



# Cal Poly Organic Farm Community Supported Agriculture Newsletter

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

## CPOF ANNOUNCEMENTS



- We are happy to announce that CPOF will now offer another pick-up location to our

friends in the North County. V2 a tasting room, cheese shop and bistro in downtown Paso Robles has partnered with the Farm and will be host pick-up location for our CSA on Mondays. They will also be featuring our produce on their menu. And lucky for us they will be sharing some great recipes with you, our members.

If you are interested in picking up a box there, please let us know.

- Cindy Douglas will be giving a tour to The Society of Women's Engineers on Thursday November 5th at 11:00.



- 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.

- Planning on 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. The farm will also 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.



**November 2<sup>nd</sup>- November 7<sup>th</sup>**

*Full Shares expect 10-12 items*

**Small Shares expect 8-10 items** from the following list:

- Parsley
- Peppers
- Cucumbers
- Tomatoes
- Zucchini/Yellow Squash
- Lettuce
- Winter Squash
- Beans
- Apples
- Kale

**Large Shares also receive:**

- Cilantro
- Chives
- Citrus

Unless otherwise noted, all vegetables are **certified organic**.  
Unless otherwise noted, all vegetables are **from the CPOF**.

Did you know you can find our food on local menus??

Just to mention a few....

Black Cat Bistro in Cambria,

Big Sky in Downtown SLO,

Sally Loo's Café near the train station in SLO

and Sage Restaurant on the Cal Poly Campus!!

## RECIPES

(For past CPOF CSA Newsletters, visit: <http://calpolyorgfarm.com/newsletters.shtml>)

### Sweet Pepper Pasta Toss with Kale

*1 (8 ounce) package uncooked farfalle (bow tie) pasta*

*1 tablespoon olive oil*

*1 medium red bell pepper, chopped*

*1 medium yellow bell pepper, chopped*

*1 cup roughly chopped kale*

*4 cloves garlic, chopped*

*1 pinch dried basil*

*1 pinch ground cayenne pepper*

*salt and ground black pepper to taste*

*8 ounces feta cheese, crumbled*

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
2. Heat oil in a skillet over medium heat. Stir in red pepper, yellow pepper, kale and garlic. Season with basil, cayenne pepper, salt and black pepper. Cook until vegetables are tender.
3. In a large bowl, toss cooked pasta with skillet mixture. Sprinkle with feta cheese to serve.

### Butternut Soup

([www.allrecipes.com](http://www.allrecipes.com))

#### Ingredients

2 pounds butternut squash, cubed

2 onions chopped

1 tablespoon butter

4 cups vegetable broth

1/2 cup heavy cream

salt and pepper to taste

1 dash ground nutmeg

1 dash ground cloves

1 dash ground cinnamon

#### Directions



In a large microwave safe dish combine squash, onions and butter. Cover and microwave on high for 4 minutes. Peel squash. Stir in broth and cook on high for another 20 to 25 minutes, or until squash is tender. Puree squash, onions and broth in a food processor or blender. Add cream, salt and pepper, and microwave on high for another 3 to 4 minutes, or until heated through. Flavor with nutmeg, cloves and cinnamon to taste.

## Cilantro Cucumber Salad

(www.allrecipes.com)

### Ingredients

2 cucumbers  
2 tablespoons fresh lime juice  
1 teaspoon chili powder  
1/4 teaspoon salt  
1 tablespoon chopped fresh cilantro

### Directions

Peel cucumbers, slice lengthwise into quarters, and cut into 1 inch pieces; place in large bowl. Sprinkle with lime juice, chili powder, and salt; toss. Toss with cilantro. Refrigerate until chilled.

## Tomatoes with Parsley Pesto

(www.allrecipes.com)

### Ingredients

1 cup packed fresh parsley  
1/4 cup snipped fresh chives  
1 garlic clove  
1/4 teaspoon salt Dash pepper  
3 tablespoons olive oil  
2 tablespoons red wine vinegar  
3 medium tomatoes, cut into wedges

### Directions

In a blender or food processor, combine parsley, chives, garlic, salt and pepper. Cover and process until finely chopped. Add oil and vinegar; mix well. Transfer to a bowl; cover and refrigerate. When ready to serve, add



tomatoes and gently toss to coat.