



Cal Poly Organic Farm Community Supported Agriculture Newsletter

Welcome to Week 24! As always, life on the farm is grand!

Contributions and Requests

Mallory Tipple contributed the following pumpkin bread recipe. Mallory has been a Cal Poly Organic Farm maiden for three years. She has a passion for inviting people to a table full of the season's delicious, unusual, and healthful foods. She commonly daydreams about spending a Saturday afternoon experimenting with new recipes.

Pumpkin Bread

Adapted from How to Bake by Nick Malgieri

Delicious with any pumpkin or squash! Make in a loaf pan, muffin tin, or easily double and make in a bunt pan.
Makes 12-muffins or one 8" by 4" loaf.

2 cups cake flour
1/2 cup sugar
1/2 tsp baking soda
1/2 tsp baking powder
1/2 tsp ground cinnamon
1/2 tsp freshly grated nutmeg
1/2 tsp ground cloves
1 cup pumpkin, butternut, or other squash puree
1/2 cup buttermilk
1 egg
2 tbsp vegetable oil
Optional: 1/4-1/2 cup dried blueberries; 1/4 cup diced candied ginger

1. Set a rack at the middle level of the oven and preheat to 375 degrees.
2. Combine the dry ingredients (and blueberries and ginger) in a bowl and stir well to mix.
3. In a separate bowl, whisk the pumpkin, buttermilk, egg, and oil together until smooth.
4. Gently fold the pumpkin mixture into the flour mixture, being careful not to over mix.
5. For muffins: Divide the batter among the prepared cups. Bake for about 20 minutes, or until the muffins are deep golden and baked through.

For loaf: bake about 40 minutes, or until a cake tester comes out (relatively) clean.

6. Cool slightly and serve.

Storage: Keep loosely covered at room temperature on the day it is baked.

For longer storage, wrap tightly and freeze. Defrost frozen muffins/pieces, loosely covered at room temperature, for an hour, then warm at 350 degrees for several minutes before serving.

Thank you Mallory!

Fall/Winter Season 2006 - 2007

Week 24 Produce

25 February - 3 March

Pesto - Le Fort Organics (Full)
*Sprouts - Mt. Olive Organic Farm
*Chard - Growing Grounds
Mandarins - Cal Poly Citrus Proj.
Green Onions - CPOF
Salad Mix - CPOF
White Turnips - CPOF
Kale - CPOF
Escarole - CPOF
Beets - CPOF (Full)
* Certified Organic

Request: Does anyone have a good recipe for a puree of butternut soup or butternut ravioli?

If anyone has a favorite recipe for puree of butternut soup or butternut ravioli, I would love to share it in the newsletter. I will search for recipes for these items also.

Vegetable of the Week

SPROUTS!



Sprouts can grow from the seeds of the vegetables above, from seeds of other vegetables, from grains such as buckwheat, and from beans.

Medicinally and nutritionally, sprouts have a long history. It has been written that the Ancient Chinese physicians recognized and prescribed sprouts for curing many disorders over 5,000 years ago. Sprouts have continued to be a main staple in the diets of Americans of Asian heritage. Although accounts of sprouting appear in the Bible in the Book of Daniel, it took centuries for the West to fully realize its nutrition merits.

In the 1700's, sailors were riddled by scurvy (lack of Vitamin C) and suffered heavy casualties during their two to three year voyages. From 1772-1775, Captain James Cook had his sailors eat limes, lemons and varieties of sprouts; all abundant holders of Vitamin C. These plus other fresh fruits and vegetables and a continuous program of growing and eating sprouts were credited with solving the mariners' greatest casualty problem.

It is really only in the past thirty years that "westerners" have become interested in sprouts and sprouting. During World War II considerable interest in sprouts was sparked in the United States by an article written by Dr. Clive M. McKay, Professor of Nutrition at Cornell University. Dr. McKay led off with this dramatic announcement: "Wanted! A vegetable that will grow in any climate, will rival meat in nutritive value, will mature in 3 to 5 days, may be planted any day of the year, will require neither soil nor sunshine, will rival tomatoes in Vitamin C, will be free of waste in preparation and can be cooked with little fuel and as quickly as a ... chop."

Dr. McKay was talking about soybean sprouts. He and a team of nutritionists had spent years researching the amazing properties of sprouted soybeans. They and other researchers at the universities of Pennsylvania and Minnesota, Yale and McGill have found that sprouts retain the B-complex vitamins present in the original seed, and show a big jump in Vitamin A and an almost unbelievable amount of Vitamin C over that present in unsprouted seeds. While some nutritionists point out that this high vitamin content is gained at the expense of some protein loss, the figures are impressive: an average 300 percent increase in Vitamin A and a 500 to 600 percent increase in Vitamin C. In addition, in the sprouting process starches are converted to simple sugars, thus making sprouts easily digested.

