



CAL POLY ORGANIC FARM

COMMUNITY SUPPORTED AGRICULTURE NEWSLETTER

October 3rd- October 9th, 2009

IN THE BOX!

All shares receive

Parsley
Kale
Cucumber
Colored Peppers
Lettuce
Butternut Squash
Tomatoes
Apples (swanton Pacific)

Large shares

Raddish
Spinach
Concord Grapes
Cilantro

CPOF Announcements

THE FARM NEEDS A FEW MORE MEMBERS to make its budget goals. Without our CSA program and your financial support Cal Poly would not be able to provide the next generation of farmers a place to learn organic farming techniques. Please tell your friends and neighbors to support our mission by becoming a member of our CSA.

The Farm will host 2 international agricultural groups next week. Please come join the farm tours if you wish and meet agriculturalist from other countries. Agrotours will bring a group of 10 Australian Farmers on Oct 6th at 10:30am.

UC Santa Cruz's Agroecology Department will bring a group of South Africans on Oct 8th at 12 pm.

Farm-to-School Apprentices will work in the Children's Garden this Sunday at 1pm. If you wish to help or meet them, come on by!

Community Announcements

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.

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

Morro Bay Harbor Festival

What: This festival is a wonderful gathering of artists, vendors, restaurants, wineries, breweries, and dozens of musical acts. Volunteers are needed to manage the trash, recycling, and composting for the whole festival. This is an important undertaking that requires 4-6 hr shifts. This is the first time that Morro Bay Harbor Festival is composting, so it is an exciting chance to help promote sustainability.

Where: Paso Robles City Park

When: Sat./Sun., Oct 3rd and/or 4th, between 11am-7pm

Admission: Free if you volunteer, otherwise \$10/day

Contact: Annie Shin (714) 504-8804 scsyouthprograms@gmail.com

Sun, Oct. 4 - 10 am to 4 pm

Central Coast Book and Author Festival in San Luis Obispo's Mission Plaza. A fund-raiser for the Foundation for San Luis Obispo County Public Libraries which benefits library programs such as the county-wide Children's Summer Reading Program. Admission is free.

Naked Food Feed Your Face Cooking Demo Series

Live Fermentation: Yogurt and Cheese

Sunday, October 4th

Limited seating so reserve your place TODAY !!

All classes are vegan, organic, and mostly raw 11:30-2:00

1358 Oceanaire, SLO. \$60 per person-save \$10 when registering with a friend or family member.

Contact Debbie Gedayloo Bennett: nakedfood@gmail.com or 550-2487

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.

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 or call 805.369.2288.

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

Klodette Stroh's Favorite Beef Stew, adapted from Penzey's Spices catalog

Christine Heinrichs

- 1 lb. cubed beef stew meat
- 1 tablespoon butter
- 1 large onion
- 3 green zucchini, peeled, sliced lengthwise
- 2 medium eggplants, peeled, sliced lengthwise
- 3 cloves garlic, chopped, or $\frac{3}{4}$ teaspoon dried garlic
- 3 medium tomatoes, sliced
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon ground pepper
- 1 teaspoon curry powder
- 1 teaspoon turmeric
- 1 cup water

Community Shared Recipe!

1. In a pan, melt the butter over medium heat. Add the meat and cook until almost browned. Add the onion and continue to cook until the meat is fully browned and the onion is softened.
2. Arrange the sliced zucchini in a layer over the meat, followed by the eggplant. Sprinkle with garlic. Top with sliced tomatoes.
3. Sprinkle with the salt, pepper, curry powder and turmeric. Pour the water over all, making sure to moisten the spices.
4. Cover, cook on medium heat, simmering rapidly, 30 minutes. Serve over rice.

Sauteed Kale

Gourmet Magazine

- 1 pound kale, tough stems and center ribs discarded and leaves cut into 1-inch-wide strips (8 cups)
- 2 tablespoons olive oil
- 1 small red onion, halved lengthwise and thinly sliced crosswise
- 1 garlic clove, minced
- Pinch of dried hot red pepper flakes
- 1 tablespoon red-wine vinegar, or to taste
- $\frac{1}{4}$ teaspoon salt

1. Cook kale in a 6-quart pot of boiling salted water, uncovered, stirring occasionally, until just tender, about 10 minutes, then drain in a colander.
2. Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté onion, stirring occasionally, until softened, 6 to 8 minutes. Add garlic and red pepper flakes and sauté, stirring, until garlic is fragrant, about 1 minute.
3. Reduce heat to moderate, then add kale and cook, stirring occasionally, until heated through.
4. Remove from heat and stir in vinegar and salt.

EAT YOUR VEGGIES!!!

RECIPES Continued... mmmm...

Butternut Squash Ravioli with Sage-Brown Butter Sauce

CPOF Volunteer Lisa Ankenbrandt

1 large butternut squash - halved lengthwise, peeled and seeded
2 teaspoons butter
salt and ground black pepper to taste
1/2 teaspoon allspice
1/2 teaspoon ground nutmeg
2 teaspoons ground cinnamon
1/2 cup Parmesan cheese
50 wonton wrappers
1 teaspoon egg white, lightly beaten



Sauce

1/4 cup unsalted butter
1/4 cup chopped fresh sage leaves
salt and freshly ground black pepper to taste

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place the squash cut side up on a baking sheet. Place 1 tablespoon butter in the hollow of each half. Sprinkle with salt and pepper to taste. Cover the squash with a sheet of aluminum foil tucking in the edges.
3. Bake squash in preheated oven until tender and easily pierced with a fork, 45 to 65 minutes.
4. Scoop the cooked squash into a bowl, and mash until smooth. Mix in the allspice, nutmeg, cinnamon, and Parmesan cheese until well blended. Season to taste with salt and pepper.
5. Fill a deep pot with lightly salted water and bring to a boil.
6. To make the ravioli, place a wonton wrapper on a clean, flat surface. Brush edges with the egg white. Place about 1 tablespoon of the squash mixture in the middle of the wonton. Cover with a second wonton wrapper. Repeat with remaining wonton wrappers and squash mixture until all have been used.
7. Drop the ravioli into the boiling water, and cook for 3 to 5 minutes, or until tender. Remove, drain, and keep warm until sauce is prepared.
8. To make the sauce, melt the butter in a skillet over medium heat. Stir in the sage. Continue to cook and stir until the sage is crispy but not browned. Add salt and pepper to taste. Place 6 to 8 raviolis on serving plates, and drizzle with sauce.

For information about volunteer opportunities, contact us at www.calpolyorgfarm.com, orgfarm@calpoly.edu, on Twitter, on Face Book as Helmut “the tank” Lopez!

www.calpolyorgfarm.com
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