



CAL POLY ORGANIC FARM

CSA NEWSLETTER

FEBRUARY 6TH - FEBRUARY 13TH

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

What's in your box?

All Shares:

red or purple top turnips, bunching onions, radishes, salad mix, kale, celery, citrus (Cal Poly, conventional), cabbage, parsley

Large Shares:

fennel, red potatoes, avocados (Mallard Lake Ranch, conventional)

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!)

CAL POLY ORGANIC FARM'S MISSION UNFOLDING

In the February edition of the Santa Lucian (the local chapter of Sierra Club's newsletter), Anastasia Killham (a farm volunteer) wrote about the numerous new farmers that got their start at the Cal Poly Organic Farm. Please see the article at <http://santalucia.sierraclub.org/lucian/2010/02Feb>. If you are interested in writing about the farm, local food and or organic food please contact us for a list of media contacts.

Community Announcements

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.

CAL POLY'S Environmental Council's monthly beach clean-up.

When: Saturday, February 6th 10am-12pm

Where: Avila Beach (meet at Avila)

Whale Rock Reservoir Tree Planting with OneCoolEarth

What: We will be headed to Whale Rock Reservoir with the goal of planting 100 trees throughout the day. Bring appropriate shoes for mud, warm clothing, water and personal supplies. We will provide lunch!

When: Saturday, Feb 6th 10:00am - 1:00pm

Where: Meet at Cal Poly Administration Building Parking Lot (by flag pole), carpool to Whale Rock Reservoir

STRENGTHENING THE ROOTS: FOOD & JUSTICE CONVERGENCE

WHAT: THE COLLABORATIVE PROJECT OF THE CALIFORNIA STUDENT SUSTAINABILITY COALITION AND REAL FOOD CHALLENGE THAT WILL BRING TOGETHER HUNDREDS OF YOUNG ACTIVISTS AND LEADERS WORKING FOR SUSTAINABILITY AND SOCIAL JUSTICE. THE PLACE TO BE FOR ANYONE INTERESTED IN VISIONING AND CREATING FOOD SYSTEMS THAT TRULY NOURISH PEOPLE AND THE EARTH. REGISTRATION FOR STRENGTHENING THE ROOTS IS NOW OPEN – GO TO [HTTP://WWW.REALFOODCHALLENGE.ORG/STR2010](http://www.realfoodchallenge.org/STR2010) TO LEARN MORE AND REGISTER TODAY.

CREATIVE MEDIATION & CREEKSIDE BREWERY BEER AND FOOD TASTING

This is a benefit Event. the beer and food tasting is Friday, March 12th from 6-9 pm at the Creekside Brewing Company in downtown SLO. The address is 1040 Broad Street in the Downstairs Lounge. The \$40 entrance fee includes: 5 Beer & Food Pairings · Live Music · Silent Auction. All proceeds benefit the families and individuals served by Creative Mediation. To purchase tickets, or for more information, please contact Creative Mediation at (805) 549-0442 or jdell@creativemediation.net This is a 21 and over event. Space is limited.

This Week's Recipes

TUSCAN RIBOLLITA

3 garlic cloves, peeled and smashed
1 small onion, peeled and roughly chopped
1 carrot, peeled and chopped
1 celery stalk, chopped
4 ounces pancetta or ham, chopped
1/2 cup olive oil
1 15-ounce can whole peeled tomatoes
3 15-ounce cans cannellini or great northern beans, drained and rinsed
2 cups chicken broth
1 sprig fresh rosemary
1 bunch kale, roughly chopped
1/2 cup toasted bread crumbs
Grated parmesan



In a large pot over medium heat, sauté the first five ingredients in 2 tablespoons of the olive oil for 5 minutes.

Add the tomatoes and their juices, along with the beans, broth, and rosemary. Simmer, covered, until the beans break apart, about an hour.

Add the kale and cook for 5 to 7 minutes more. Stir in the bread crumbs and serve, drizzled with the remaining olive oil and sprinkled with the cheese.

GLAZED BABY TURNIPS AND CARROTS

Epicurious.com

1 pound turnips
3/4 pound baby carrots (about 2 pounds with green attached)
1 1/2 tablespoons unsalted butter
1/2 teaspoon sugar



Trim baby turnips and carrots, leaving about 1/2-inch stems if green were attached, and peel if desired. If using regular turnips, peel and cut into 1-inch pieces. In a steamer set over boiling water steam turnips and carrots separately, covered, until just tender, 6 to 8 minutes. Vegetables may be prepared up to this point 1 day in advance and kept covered and chilled.

In a large heavy skillet cook vegetables in butter with sugar and salt and pepper to taste over moderately low heat, stirring, until heated through and glazed, about 4 minutes.

This Weeks Recipes Continued...

CABBAGE SLAW

- 4 cups julienned Savoy or green cabbage
- 1 3/4 cups Pearl Oyster Bar Tartar Sauce
- 5 tablespoons sherry vinegar
- 1/2 teaspoon sugar
- 1/2 teaspoon kosher salt
- Pinch of freshly ground black pepper



In a large bowl, blend all the ingredients well. Refrigerate at least 3 hours before serving.

SPICY SPAGHETTI WITH FENNEL AND HERBS

- 1 3-ounce package pancetta (Italian bacon), chopped
- 1 tablespoon olive oil
- 3 garlic cloves, chopped
- 2 large red jalapeño chiles, seeded, finely chopped (about 1/4 cup)
- 2 large fennel bulbs, stalks trimmed, cut into thin wedges with some core attached
- 1 1/2 cups low-salt chicken broth
- 4 tablespoons finely chopped fresh Italian parsley, divided
- 2 tablespoons fresh lemon juice
- 1 1/2 teaspoons crushed fennel seeds
- 1 pound spaghetti
- 2 tablespoons extra-virgin olive oil
- 1 1/2 cups finely grated Pecorino Romano or Pecorino Toscano cheese, divided

Sauté pancetta in large skillet over medium heat until pancetta is golden. Using slotted spoon, transfer pancetta to paper towels. Add 1 tablespoon oil to drippings in skillet. Add garlic and chiles; sauté over medium heat 1 minute. Add fennel; cook until beginning to soften, 5 minutes. Mix in broth, 2 tablespoons parsley, lemon juice, and fennel seeds. Bring to boil. Reduce heat to low, cover, and cook until fennel is very tender, 20 minutes. Remove from heat. Season with salt and pepper.

Cook pasta until tender; drain. Reserve 1 cup cooking liquid. Return pasta to pot.

Uncover skillet with fennel mixture and return to high heat. Cook until almost all liquid is absorbed, about 4 minutes. Add fennel to pasta. Stir in 2 tablespoons oil, 1/2 cup cheese, and pancetta. Add cooking liquid by 1/4 cupfuls if dry. Toss pasta; transfer to serving bowl. Sprinkle 2 tablespoons parsley over. Serve with cheese.