



Cal Poly Organic Farm Community Supported Agriculture Newsletter

Welcome to Week 20! As always, life on the farm is grand!

An invitation:

SLOW Food Reunion & Tasting at Cal Poly: 2/4

The SARC is pleased to co-host the following SLOW Food event. Please join us for a stimulating conversation and a sampling of some superb foods!

The San Luis Obispo Slow Food Convivium, in collaboration with Cal Poly's Sustainable Agriculture Resource Consortium (SARC), invites you to join them on Sunday, February 4th from 1-4PM for a "REPORT FROM TERRA MADRE"

Local delegates Hunter Francis, SARC Program Associate, and Maegen Loring, chef/owner of The Park Restaurant in San Luis Obispo, will share their photos and experiences of Terra Madre, the Slow Food international gathering held biennially in Turin, Italy - this year with more than 8,000 food producers, educators and chefs from 150 countries.

A TASTING OF ARTISANAL FOODS from our regional producers will follow the presentation!

The event will take place at the Crops Unit on the Cal Poly campus at the corner of Highland Drive and Mount Bishop Rd. Plenty of free parking is available. A fee of \$10 for current Slow Food members, \$15 for non-members and \$5 for students will be collected at the door. For more information about the event, call 756-5086. To find out more about Terra Madre, visit: www.terramadre2006.org or the Slow Food movement at www.slofoodusa.org.

A change in the newsletter

Terry Cousins, our newsletter coordinator, is leaving the farm to volunteer in a Guatemalan medical clinic. Good luck Terry!!!

As we transition, we may repeat some info, particularly our vegetable of the week. We invite you to help us plant the seeds of our upcoming newsletters. What would you like to know and read about? We also plan to regularly feature inventive and traditional recipes. Please send any announcements, information, and requests of information you would like included in the newsletter to bucolic@mac.com or you can leave items for Sherri Ovington at the pick-up shed. I would also love it if members would be willing to share favorite recipes and techniques for using the amazing produce from the CSA.

Thanks and good eating.

Fall/Winter Season 2006 - 2007

Week 20 Produce

28 January - 3 February

- *Broccoli Rabb - TKP Farms
- *Sprouts - Mt. Olive Farms
- *Walnuts - Haussler Farms
(full only)
- *Avocados - Old Creek Ranch
- *Kiwis - Haussler Farms
- Butternut Squash - CPOF
- Trevesio - CPOF (full only)
- Cabbage - CPOF (full only)
- Green Onions - CPOF
- Arugula/Braising Salad Mix -
CPOF
- White Butter Turnips - CPOF

VEGETABLE OF THE WEEK: BUTTERNUT SQUASH



All squashes are members of the *Curcubita* family that produces varieties of every color, texture, shape, size, and range of flavors. There are winter squashes with tough skins that are mostly autumn harvested and soft-skinned summer squashes that are mostly available in summer. However, with today's advanced horticultural practices, squashes of almost all varieties are available year round. Large seed companies and agriculturists worldwide are constantly developing new varieties of squashes.

The three main categories that exist in the *Curcubita* family are:

Curcubita pepo- includes zucchini, summer squashes, acorn, spaghetti, table queen, pumpkin, and colored gourds.

Curcubita maxima- embraces hubbard, banana, buttercup, golden nugget, marblehead, and pumpkin.

Curcubita moschata- includes butternut, ponca, waltham, pumpkin, and calabaza.

Butternut squash is a seasonal favorite though it is often available year round. Butternut is a more watery squash and tastes somewhat similar to sweet potatoes. It is the preferred squash of many cooks because it's smooth skin makes it easy to peel and the flesh is always creamy. Butternut squash weigh from 2 to 5 pounds; the more orange the color, the riper, drier, and sweeter the squash.

NUTRITION: All squashes are low in calories and low in carbohydrates. Most winter squashes contain considerable fiber, with a higher fiber content in its raw state.

Most varieties of winter squash are exceptionally high in beta-carotene. One-half cup of baked Butternut squash provides 7141 IU. The same quantity of baked Hubbard offers 6156 IU of beta-carotene, while baked pumpkin provides 1320 IU. The exception is Spaghetti squash which contains only 86 IU for that same one half cup. Summer squashes are also good sources of beta-carotene, averaging 250 to 300 IU for one half cup.

All squashes contain trace amounts of B vitamins including folic acid and offer a healthy dose of iron, calcium, magnesium, and potassium. One half cup of Hubbard squash packs a potassium serving of 365 mg, baked Acorn 320 mg, and baked Butternut 289 mg.

STORAGE: Keep Butternut squash dry. The ideal storage temperature of 50 to 55 degrees F. (10 to 12 degrees C) allows squashes to keep well for two to three months. If stored in the refrigerator, they become too cold and rot quickly when taken out of storage. Once squash is cut, store in the refrigerator for up to a week.

