cool completely.
  6. Serve plain, ice with your favorite icing, dusted with organic confectioners' sugar, or with fresh raspberries on the side.
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# COMMUNITY ANNOUNCEMENTS

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SATURDAY, JANUARY 23 FROM 11 AM - 1 PM

In the Community Room at the SLO library there is an organizational meeting of gardeners and friends of gardeners from 11 am to 1 pm. The group will be thinking about creating areas-of-interest groups. Last year a dozen of members met through the spring once a month at the ECOSLO office and shared potluck dinners, garden conversation, and seasonal seeds and seedlings. Bring your ideas and interests and help make a plan. Please bring any friends who want to get going in a gardening group. Please contact Elizabeth Johnson at 543-5364 for more information.

*Do you have something you would like  
announced in the Organic Farm newsletter?  
Email us at [orgfarm@calpoly.edu](mailto:orgfarm@calpoly.edu) and you may  
see your event in our weekly newsletter!*

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