



CAL POLY ORGANIC FARM

COMMUNITY SUPPORTED AGRICULTURE NEWSLETTER

September 19th-26th, 2009

IN THE BOX!

All Shares

Colored Bell Peppers

Tomatoes

Bunching Onions

Delicata Squash

Lettuce

Radish

Oranges (Old Creek Ranch,
Organic)

Apples (Swanton Pacific
Ranch, Organic)

Large shares

Spinach

Green Beans

Basil

Tomatillos

CPOF Announcements

This SUNDAY!!! 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. September 20th @ 3 p.m. Come out and enjoy a day at the farm!

Welcome back Cal Poly Students, the farm will have a booth at UU hour on Thurs 24th, 11-12 Dexter Lawn

TOMATO TASTING in front of the Campus Market on Wednesday, September 23 and Thursday, September 24th from 11-1pm. Come try the bountiful harvest!

Monday, September 28th, a Meal Planning Class from the Food Science and Nutrition Department class will visit the farm for a tour at 4pm

Notes from the farm...

Gift-of-Veggie gift certificates are available for purchase. This is a one time gift-certificate a great way to spread your love of CSA!

For more info about volunteer opportunities, contact us at www.calpolyorgfarm.com, orgfarm@calpoly.edu, on Twitter, on Face Book as Helmut "the tank" Lopez

Don't Get sick this Fall....

EAT YOUR VEGGIES!!!

Community Announcements

FREE Poultry Lecture

October 7th 7-9pm

Don't miss this free introductory lecture by internationally recognized instructor James Adkins on raising your own standard bred poultry! This will take place at the Crops Unit on the corner of Mount Bishop and Highland Drive. Please contact SARC at 805-756-5086 for more information!

25th Anniversary Coastal Cleanup Day 2009 (This Saturday!!)

What: The Environmental Center of San Luis Obispo County (ECOSLO) is hosting the 25th Anniversary of California Coastal Cleanup Day at twenty-eight beaches throughout the county. The purpose of Coastal Cleanup Day is to remove marine debris from the state's beaches and waterways, identify its sources and change behavior that causes pollution.

Volunteer!

Apple & Apple Cider Tasting

Saturday September 26th 1pm

Jack Creek Farms grows many different apple varieties. Here is your chance to sample some unusual varieties you perhaps haven't tried before. Varieties will vary depending upon the current day's harvest. You will also have the opportunity to sample fresh 100% pure juice apple cider made from a blend of fresh in season apples.

Admission is FREE!

www.jackcreekfarms.com

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! ...mmm...

Cauliflower Radish Salad

from allrecipes.com



- 4 cups cauliflowerets
- 1/2 cup sliced green onions
- 1 (8 ounce) can sliced water chestnuts, drained and halved
- 2/3 cup reduced-fat mayonnaise
- 2 tablespoons lemon juice
- 2 tablespoons dry ranch salad dressing mix
- 1 cup thinly sliced radishes

1. In a bowl, combine the cauliflower, onions and water chestnuts. In a small bowl, combine the mayonnaise, lemon juice and salad dressing mix.
2. Pour over vegetables; toss to coat.
3. Cover and chill for at least 2 hours.
4. Just before serving, stir in radishes.

Cranberry-Orange Muffins

from Gourmet Magazine



- 3/4 c. sugar
- 1 c. coarsely cut cranberries
- 2 c. sifted all-purpose flour
- 1 1/2 tsp. baking powder
- 1 tsp. salt
- 1/2 tsp. soda
- 1 beaten egg
- 3/4 c. orange juice
- 3 tbsp. salad oil
- 1 tsp. grated orange peel

1. Combine cranberries and sugar. Set aside while sifting dry ingredients together. Add cranberry mixture and stir in.
2. Combine egg, juice and oil. Add to dry ingredients and stir just until moistened.
3. Spoon batter into greased muffin cups or cupcake liners. Bake at 375 degrees for 25 minutes. May be baked in 9 1/2 x 5 x 3 inch loaf pan at 350 degrees for 50 minutes.

RECIPES Continued... mmmm...

Healthy Stuffed Bell Peppers

from The Food Network

Six whole bell peppers (red, yellow or orange preferred)
One pound lean ground beef
1C. brown rice
1 can crushed tomatoes
1 can chicken stock
1 garlic clove, minced
Coarse salt & freshly ground black pepper



1. Preheat oven to 350F.
2. Season the meat with salt and pepper and brown in skillet on medium-temperature.
3. In the meantime, cook the rice with half the amount of liquid (using chicken stock rather than water will add flavor) and half the time as noted on the box directions. Once the rice mixture is transferred to the peppers, the liquid in the peppers will cook the rice the remainder of the way in the over. Be careful not to over cook the rice before filling the peppers as it will get soggy.
4. Add the can of tomatoes, liquid and all, into the skillet with the ground beef.
5. Once the rice is done, add that too to the skillet along with the minced garlic and salt and pepper.
6. Combine all ingredients well.
7. Cut the tops off the peppers and remove all the seeds from inside.
8. Take your meat and rice mixture and fill the peppers to the top. If there's any extra stock from the rice, add it to each individual pepper. After the peppers are full, put the tops back on.
9. Cover the entire baking dish with aluminum foil and throw the dish into the over for 50 minutes.
10. Remove the foil and cook for an additional 10 minutes.

Community Shared Recipe!

Bruschetta with Tomatoes and Basil

from valued volunteer Lisa Ankenbrandt

3 good sized tomoatoes, finely chopped
1/2 cup chopped fresh basil
3 large cloves garlic finely chopped
3 tablespoons extra-virgin olive oil
1 1/2 teaspoons balsamic vinegar
salt and pepper to taste

This is great as a pasta sauce or as a traditional spread on italian bread.

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