



IN THE BOX!

**All shares:**

- tomatoes
- cucumber (green and lemon)
- lettuce
- bunching onions
- green beans
- apples (organic, Swanton Pacific Ranch)
- Pears (conventional, CP)

basil

**Large shares**

- celery
- fennel
- cilantro

# CAL POLY ORGANIC FARM

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## COMMUNITY SUPPORTED AGRICULTURE NEWSLETTER

October 10th- October 17th, 2009

### CPOF Announcements

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**WE STILL NEED 30 MORE MEMBERS TO MEET OUR FALL/WINTER BUDGET GOALS.** Help us GROW THE FUTURE by providing organic agricultural education here at Cal Poly. Tell your friends and neighbors that the CAL POLY ORGANIC FARM is the solution to some of our environmental and social woes.

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Our farm might be visited by Michael Pollan next week. Also visiting the farm will be SARC event sponsors!!! We ask that everyone help to make the farm look clean.

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The farm will host a booth at the Sustainability Fair at 10-11 at the PAC before Michael Pollan's panel. Come say hello!

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Help spiff up the children's garden this SUNDAY , Oct 11th 1:30.

### Community Announcements

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Pozo GreenFest  
October 18th, 2009

The Pozo Green Music Festival is a celebration to bring awareness to the green economy & alternative sources of energy. Our goal is to educate the public about healthier & more sustainable practices leading to a more environmentally conscious local community and world culture. This event will encourage the local community to support environmentally friendly goods and services.

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**DON'T FORGET! FREE Michael Pollan lecture at the Cal Poly Performing Arts Center!**

October 15th, 2009

**Sustainability Fair on the Performing Arts Plaza w at 10am. Pollan lecture inside PAC at 11am. Don't miss this exciting event!**

# Community Announcements

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## **Poly Plant Shop--40th Anniversary Sale!!!**

Friday October 23--Saturday October 24.

All Nursery 1 Gallon plants will be 1/2 off (with a few exceptions), our colorful 6pk annuals will be marked down to \$1.79 and all of our 4" succulents, which come in many new and unusual varieties, will be on sale, as well as other various items throughout the shop.

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## **5th Annual Sustainable Ag. Expo**

November 16-17, 2009

The Central Coast Vineyard Team is proud announce that CDFA Secretary Kawamura as the opening speaker for the 5th Annual Sustainable Ag Expo on November 16-17, 2009. As a third generation produce grower from Orange County and president of Orange County Harvest, Secretary Kawamura will bring his unique perspective in his presentation "Challenges & Opportunities for California Ag in the Evolving Food System."

The Sustainable Ag Expo addresses a variety of hot topics relevant to row crops, vineyards, orchards, and rangeland. Farmers, pest control advisers, consultants, extension, and agency representatives will find sessions addressing a diversity of issues, including laws and regulations, succession and estate planning, water quality, integrated pest management, energy efficiency, and marketing trends. In addition, a complimentary session for Spanish speakers is also available.

For more information, visit [www.sustainableagexpo.org](http://www.sustainableagexpo.org) or call 805.369.2288.

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# EAT YOUR VEGGIES!!!

## ASK YOUR FRIENDS TO GET THEIR BOX TODAY!!!

# RECIPES... for this week's box! ...mmmm...

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## Curly Endive and Bean Soup

- 3 tablespoons olive oil  
6 large garlic cloves, chopped  
2/3 cup diced ham (about 3 ounces)  
2 large heads curly endive, cut into bite-size pieces (green beans)  
6 cups canned low-salt chicken broth  
15-to 16-ounce can Great Northern beans, drained



Heat oil in heavy large Dutch oven over medium heat. Add garlic; sauté 1-2 minutes. Add ham; stir 1 minute. Add endive, broth and beans; simmer until endive wilts and is tender but still bright green, about 10 minutes. Season with salt and pepper.