PEELING: Halve the squash lengthwise. Generally a chef's knife will do the job but if needed you can use a cleaver and a rubber mallet. Squash are easier to cut if you avoid the stem and instead aim your cut for one side. Use a spoon to scoop out and discard the strings and seeds. Cut the squash into pieces about the size of your hand. Remove the skin and a layer or two of flesh (you want to remove any whitish or green flesh right beneath the skin) with a vegetable peeler or paring knife.

COOKING:

Raw: Butternut squash can be enjoyed raw. It can be shredded, diced, or chopped into salads.

Squash can be put into the blender with other raw vegetables and fruits, tastefully seasoned, and blended into delicious soups.

Squash can also be sliced or cut into julienne strips and served as crudités with dips.

Baked: Butternut squash lends itself to baking either whole or cut in half. Place whole squash on a baking sheet lined with aluminum foil and bake at 375 F. or whatever temperature is convenient if you are using the oven for something else. Bake until very soft when pressed with a finger, about 40 minutes, though the time varies depending on size. After baking, squashes can be mashed and seasoned to a savory blend or sweetened as desired. Baked and mashed squashes can be added to breads, muffins, and pancakes to add flavor and moistness.

As an easy alternative, you cut squash in half, place cut side up on baking sheet, brush with oil, and season before baking.

Squash halves can also be stuffed and covered with aluminum foil before baking.

Boiled: Peel squash with a vegetable peeler or paring knife and cut into bite-size pieces. Put peeled squash into a saucepan with about an inch of water, cover pot, and bring to a boil over high heat. Turn heat down and simmer gently for 6 to 10 minutes. If desired, add salt to the water before cooking.

Steamed: It may be easier to peel the squash after cooking. Cut squash into slices 1/2" thick (1 cm) or cut into bite-size chunks if desired. Place in a steamer basket over 2 to 3 inches (5 to 7.5 cm) of water and cover. Turn heat to high and steam on high for 8 to 10 minutes.

Stir Fried: Butternut squash can be sliced, diced, shredded, or chopped and added to stir fries along with other vegetables and seasoned with your favorite herbs and spices.

Miscellaneous: Butternut squash can be cut into bite-size pieces and added to soups, stews, tarts or pies that can be seasoned savory or sweet.

A FEW GOOD RECIPES

Butternut Squash Soup with Chipotle Chiles and Garlic

Serves 4 as a main dish

This recipe is a testament to the flavoring power of canned chipotle chiles and minced fresh garlic. The soup contains just four ingredients (plus salt and water), yet it is remarkable flavored. The croutons are a nice addition to the soup but can be omitted. The slightly sweet, toasty flavor of whole wheat bread works well with the paprika and brown sugar, but use white bread if you prefer. Serve with a leafy salad or cooked green vegetable.

Butternut Squash Soup

1 large butternut squash (about 3 pounds)

2 tablespoons extra-virgin olive oil

4 medium garlic cloves, minced

2 small canned chipotle chiles in adobo sauce Minces (about 2 teaspoons), with 1 teaspoon adobo sauce

5 cups water

Salt

Paprika-Brown Sugar Croutons

2 slices sandwich bread, crusts removed, bread cut into 1-inch squares

1 tablespoon extra-virgin olive oil

1 teaspoon sweet paprika

½ teaspoon light brown sugar

Salt

Minced fresh cilantro leaves for garnish

1. **For the soup:** Halve the squash lengthwise. Use a spoon to scoop out and discard the strings and seeds. Cut the squash into pieces about the size of your hand. Remove the skin and a layer or two of flesh (you want to remove any whitish or green flesh right beneath the skin) with a vegetable peeler or paring knife. Cut the peeled squash into 1-inch chunks.
2. Heat the oil and garlic in a Dutch oven over medium heat until the garlic is golden, about 2 minutes. Add the chiles and adobo sauce and cook just until fragrant, about 30 seconds. Add the squash and cook, stirring constantly, until coated with garlic and chiles, about 1 minute. Add the water and salt to taste and bring to a boil. Reduce heat, cover, and simmer briskly until the squash is very tender, about 30 minutes.
3. Puree the soup in batches in a blender until very smooth. Adjust the seasonings, adding salt to taste. The soup can be refrigerated in an airtight container for several days. Warm over low heat.
4. **For the croutons:** While the soup is cooking, move an oven rack to the middle position and heat the oven to 375 degrees. Toss the bread cubes, oil, paprika, brown sugar, and salt to taste in a small bowl until the bread is coated evenly with spices. Spread the bread cubes in a single layer on a rimmed baking sheet. Bake, turning once, until the croutons are toasted and crisp, about 10 minutes.
5. To serve: Ladle the pureed soup into individual bowls. Sprinkle each bowl with a few croutons and some cilantro and serve.

Stir-Fried Turnips with Greens

Serves 3 or 4 as a main course

The secret to great stir-fried turnips is to start with small, freshly picked turnips. The turnips become tender and creamy when cooked this way, and their flavor is gently bitter with a hint of sweetness. You can use the attached turnip greens for this recipe if they are small (they should be no larger than arugula leaves) or you can substitute another tender leafy green, such as spinach or arugula. Serve this stir-fry with plenty of sticky white rice.

