



## Cal Poly Organic Farm Community Supported Agriculture Newsletter

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

October 19<sup>th</sup>-24<sup>th</sup>, 2009

### CPOF Announcements

**Thanks to all of the Cal Poly Organic Farm staff and volunteers who helped make this years *A Taste of the Future SARC Fundraiser* an amazing success!!!**

The dinner was sold-out on Wednesday night and all the seats were full in the Performing Arts Center on Thursday. Could not have done it without you!!

**The weather was a little strange last week!** Monday's harvest crew battled the cold and the rain, while Thursday's crew was trying to keep cool out in the heat. Just a reminder to thank your farmer next time you see them, they work through the elements to bring food to your table.

The Cal Poly Organic Farm will have a booth at this weekends **Pozo Greenfest!!** Hope you make it out and show your support, it should be a fun day!!

**Do you have a stylish Cal Poly Organic Farm tote bag or T-shirt yet??** If not they are available in a variety of colors in sizes from infants to adults, made from organic cotton!!

**Farm has a Famous Visitor.**

Michael Pollan author of *The Omnivore's Dilemma* and *In Defense of Food* toured our Farm last week!

**Make a Difference Day** is Saturday, October 24<sup>th</sup>. The Farm will be hosting volunteers 10-1. Please come out and join in!!!!

### Community Announcements

ALL SHARES can expect from the following list:

Fennel  
Lettuce  
Spinach  
Red Kuri Squash  
Summer Squash  
Bunching Onions  
Tomatoes  
Oranges (Old Creek)  
Broccoli (Boni-Pak)  
Cucumbers

LARGE:

Pears (Cal Poly-Conventional)  
Bell Peppers

SMALL:

Celery (Boni-Pak)



**Seed Exchange**- October 23<sup>rd</sup>, 2009 at the San Luis Obispo City Library from 6-9pm.

On October 30 and 31, 2009, the **First Annual HANDS on Health** collaborative event invites members from the entire community to join together for two days of festivities featuring health in an interactive, fun and entertaining atmosphere. <http://cope.calpoly.edu/hands/index.html>



**Poly Plant Shop 40th Anniversary Sale** - October 23 & 24 10:00am-5:00pm

Here's a link to a great article in the New York Times  
[http://scoolfod.org/assets/pdfs/article\\_no\\_lunch\\_left\\_behind.pdf](http://scoolfod.org/assets/pdfs/article_no_lunch_left_behind.pdf)

Check this out...sign and pass along if you like!  
<http://www.jamieoliver.com/campaigns/jamies-food-revolution/petition>

## Recipes

### **Orange and Fennel Salad**

<http://www.foodnetwork.com/recipes/robin-miller/orange-and-fennel-salad-recipe/index.html>

Robin Miller

Prep Time: 10 min Inactive Prep Time: -- Cook Time: Ingredients

1 large fennel bulb, trimmed and thinly sliced

2 medium oranges, peeled

1 tablespoon olive oil

1 tablespoon red wine vinegar

Salt and pepper

2 tablespoons sweetened dried cranberries

Directions

Place the sliced fennel in a salad bowl. Slice oranges to divide flesh sections and add to bowl. Drizzle with olive oil, red wine vinegar, and salt and pepper. Toss, top with sweetened cranberries and serve.

### **Red kuri squash soup with spiced pepitas**

[http://deniseappel.com/recipes/red\\_kuri\\_squash\\_soup/](http://deniseappel.com/recipes/red_kuri_squash_soup/)

Red kuri squash soup

1 medium to large red squash, peeled, seeded, large chop

1 medium Spanish onion, small dice

2 tablespoons chopped garlic

4 stalks celery, small dice

Pinch of red pepper flakes

1 tablespoon of chopped fresh thyme

Pinch of allspice and nutmeg

1 cup of heavy cream

Water



## INSTRUCTIONS:

In a 5-8 quart stockpot add 3 tablespoons of olive oil to medium heat.

Sauté Spanish onion, celery, garlic for 4 minutes.

Add squash, red pepper flakes, nutmeg, allspice and thyme.

Add cold water to pot up to 2" above the squash.

Turn heat to high and bring to a boil.

When at a boil, turn back down to a simmer for 30 minutes.

When squash is tender, puree with hand blender until smooth.

Add heavy cream and check if salt and pepper is needed.

Spiced pepitas

2-3 cups plain pumpkin seeds

1/4 cup of olive oil

## INSTRUCTIONS:

In a large sauté pan add 1/4 cup of olive oil and heat on low.

Add pumpkin seeds.

Sauté for 8-10 minutes until golden brown.

Strain through a fine chinois, reserve excess oil.

Toss toasted pepitas [the now-cooked pumpkin seeds] with 2 teaspoons of curry, nutmeg, ground ginger, salt

## **Browned Butter Vegetables with Almonds**

<http://allrecipes.com/Recipe-Tools/Print/Recipe.aspx?RecipeID=63336&servings=6>

"Fresh vegetables (choose about 1 1/2 pounds of your favorites) are sauteed in a nutty butter sauce."

Ingredients:

1/2 cup butter

1 teaspoon garlic salt

1 teaspoon garlic pepper

2 tablespoons sliced almonds

2 tablespoons white wine 1 medium onion, chopped

1 medium red bell pepper, chopped

2 cups chopped broccoli

2 cups chopped cauliflower

Directions:

1. Melt butter in a skillet over medium-low heat. Season with garlic salt and garlic pepper. Mix in almonds and cook until golden brown. Stir in wine, onion, red bell pepper, broccoli and cauliflower. Cook 5 minutes, or until vegetables are tender