



CAL POLY ORGANIC FARM

CSA NEWSLETTER

JANUARY 30TH - FEBRUARY 6TH

Call: 805-756-6139 Visit: www.calpolyorgfarm.com

What's in your box?

All Shares:

Broccoli, Cauliflower (Green or White colored), Kale, Lettuce, Carrots, Satsumas (Cal Poly citrus, conventional), Butternut, Leeks

Large Shares:

Dill, Chanterelles Mushrooms (John Sordelet, conventional), Bunching onions

Farm Announcements

February 15th is Presidents Day Holiday, all Monday folks please pick up on TUESDAY, Feb. 16th.

Please send in your favorite recipes and/or local activity information to share with all Cal Poly Organic Farm subscribers! (Thank you to those who send in recipes already!)

Did You Know...

*The leek, also sometimes known as *Allium porrum*, is a vegetable which belongs, along with the onion and garlic, to the Alliaceae family. The edible part of the leek plant is a bundle of leaf sheaths which is sometimes called a stem or stalk. Leeks can be prepared in various ways:*

- Boiled, which turns it soft and mild in taste.*
- Fried, which leaves it more crunchy and preserves the taste.*
- Raw, which can be used in salads, doing especially well when they are the prime ingredient.*
- A traditional Welsh cawl (a form of soup) is made with leek; the cawl is made using root vegetables such as swede, carrots and potatoes and different meats.*

Community Announcements

CHILDREN'S TIE-DYE

Here is your chance to make something groovy! On the 29th, 30th & 31st visit the Children's Museum for our very first tie-dyeing workshop. Design your own colorful shirt provided by the Museum. Make sure to wear old clothes because we may get messy. Activity fee is \$5 per child.

CAL POLY YOU-PICK

The Cal Poly citrus, avocado and deciduous farm enterprise students invite the public to come pick fresh and delicious Cal Poly mandarin oranges every Wednesday from 1 to 4:30 p.m. and Saturday from 10 a.m. to 1 p.m. through February. (Rain cancels.) Other fruit and nuts will also be available for purchase, including Hachiya Persimmons, Payne Walnuts, Lisbon Lemons and Kiwi fruit. To find the Cal Poly orchards, take the Highland Drive entrance to campus on Highway One. Follow the U-Pick signs to the fruit sales area on the south side of Highland Drive. For more details, call the farm at 805-756-2224, ext. 2, or e-mail questions to cpcitrusandavo@yahoo.com.

FEB 14th Happy Valentine's Day at Morovino Winery in Avila Beach (1st St). Wine and cheese pairing in the evening. Morovino is a Cal Poly Organic Farm drop off site. More info www.morovino.com.

Just So You Know:

Chanterelle Mushrooms, collected by John Sordelet

Chanterelle Mushrooms grow in the wild areas of coastal California. They are easily distinguished by their parallel ribs. They are best eaten in soups because their flavor is subtle. And, if you can leave the soup overnight and eat it the next day, they taste even better! You can also sautee them but they contain a lot of water and reduce down. They are quite a delicacy and are picked by our local young farmer John Sordelet who owns a small farm behind Lopez Lake. for more info go to <http://www.wild-harvest.com/pages/chanterelle.htm>, ENJOY!

This Week's Recipes

Steamed Bokchoy with Miso Lemon Marinade

Lisa Ankenbrandt

- 1 Tablespoon miso
- 2 tablespoons water
- 2 tablespoons fresh lemon juice
- 2 tablespoons dark sesame oil
- 1 tablespoon peeled and grated fresh ginger root
- 2 cloves garlic, minced
- 1/4 cup mirin (sweet rice wine) or sweet sherry
- 1 tablespoon soy sauce



In a bowl whisk together the miso and water until smooth. Whisk in the remaining ingredients until well blended.

Bokchoy:

Wash well and cut into quarters if large or halves if small, lengthwise. Steam until lower stems are tender, for about 5-7 minutes.

Serve over rice with marinade.

Spinach, Tomato and Cheese Loaf

Christine Heinrichs

- 2 cups cooked, drained spinach or braising greens
- 2 1/4 cups drained canned tomatoes
- 1/4 cup chili sauce or ketchup
- 1/2 lb. grated cheese – I like cheddar or jack
- 1 cup cracker or bread crumbs
- 1 tablespoon finely chopped onion or juice of 1/2 onion
- Salt and pepper to taste



1. Preheat oven to 350
2. Combine all ingredients in a bowl and toss until blended.
3. Place in a greased loaf pan. Bake 35 minutes. Garnish with crisp bacon if desired.

This Weeks Recipes Continued...

Butternut Squash Bisque with Gruyere Croutons *V2 Bistro*

Bisque:

- 3 pounds butternut squash (about 2 medium squash)
- 1/4 cup butter
- 1 large onion, finely chopped
- 2 quarts low-sodium chicken broth
- 1 Tablespoon dried thyme
- 1/8 cup whipping cream (optional)

Croutons:

- Olive oil
- 24 baguette slices, about 1/4 inch thick
- 1 cup Roth Käse Grand Cru Gruyere cheese, grated



For bisque:

- Preheat oven to 425. Prepare the squash: cut in half, remove seeds, and brush cut side with oil. Place cut side down on baking sheet and bake for 45 minutes, or until soft. Let cool to where you can touch it.
- Melt butter in large pot over medium heat. Add onion and sauté until tender, taking care not to burn or brown.
- Scoop out squash flesh and add to pot along with thyme. Bring to boil, then reduce heat, cover and simmer until squash is very tender, about 20 minutes.
- Using immersion blender, puree soup until smooth. Alternatively, carefully pour into blender or food processor and puree. Stir in cream (if desired) and serve hot.

For croutons:

- Arrange bread slices on baking pan and drizzle with olive oil. Broil until golden, about 1 minute. Remove from oven and turn over. Sprinkle with cheese and return to broiler for about 1 minute until cheese melts.

Vihuela Wine Pairing: 2003 Syrah, a light bodied, peppery Rhone-style wine

V2 (V-squared) Bistro is the integration of Vihuela Winery and Vivant Fine Cheese. Located at 840 11th Street across from the movie theatre in downtown Paso Robles, the bistro offers fine wine, gourmet cheese, and a delectable menu which can be enjoyed on the ambient patio. The menu includes panini sandwiches, flatbread pizzas, and cheese plates; Vihuela Syrah, Cabernet Sauvignon, and unique blends are available by the taste, glass, or bottle. When the weather became chilly this fall, V2 began to offer a soup of the day, featuring Cal Poly Organic Farm produce. In coming months, the Bistro plans to continue offering seasonal fare featuring Cal Poly Organic Farm produce.