## Quick Pesto

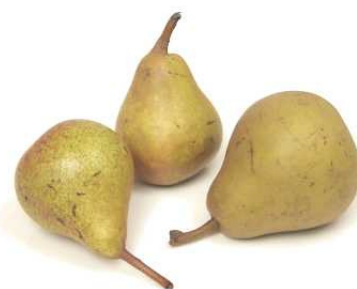
- 4 garlic cloves  
3/4 cup pine nuts (1/4 pound)  
2 cups grated Parmigiano-Reggiano  
2 cups grated Pecorino Romano  
3 cups packed Italian basil leaves  
1 1/2 cups packed bush basil leaves  
1 cup loosely packed fresh lemon basil leaves  
2 cups packed flat-leaf parsley leaves  
5 tablespoons olive oil

Pulse garlic in a food processor until finely chopped, then add nuts, cheeses, a large handful of herbs, and 1 teaspoon pepper and process until chopped. Add remaining herbs one handful at a time, pulsing after each addition, until finely chopped. With motor running, add oil and blend until incorporated.

## Caramelized Pears with Dulce de Leche Ice Cream

Gourmet Magazine

- 3 ripe Bartlett pears, peeled, cut in half lengthwise, cored  
2 1/2 tablespoons fresh lemon juice  
1 tablespoon vanilla extract  
3 tablespoons unsalted butter  
3/4 cup sugar  
1 pint dulce de leche ice cream



Preheat oven to 400°F. Place pears in large bowl; toss with lemon juice and vanilla. Melt butter in large ovenproof skillet over medium-high heat. Add sugar; shake skillet to spread sugar evenly. Place pears, cut side down, in skillet; drizzle with any remaining lemon juice mixture from bowl. Cook until sugar begins to dissolve and mixture bubbles all over, shaking pan often, about 5 minutes. Transfer skillet to oven. Bake pears until soft and juices are golden, about 15 minutes. Divide pears among plates. Top each pear half with scoop of ice cream. Drizzle with sauce from skillet and serve.

# RECIPES Continued... mmmm...

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## Sun-dried Tomato and Fennel Sausage Patties with

Bon Appetit

### Sausage:

**1/2 pounds boneless heritage pork shoulder (Boston butt), cut into 3/4-inch cubes (about 3 cups packed)**

**4 ounces fat from heritage pork, cut into 1/2-inch cubes (about 1/2 cup packed)**

**1/4 cup ice water**

**3 tablespoons chopped drained oil-packed sun-dried tomatoes**

**2 large garlic cloves, minced**

**1 tablespoon chopped fresh basil**

**2 teaspoons fennel pollen\* or freshly ground fennel seeds**

**1 1/2 teaspoons coarse kosher salt**

**1/2 teaspoon sugar**

**1/2 teaspoon freshly ground black pepper**

### For sausage:

Place half of pork and half of fat in processor. Using on/off turns, blend until pork is ground to coarse texture (about 1/4-inch cubes). Scrape into large bowl. Repeat with remaining pork and fat. Add all remaining sausage ingredients to bowl with pork and mix gently with hands until blended. Using wet hands, shape sausage into 10 oval patties, each about 3/4 inch thick. Place on plastic-lined plate. Cover and chill at least 2 hours and up to 1 day.

### For sauce:

Heat 1 tablespoon oil in heavy large skillet over medium-high heat. Add sausage patties and sauté until brown, about 4 minutes per side. Transfer patties to small baking sheet.

Pour off all but 2 tablespoons fat from skillet (or add olive oil to make 2). Add tomatoes with juice and 2 tablespoons basil. Simmer uncovered until sauce thickens, crushing tomatoes with back of fork, about 10 minutes. Add sausage patties and any juices to sauce. Cover; simmer over medium heat until cooked through and tender, turning patties occasionally, about 15 minutes. Season sauce with salt and pepper. **DO AHEAD:** Can be made 1 day ahead. Cool; cover and chill. Rewarm covered over low heat before continuing.

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For information about volunteer opportunities, contact us at [www.calpolyorgfarm.com](http://www.calpolyorgfarm.com), [orgfarm@calpoly.edu](mailto:orgfarm@calpoly.edu), on Twitter, on Face Book as Helmut “the tank” Lopez!

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