



# Cal Poly Organic Farm Community Supported Agriculture Newsletter

## Celebrate Earth Day the Cal Poly Way!

**This Saturday, April 21<sup>st</sup>** from 10am to 4pm, the Cal Poly Organic Farm will host the fourth annual Earth Day Celebration in order to facilitate sustainability in a fun and informative way. This year the event coincides with the Cal Poly Open House, which also offers a variety of exciting campus activities throughout the day. The Cal Poly Organic Farm Open House/Earth Day Celebration is free and open to the public. (See directions below.)

The event will feature music from a guest DJ and will provide community members the opportunity to visit the Cal Poly Organic Farm and learn from sustainable gardening demonstrations, including composting, the "double dig" method, the making of a "lasagna bed," and pizza gardens.

There will be experts on hand to discuss organic and sustainable agriculture as well as farm tours throughout the day. Attendees are encouraged to walk, ride, or take the free shuttle, which leaves from the Cal Poly Campus on the hour, every hour from 11am to 4pm. This event is a family friendly event!



**Directions to the Cal Poly Organic Farm:** Take the Highland Drive entrance into Cal Poly from highway 1. At the first cross street, turn left onto Mount Bishop Road. After about ¼ mile, the road veers to the left. Bare **RIGHT** onto the dirt road to the right of the small Vet clinic. Go about ½ mile (past the Rodeo Unit) straight up to the top of the hill. The Student Experimental Farm is on the right, across from the Compost Unit. We hope to see you there!

### 10 Simple Things You Can Do This Earth Day!

#### 1. **Replace a regular incandescent light bulb with a compact fluorescent light bulb (cfl)**

CFLs use 60% less energy than a regular bulb. This simple switch will save about 300 pounds of carbon dioxide a year.

#### 2. **Take a shower instead of a bath**

A shower takes up to four times less energy than a bath. To maximize the energy saving, avoid power showers and use low-flow showerheads, which are cheap and provide the same comfort.

#### 3. **Plant a tree**

A single tree will absorb one ton of carbon dioxide over its lifetime. Shade provided by trees can also reduce your air conditioning bill by 10 to 15%. The [Arbor Day Foundation](#) has information on planting and provides trees you can plant with membership.

#### 4. **Reuse your shopping bag**

When shopping, it saves energy and waste to use a reusable bag instead of accepting a disposable one in each shop. Waste not only discharges CO<sub>2</sub> and methane into the atmosphere, it can also pollute the air, groundwater and soil.

#### 5. **Buy organic foods as much as possible**

Organic soils capture and store carbon dioxide at much higher levels than soils from conventional farms. If we grew all of

### Week 4 Produce

23 April - 27 April 2007



Carrots - CPOF

Onions - CPOF

Salad Mix - CPOF (full)

Beets - CPOF

Parsnips - CPOF

\*Parsley or Rosemary - CPOF

\*Oregano - CPOF

Arugula - CPOF

Lettuce - Growing Grounds

\*Asparagus (full) Hausna Farms

\*Sprouts - Mt.Olive Farms

\*Certified Organic

our corn and soybeans organically, we'd remove 580 billion pounds of carbon dioxide from the atmosphere! Plus, organic food is great for you!

**6. Buy fresh foods instead of frozen**

Frozen food uses 10 times more energy to produce.

**7. Buy locally grown and produced foods**

The average meal in the United States travels 1,200 miles from the farm to your plate. Buying locally will save fuel and keep money in your community.

**8. Seek out and support local farmers markets**

They reduce the amount of energy required to grow and transport the food to you by one fifth. You can find a farmer's market in your area at the [USDA website](http://www.usda.gov).

**9. Keep your car tuned up**

Regular maintenance helps improve fuel efficiency and reduces emissions. When just 1% of car owners properly maintain their cars, nearly a billion pounds of carbon dioxide are kept out of the atmosphere.

**10. Buy intelligently**

One bottle of 1.5l requires less energy and produces less waste than three bottles of 0.5l. As well, buy recycled paper products: it takes less 70 to 90% less energy to make recycled paper and it prevents the loss of forests worldwide. Also, choose products that come with little packaging and buy refills when you can. By doing so, you will also cut down on waste production and energy use!

For more Environmental Tips, check out <http://www.earthday.net/involved/envtips/default.aspx>

## VEGETABLE OF THE WEEK: Parsnips



Parsnips look like weird carrots and many of us have only read of them in The Tales of Peter Rabbit but their spicy taste can add zip to a meal. Pan glaze them in butter and brown sugar, add a pinch of nutmeg, and they're a little like candied sweet potatoes. Microwave on high for five to seven minutes and puree with potatoes or mash with turnips. It's time to get to know parsnips!

(See below for more recipes and for vegetables you can substitute for parsnips.)



