



# CAL POLY ORGANIC FARM

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## COMMUNITY SUPPORTED AGRICULTURE NEWSLETTER

September 14th-18th, 2009

IN THE BOX!

### All Shares

Tomatoes

Kale

Corn (Organic, Pacific Organics)

Bunching Onion

Green Peppers

Lettuce

Apples (Organic, Swanton Pacific)

Spinach

### Large Shares

Avocados (Organic, Old Creek Ranch)

Tomatillos

Cucumber

Summer Squash

## CPOF Announcements

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**SAVE THE DATE...COME CELEBRATE!!!** Have a blast with other CSA members, students and farmer's at our 1st Annual Hoes Down Festival featuring live music by the Farm's very own apprentice farmer Roger Tompkins and his band Black Water Union. Check them out at [www.myspace.com/blackwaterunion](http://www.myspace.com/blackwaterunion). September 20th @ 3 p.m. Come out and enjoy a day at the farm!

**SIGN UP TODAY!** Keep your fresh fruit and veggies coming! Secure your box for Fall and Winter. All membership forms can be found at our website [www.orgfarm@calpoly.edu](http://www.orgfarm@calpoly.edu). E-mail Tara at [orgfarm@calpoly.edu](mailto:orgfarm@calpoly.edu) or call 756-6139

**CHECK US OUT!** The Cal Poly Organic Farm is on TWITTER and FACEBOOK (on Facebook as Helmut "the tank" Lopez)!

Sophomore Success Week at Cal Poly, On Tuesday Sept 15th at 3pm CPOF will host CP sophomore's for a farm tour and veggie tasting!

Welcome new Cal Poly students! Week Of Welcome (WOW) participants will work on the Farm on Sept 16th (2-5pm) and Sept 17th (1-4pm). This is part of their orientation and day of service!

### Spinach Fun Facts...

Spinach has long been linked to prosperity. Eat spinach and increase your chances of making more money!

The French term "à la florentine" in recipes indicates that the recipe has spinach as a major ingredient.

Are you interested in learning more about organic gardening, school gardens or volunteering?? Come join us for our Farm-to-School apprentice program. The program is free to community members and students can earn credits. Meet weekly for a practical lesson in organic gardening and farming and share your knowledge to make a difference in your community. For more information please e-mail the farm at [orgfarm@calpoly.edu](mailto:orgfarm@calpoly.edu).

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# Community Announcements

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## **MICHAEL POLLAN LECTURE & Sustainability Fair**

Thursday, October 15th, 2009

*FREE MICHAEL POLLAN LECUTRE & Sustainability Fair!!* SARC is hosting a Sustainability Fair on the Performing Arts Center Plaza at 10AM which will feature both university and community sustainability-focused organizations. The Sustainability Fair is followed by a FREE public lecture given by Pollan at 11AM.

Also--The 5th Annual Sustainable Agriculture Resource Consortium (SARC) Fundraiser is just around the corner! On October 14th, 2009 a gourmet dinner at beautiful Rancho Arroyo Grande will be served with special guest MICHAEL POLLAN. This event is almost sold out, if you wish to reserve your seat call 805-756-5086 or visit the SARC website at [www.sar.calpoly.edu](http://www.sar.calpoly.edu) today!

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## **Margarita and Avocado Festival**

Saturday, September 19 2009

Morro Bay's Avocados and Margaritas Festival combines two great food groups into one big bash. For starters, guests can sample some of the finest locally grown av's and enter contests such as Best Local Avocado-Based Recipe or Best Guacamole Recipe. One of the local favorites is the contest called Best Dressed Avo. This Kid Event pits one kid against another to win grand prized for the best looking avocado costume.

Free concert entertainment will include several bands performing on stage. The Avocado and Margarita Festival is held at the Embarcadero in Morro Bay, California. Time is 11 a.m. to 6 p.m. It is sponsored by the Morro Bay Chamber of Commerce.

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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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Have a favotie recipe you would like to share? Email the Cal Poly Organic Farm ([orgfarm@calpoly.edu](mailto:orgfarm@calpoly.edu)) your best recipe which uses veggies from the CSA boxes and your recipe could be posted!