$\frac{3}{4}$ cup fresh orange juice

2 tablespoons soy sauce

3 medium scallions, white and light green parts, minced

4 medium garlic cloves, minced

1 tablespoon minced gingerroot

$\frac{1}{2}$ teaspoon hot red pepper flakes

1 tablespoon plus 1 teaspoon roasted peanut oil

1 $\frac{1}{2}$ pounds small turnips, cut into $\frac{3}{4}$ -inch wedges or chunks

5 cups packed stemmed small tender greens

1. Combine the orange juice and soy sauce in a small bowl or measuring cup. Place the scallions, garlic, ginger, and pepper flakes in another small bowl.
2. Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat until shimmering. Add the turnips and stir-fry until lightly browned, 5 to 7 minutes.
3. Clear the center of the pan and spread the garlic mixture out over the empty spot in the pan. Drizzle the remaining 1 teaspoon oil over the aromatics and cook until fragrant, about 1 minute. Stir the aromatics into the turnips to combine.
4. Add the orange juice mixture to the pan, cover, and cook, stirring once or twice, until the turnips are creamy and tender and the liquid has reduced to a few tablespoons, 2 to 3 minutes. Add the greens, cover, and cook just until wilted, about 1 minute. (If the contents of the pan are too soupy, simmer with the cover off to reduce the liquid to a sauce consistency.) Serve immediately.

Sticky White Rice

Serves 4

With stir-fries, sticky Chinese-style rice is easier to pick up with chopsticks. Cleanup is a lot easier if you use a nonstick pot, although this recipe will work in a regular pan too.

3 cups water

2 cups long-grain rice

$\frac{1}{2}$ teaspoon salt

1. Bring the water, rice, and salt to a boil in a medium saucepan over medium-high heat/ Cook, uncovered, until the water level drops below the surface of the rice and small holes form in the rice, 8 to 10 minutes.
2. Reduce the heat to very low, cover, and cook until all the water has been absorbed and the rice is tender, about 15 minutes. Serve immediately.

Fluffy vs. Sticky rice

Fluffy and sticky white rice start with the same ingredients – water, rice (such as Carolina long-grain), and salt – but the cooking technique is quite different.

For fluffy rice, bring the water and salt to a boil, add the rice, reduce the heat to low and cover the pot. The idea is to steam the rice very gently. You don't want the rice to boil, a process that would cause the rice grains to leach starch. As a result, the grains cook up separate and fluffy.

When making sticky rice, you want the rice to release starch. Add the rice to the water and salt, bring it to a boil so the grains are jostled around, and then simmer briskly about 10 minutes. At this point, the rice needs to finish steaming over low heat with the cover on.

Oven-Roasted Treviso Chicory

Serves 4

You can cook most chicories this way – radicchio, sugar loaf, or Castlefranco. However, Treviso, lends itself especially well to this method. Taste it before cooking. If it is extremely bitter, either blanch it briefly in boiling salted water first or soak it in a bowl of salted water for an hour.

2 plump heads Treviso chicory

3 tablespoons olive oil

sea salt and freshly ground pepper

1. Preheat the oven to 400F. Split the chicories lengthwise in half or, if large into quarters. Rinse them well. But don't dry. The moisture will help them cook
2. Lay them cut side up in a baking dish. Brush most of the olive oil over the leaves and season well with salt and pepper. Bake for 12 to 15 minutes, then turn and bake for 5 to 8 minutes longer. Turn them one last time so that the cut side is again facing up. When done the edges of the leaves should be nicely browned. Brush with the remaining oil and serve.

Stir-Fried Brown rice with Broccoli Rabe

Serves 3 to 4

Use cold leftover rice if possible – it always seems to come out better than fresh.

1 bunch broccoli rabe or mustard greens

3 tablespoons roasted peanut oil

½ cup Spanish peanuts, skinned

1 bunch scallions, including half of the greens, sliced

2 tablespoons finely chopped ginger

1 jalapeno chile, seeded and finely diced

½ cup chopped cilantro

3 cups cooked brown rice

Salt

1 or 2 eggs

2 tablespoons soy sauce

1. Peel the broccoli rabe stems, then plunge the whole bunch into a pot of boiling salted water. Cook for 5 minutes, then drain and chop coarsely.
2. Heat the oil in a large skillet or wok and fry the peanuts over medium-high heat until golden. Scoop them out, leaving the oil behind. Add the scallions, ginger, chile, and half the cilantro and stir-fry over high heat for 1 minute. Add the rice and greens, season with a few pinches salt, and stir-fry until the rice is hot throughout. Now lower the heat a little and make a well in the middle. Mix the egg with the soy sauce, add to the well, and stir like crazy to distribute the egg. It will cook quickly. Taste and add more soy sauce if needed. Toss with the remaining cilantro and peanuts and serve.

Fried Rice with Tofu: Instead of or in addition to the eggs, cut one 10 oz box firm tofu into small cubes and fry it with the scallions until light gold and firm.