### NUTRITION

Per ½ cup boiled parsnip: Calories: 63, Carbohydrates: 15 g, Fiber: 3 g, Protein: 1 g, Fat: 0 g, Cholesterol: 0 mg, Sodium: 8 mg, Potassium: 286 mg, Vitamin C: 10 mg, Folate: 45 µg

The parsnip is richer in many vitamins and minerals than its close relative, the carrot. It is particularly rich in potassium with 600 mg per 100 g. Parsnip is also a good source of dietary fiber. 100 g of parsnip contains only 55 Calories.

Many recipes call for parsnips to remain unpeeled for richer flavor.



Parsnips are a very good source of potassium and therefore can be considered a healthy food as they can help reduce blood pressure. They also contain many of the B vitamins and some vitamin C although this is reduced through cooking.



## SELECTION, STORAGE, and USE

When storing parsnips keep in a plastic bag and place in the vegetable drawer to keep fresh for 4 to 5 days.



Parsnips have a sweet, nutty flavor that some actually complain is too sweet. They are best after being exposed to cold temperatures so that their starch content is converted into sugar. If tender, parsnips can be eaten raw.

Small pieces of raw parsnip add texture and a tingly taste to mixed green salads. Parsnips may be boiled, but steaming retains their full flavor. Because of their strong flavor, use parsnips with discretion in soups and stews.

The parsnip is a root vegetable related to the carrot. Parsnips resemble carrots, but are paler and have a stronger flavor. Like carrots, parsnips are native to Eurasia and have been eaten there since ancient times. Indeed, until the potato arrived from the New World, its place in dishes was occupied by the parsnip. Parsnips can be boiled, roasted or used in stews, soups and casseroles.

## RECIPES

### Carrot and Parsnip Latkes

**Yields:** About 16 latkes

**Cook Time:** 5 minutes per batch

**Total Time:** 50 minutes

#### INGREDIENTS:

2 medium carrots, peeled and coarsely shredded  
 5 small parsnips (about 1 pound), peeled and coarsely shredded  
 1/4 cup all-purpose flour  
 2 large eggs, beaten  
 1 teaspoon snipped chives or green onion  
 1 teaspoon chopped parsley  
 Salt and freshly ground black pepper to taste  
 Vegetable oil for frying

#### DIRECTIONS:

1. In large bowl, toss carrots and parsnips with flour. Add eggs, chives or green onion, parsley, and salt and pepper to taste. Mix until evenly moistened.
2. In 12-inch skillet, heat 1/4 inch oil over medium-high heat until barely smoking. With hands, press together about 1/4 cup vegetable mixture, place in skillet and flatten with wide metal spatula. Repeat to make 3 more latkes.
3. Cook latkes about 5 minutes, turning once, until browned on both sides. (Reduce heat if latkes are browning too quickly.) Transfer latkes to platter lined with paper towels to drain. Cover loosely with foil; keep warm. Repeat with remaining vegetable mixture.

Editor's note: We used 1/2 teaspoon salt and 1/4 teaspoon pepper in the recipe.

**From the book:** *Jewish Cooking in America*

## BUTTERED FRIED PARSNIPS

4 servings

2 lbs. parsnips  
Salt & pepper to taste  
4 tbs. butter  
1 tbs. parsley  
1/8 tsp. nutmeg



Wash, trim and scrape the parsnips. Cut into uniform pieces and boil in salted water, 25 to 30 minutes or until tender. Drain well, and let dry.

Just before serving, heat the butter in a skillet and saute over moderate heat until light brown on all sides, letting the parsnips caramelize a little in their own sugar. Season with the nutmeg, salt and pepper and serve in a warm vegetable dish, garnished with parsley.

## Cream of Parsnip Soup with Crab Meat and Wild Mushroom Relish

From chef and author Emeril Lagasse 1998

(This recipe can be made with other root vegetables! See the variations at the end of this CPOF newsletter).

### Ingredients

1 tablespoon olive oil  
2 cups minced onions  
salt  
freshly ground white pepper  
3 pounds of fresh parsnips, peeled and medium diced  
1 tablespoon chopped garlic  
8 cups chicken stock  
1/2 to 1 cup heavy cream (optional)  
fried parsnip strips  
1 recipe of Crab Relish (see below)  
1 teaspoon finely chopped fresh parsley

### Directions:

In a gallon stock pot, heat the oil. When the oil is hot, add the onions. Season the onions with salt and pepper. Sauté the onions for 2 to 3 minutes or until wilted. Add the vegetables and garlic. Season with salt and pepper. Stir in the stock and bring the liquid to a boil.

Reduce the heat to a simmer and continue to cook for 1 hour, or until the vegetables are very tender, stirring occasionally. Using a blender, puree the soup until smooth. Slowly stir in the cream. Reseason with salt and pepper if needed.

To serve, ladle the soup into the individual bowls. Peel strips of parsnip with a vegetable peeler. Fry peeled parsnips in vegetable oil and drain with a paper towel. Mound the parsnip strips in the center of each bowl. Place a spoonful of the relish in the center of each parsnip mound. Garnish with parsley. Serve warm.

