



CAL POLY ORGANIC FARM

CSA NEWSLETTER

FEBRUARY 20TH - FEBRUARY 27TH

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

WHAT'S IN YOUR BOX?

All Shares:

Lettuce, Carrots, Leeks, Fennel, Braising Greens, Grapefruit (Cal Poly Fruit, conventional), Kiwi (Mallard Lake Ranch, conventional), Chives

Large Shares:

Radish, Satsuma's (Four Elements Farm, organic)

FARM ANNOUNCEMENTS

BIG SKY SERVING CPOF VEGGIES THIS TUES. & WED.!

Big Sky is serving our produce in the stew mentioned below, on Tuesday and Weds. Next week. Thanks Big Sky!! Can't wait to try this stew!!

"Those Turnips went into a Boneless Beef Short Rib Stew, that knocked the socks off of everybody that ate it. And let me tell you, alot of people ate it! I am sure that you well know, beef stew isn't really in our "style", but WOW it was well received. We are also featuring it simply slow roasted with butter on our "Local/Sustainable/Organic" plate, and the cooks just can't stop snacking on it." - Greg, Big Sky

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!)

COMMUNITY ANNOUNCEMENTS

FAMILY FUN: 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.

SAVING THE SEEDS RADIO SHOW: CONSERVING HEIRLOOM SEEDS

Where there were many seed companies, there are now but few. Their consolidation of the gene pool leads us to ask. Why save the many when a few might do? <<http://www.metrofarm.com/>> This Saturday at 9am Pacific, Michael Olson's Food Chain Radio hosts John Torgrimson, Editor, Seed Savers Exchange, for a conversation about saving heirloom seeds. Topics include how heritage seeds differ from hybridized and engineered seeds; why some believe it is important to save the genetics embodied in heirloom seeds; and how heirloom seeds can be saved and exchanged. Listen on your radio, computer or IPOD: Food Chain Radio <http://www.metrofarm.com/mf_Food_Chain_Radio.php>

CAL POLY TO HOST 'CHANGE THE STATUS QUO' CONFERENCE FEB. 26 AND 27

Cal Poly's Student Community Services will host the eighth annual "Change the Status Quo: A Student's Role in Shaping Society" conference Feb. 26 and 27. The conference is open to the campus community and the public. "Change the Status Quo" focuses on educating and connecting activists on a variety of issues, bringing together people who share a passion for making a difference in their community and the world. Cost for Feb. 27 is \$10 for students and \$20 for non-students and includes a t-shirt and local/organic breakfast and lunch. Registration is under way now. For more information or updates, send e-mail to changethestatusquo@gmail.com or visit <http://studentlife.calpoly.edu/scs/quo/>

NEW YOGA & MASSAGE STUDIO

m.BODY yoga, m.BODY massage, m.BODY life! CSA supporters and Poly grads, Tawny and Peter Sterios recently opened the doors to m.BODY, a uniquely refreshing yoga and massage studio just outside of downtown SLO. Offering 14 classes a week for the beginner and the experienced yogi, as well as a women's ecstatic dance circle, these classes are all affordably priced making this place a hidden gem worthy of experiencing. m.BODY revives and replenishes the soul with a relaxing atmosphere, massages, local teas and a garden to admire. As a shared community space, m.body is available for you to rent for events and parties. Please join us on Sat February 20th, for a 'Give your Heart to Haiti' yoga class. Donations raised will be going to help heal Haiti. Come enjoy your BODY at: 780 Caudill Street San Luis Obispo , California 93401. For more information contact info@mbodyslo.com <<mailto:info@mbodyslo.com>> or visit www.mbodymassage.com <<http://www.mbodymassage.com>> or visit www.mbodymassage.com <<http://www.mbodymassage.com>>

THIS WEEK'S RECIPES

BRAISED CABBAGE WITH RED BEANS AND RICE

- 2 tablespoons olive oil
- 1 onion, chopped
- 1 carrot, chopped
- 1 med to large cabbage, shredded
- 4 cups veggie broth (Trader Joe's organic low sodium is good)
- 1 cup rice
- salt and pepper to taste
- 1 can red kidney beans, drained



In large, deep-sided skillet with a lid or a medium stockpot, heat the oil over medium heat. Add the onion and carrot, stirring occasionally, until softened, about 10 minutes.

Add the cabbage and 1 cup of broth, tossing to combine. Cover and cook over medium-low heat for 20 minutes, stirring a few times. Add the remaining broth, bring to a boil over high heat. Add the rice, salt and pepper. Reduce heat to medium-low, cover and cook until the rice is tender and most of the broth is absorbed, about 20 minutes.

Add the beans and cook, uncovered, stirring occasionally, until heated through, about 5 minutes. Serve warm.

TURNIPS WITH GREENS

- 4 cups peeled turnips, julienne (matchsticks)
- 2 cups quartered and thinly sliced onions
- 5 tablespoons olive oil
- 1 tablespoon minced fresh oregano (2 teaspoons dried)
- 1/4 teaspoon salt
- 4 garlic cloves, minced
- 8 cups rinsed, stemmed and sliced greens (braising greens, kale, chard, arugula, turnip greens, beet greens, mustard greens)

Preheat oven to 350 degrees. Oil a baking sheet. Place the turnips and onions in a bowl and toss them with 4 tablespoons olive oil and oregano. Spread evenly on baking sheet and sprinkle with salt and pepper.

Bake for 20-30 minutes, or until the ends of the turnips are golden brown. Remove and set aside. In a skillet at medium high heat, cook the garlic in the remaining oil until soft. Add the greens. Cook, stirring often for about 15 minutes, until greens are tender. Remove from heat. Serve the greens in a shallow serving bowl, topped with the roasted turnips and onions. Garnish with parsley or chives.

THIS WEEKS RECIPES CONTINUED...

CARAMELIZED FENNEL

- 2 fennel bulbs
- 1 Tbsp. olive oil
- 1/4 cup chopped red onion
- 1 tsp. sugar
- 1/2 tsp. kosher salt



Wash and trim fennel bulbs: Cut off stalks and root end. Cut bulbs in half, discarding the tough cores. Continue slicing, as you would an onion.

Heat olive oil in a skillet over medium heat. Add fennel and onion.

Reduce heat to medium-low. Cook, stirring occasionally, for 5-7 minutes until fennel softens.

Add sugar and salt. Cook another 7-10 minutes until fennel and onions are tender.

DID YOU KNOW....

Fennel is one of the most underused vegetables in cooking for kids Why? Well, it smells like licorice when it's raw, and most kids like that. And it becomes sweet and mellow when cooked, like onion. And like onion, fennel enhances the flavor of whatever it's paired with. Finally, fennel aids digestion. Some people give fennel tea to infants to relieve digestive discomfort. To prepare fennel, trim and discard the stalks. Cut off the root end and slice the bulb as you would an onion. Tell the kids you're making licorice for dinner and give them a whiff before you cook it. Now that will pique their interest!