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

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## Lemon Gnocchi with Spinach and Peas

from Gourmet Magazine

- 1 cup frozen baby peas (not thawed)
- 1/2 cup heavy cream
- 1/4 teaspoon dried hot red-pepper flakes
- 1 garlic clove, smashed
- 3 cups packed baby spinach (3 ounces)
- 1 teaspoon grated lemon zest
- 1 1/2 teaspoons fresh lemon juice
- 1 pound dried gnocchi (preferably De Cecco)
- 1/4 cup grated parmesan



1. Simmer peas with cream, red-pepper flakes, garlic, and 1/4 teaspoon salt in a 12-inch heavy skillet, covered, until tender, about 5 minutes.
2. Add spinach and cook over medium-low heat, uncovered, stirring, until wilted. Remove from heat and stir in lemon zest and juice.
3. Meanwhile, cook gnocchi in a pasta pot of boiling salted water (3 tablespoons salt for 6 quarts water) until al dente. Reserve 1/2 cup pasta-cooking water, then drain gnocchi.
4. Add gnocchi to sauce with cheese and some of reserved cooking water and stir to coat. Thin with additional cooking water if necessary.

## Spaghetti with Braised Kale

from Bon Appetit

- 1 pound lacinato kale (about 2 bunches), large center ribs and stems removed, cut crosswise into 1/2-inch slices
- 3 tablespoons olive oil, divided
- 1 medium onion, finely chopped (about 1 1/2 cups)
- 8 large garlic cloves, thinly sliced
- 1/2 pound spaghetti
- 2 teaspoons fresh lemon juice
- Finely grated Parmesan cheese



1. Rinse kale. Drain; transfer to bowl with some water still clinging.
2. Heat 2 tablespoons olive oil in heavy large pot over medium heat. Add chopped onion and cook until soft and translucent, stirring occasionally, about 6 minutes.
3. Add sliced garlic and sprinkle with salt; cook until onion is golden brown, stirring occasionally, about 4 minutes.
4. Add kale and remaining 1 tablespoon olive oil and toss until wilted, about 3 minutes. Cover pot and reduce heat to medium-low. Continue cooking until kale is very tender, stirring occasionally and adding water by teaspoonfuls if dry, about 20 minutes.
5. Meanwhile, cook spaghetti in medium pot of boiling salted water until tender but still firm to bite, stirring occasionally. Drain, reserving 1/4 cup cooking liquid. Add cooked spaghetti to kale mixture in pot. Add lemon juice and 2 tablespoons reserved cooking liquid; toss to combine, adding more liquid by tablespoonfuls if dry.
6. Sprinkle spaghetti with grated Parmesan cheese and serve.

# RECIPES Continued... mmmm...

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## Roasted Tomatillo Salsa

from Gourmet

- 1 1/2 pounds fresh tomatillos or 3 (11-ounce) cans tomatillos
- 5 fresh serrano chiles
- 3 garlic cloves, unpeeled
- 1/2 cup fresh cilantro
- 1 large onion, coarsely chopped
- 2 teaspoons coarse salt

1. Preheat broiler.
2. If using fresh tomatillos, remove husks and rinse under warm water to remove stickiness. If using canned tomatillos, drain and measure out 2 cups.
3. Broil chiles, garlic, and fresh tomatillos (do not broil canned) on rack of a broiler pan 1 to 2 inches from heat, turning once, until tomatillos are softened and slightly charred, about 7 minutes.
4. Peel garlic and pull off tops of chiles. Purée all ingredients in a blender.

## Easy Apple Crisp

from cooks.com

- 1 c. sugar
- 2 tsp. lemon juice
- 1/4 c. water
- 1/2 tsp. cinnamon
- 6 peeled and sliced large apples
- 3/4 c. flour
- 1/4 tsp. salt
- 6 t. butter



1. Combine 1/2 c. sugar, lemon juice, water and cinnamon in bottom of small baking pan.
2. Slice in apples. Blend remaining 1/2 c. sugar, flour, salt and butter until crumbly.
3. Spread over apples and pat smooth. Bake at 375 degrees for 40-50 minutes, until apples are tender and crust is browned.
4. Serve hot with ice cream.

**[www.calpolyorgfarm.com](http://www.calpolyorgfarm.com)**

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