Yields: 8-10 servings - from - <http://www.wchstv.com/gmarecipes/creamparsnipsou.html>

## Crab Meat and Wild Mushroom Relish

1 tablespoon butter  
1 ear of sweet corn  
2 cups Exotic mushrooms, such as chanterelles, shiitakes, lobster, hedge hogs, etc.  
salt  
freshly ground black pepper  
1 tablespoon chopped garlic  
1/2 pound lump crab meat, shelled and picked over for cartilage  
1/4 cup chopped green onions, green part only  
1 teaspoon finely chopped fresh parsley leaves

### Directions

In a sauté pan, over medium heat, melt the butter. Using a sharp knife, remove the kernels from the corn cob (about 1/2 cup). Add the corn and mushrooms. Season with salt and pepper. Sauté the vegetables for 2 to 3 minutes, or until slightly wilted. Add the garlic, crab meat and green onions. Season with salt and pepper. Continue to sauté for 1 minute.

Remove from the heat and stir in the parsley. Serve warm.

Yields: About 1 1/2 to 2 cups.



Here's some interesting information and a recipe from <http://www.bellaonline.com/articles/art45902.asp>:

If you're looking for a super-easy, quick way to "try" out parsnips, get a single parsnip and peel it. Shred it, and sprinkle those shreds over one of your favorite salads. Now you'll get the nutrition and a hint of the flavor without having to go through a lot of work. The taste is really mild, so that shouldn't put off anybody new to this vegetable.

If you have a favorite stew or soup recipe, peel the parsnips then slice them into small circles and toss them in. Again, they'll be relatively mild in flavor, will soak up the flavors of your creation and provide some nice nutrition to you.

## BAKED PARSNIPS

10 parsnips  
2 cups milk  
2 eggs  
salt, pepper  
dash nutmeg  
butter

First, boil a pot of water and cook the whole, unpeeled parsnips in it until they're tender but not mushy. This time will vary depending on the parsnip size you use. Cool them down.

Preheat the oven to 325F. Now peel the parsnips, then slice them into strips. Put them into a baking dish. Mix up the egg, milk, salt, pepper and nutmeg and pour this over the parsnips. Add squares of butter on top.

Bake for 45 minutes.

This is about 6g per serving, very tasty, and quite good for you! This is a super easy recipe to make - if you have a normally stocked pantry, really the only thing you need to get is the parsnips, and as root veggies, they keep for a while.

## Vegetables That Can Be Substituted For Parsnips

**General** - Idaho potatoes, new potatoes, fingerling potatoes, purple potatoes, carrots and sweet potatoes.

**Beets** - Commonly known as the garden beet, this firm, round root vegetable has leafy green tops, which are also edible and highly nutritious. The most common color for beets (called beatroots in the British Isles) is a garnet red. However, they can range in color from deep red to white, the most intriguing being the Chioggia (also called candy cane) with its concentric rings of red and white. Beets are found year round and should be chosen by their firmness and smooth skins. In addition to the garden beet, the spinach or leaf beet (swiss chard), the sugar beet and the mangold.

**Parsnip** - A sweet root vegetable similar to the carrot in shape, with a creamy-white root. Native to Europe but now found in the U.S. They are available all year, but are at their peak during the fall and winter. Almost any cooking method can be used, including caking, boiling, sautéing and steaming. Boiling is the most common method.

**Turnip** - This root is very popular in Great Britain and northern Europe. The white fleshed turnip has a white skin with a purple-tinged top. The yellow turnip is actually a turnip relative of the Rutabaga. They are available all year with peak season from October to February. The turnip can be boiled or steamed, then mashed or pureed.

**Scorzonera (Black Salsify)** - This black flesh root vegetable is also known as "oyster plant" because its taste resembles a delicately flavored oyster. Salsify is shaped like a parsnip and can reach 12 inches in length and 2 1/2 inches in diameter. This root is very common in Europe but can be found in the U.S. from June to February. Found commonly in Italian and Greek markets. Salsify is generally eaten plain as a vegetable or used in savory pies and soups.

**Daikon Radish** - From the Japanese word dai for large and kon for root. This vegetable is a large Asian radish with a sweet, flesh flavor. The flesh is crisp, juicy and white, while the skin can be either creamy white or black and ranges from 6 to 15 inches in length and 2 to 3 inches in diameter. They are usually raw in salads, shredded as a garnish or stir-fry.

**Celery Root (Celeriac)** - This ugly, knobby brown vegetable is actually the root of a special celery cultivated specifically for its root. Celery root tastes like a cross between a strong celery and parsley. It's available from September through May. This root can range in size from the size of an apple to that of a small cantaloupe. (Before using, peel and soak briefly in acidulated water to prevent discoloration.)