Sprouts are the only form of agriculture that can be locally grown anywhere in the world and be available in all four seasons. These "baby" vegetables are grown from seed to salad in only week. One pound of alfalfa seed will yield 10-14 pounds of fresh mini-salad greens.

Alfalfa sprouts have more chlorophyll than spinach, kale, cabbage or parsley. Alfalfa, sunflower, clover and radish sprouts are all 4% Protein. Compare that to spinach - 3%, Romaine lettuce - 1.5% and Iceberg lettuce- 0.8%, and milk -3.3%. But meat and eggs are the protein foods for most Americans. Meat is 19% and eggs are 13% protein (and 11% fat). But Soybean sprouts have 28% protein, and lentil and pea sprouts are 26%. Soybeans sprouts have twice the protein of eggs and only 1/10 the fat.

Grain and nut sprouts, such as wheat and sunflower, are rich in fats. While fats in flour and wheat germ have a reputation for going rancid quickly (stores should refrigerate them), fats in sprouts last for weeks. Wheat germ oil in wheat sprouts when broken down into its essential fatty acid fractions is over 50% Omega 6. The germination of the sunflower sprout micellizes the fatty acids into an easily digestible, water soluble form saving our body the trouble of breaking it down and simultaneously protecting us against the perils of rancidity.

Radish sprouts have 29 times more Vitamin C than milk (29mg vs 1mg) and 4 times the Vitamin A (391 IU vs 126). These spicy sprouts have 10 times more calcium than a potato (51mg vs 5mg) and contain more vitamin C than pineapple. If you examine what is happening during germination, it looks like a vitamin factory. While mature radishes contain 10 IU/100g of provitamin, the radish sprouts contain 391 IU, 39 times more!

Johns Hopkins University School of Medicine researchers found substantial amounts of glucosinolates and isothiocyanates in broccoli sprouts which are very potent inducers of phase 2 enzymes that protect cells from going malignant. The sprouts contain 10-100 times higher levels of these enzymes than do the corresponding mature plants.

Alfalfa sprouts are one of our finest food sources of saponins. Saponins lower the bad cholesterol and fat but not the good HDL fats. Animal studies prove their benefit in arteriosclerosis and cardiovascular disease. Saponins also stimulate the immune system by increasing the activity of natural killer cells such as T- lymphocytes and interferon. The saponin content of alfalfa sprouts multiplies 450% over that of the unsprouted seed. Sprouts also contain an abundance of highly active antioxidants that prevent DNA destruction and protect us from the ongoing effects of aging. It wouldn't be inconceivable to find a fountain of youth here; after all, sprouts represent the miracle of birth.

Compounds in broccoli sprouts have been shown to reduce the risk of getting breast and colon cancer and to act as an anti-bacterial agent against *Helicobacter pylori*, an organism associated with causing stomach ulcers. As reported in the May 10, 2004 edition of *Time*, a new study indicates that eating broccoli sprouts may cut the risk of stroke, high blood pressure and cardiovascular disease.

Researchers fed broccoli sprouts to two groups of rats, which were prone to high blood pressure and stroke. One group received sprouts high in glucoraphanin; the other group received a variety which was poor in glucoraphanin. After 14 weeks the rats who received sprouts rich in glucoraphanin had lower blood pressure and decreased inflammation of the heart and kidneys.

If humans respond the same way as these laboratory animals, inclusion of broccoli sprouts in one's diet can have a big effect on one's health. Because broccoli sprouts are so rich in glucoraphanin, just two to four ounces (70 - 140 grams) is all that is needed each day. It is estimated that you would have to eat 20 to 50 times as much broccoli to obtain the same benefits.

Nutrition and information for some commonly sprouted seeds



Alfalfa sprouts contain significant dietary sources of phytoestrogens connected with prevention of menopausal symptoms, osteoporosis, cancer, and heart disease.

Uses: Great texture in sandwiches, salads, and omelets.



Broccoli sprouts have a mild peppery flavor. They are also high in the cancer fighting compound sulforaphane.

Uses: Excellent juiced or in salads



Clover sprouts contain the most significant dietary sources of isoflavones of any sprout variety. Isoflavones have been proven to have powerful anti-cancer properties.

Uses: Healthful addition to salads or sandwiches.



Lentil sprouts are 26% protein. They can be cooked or eaten raw.

Uses: Nutritious addition to steamed veggies or soups.



Mung bean sprouts are a good source of protein, fiber, and vitamin C. A 3 oz. Serving contains only 30 calories.

Uses: Perfect for many Asian dishes. Best when lightly cooked.



Mustard sprouts are characterized by their tiny, spicy leaves. They are delicate, but very spicy.

Uses: Spice up everything from eggs to salads.



Onion sprouts are 20% protein and good sources of vitamins A, C, and D.

Uses: Spice up a salad or sandwich. Distinct onion flavor without the tears.



Radish sprouts have 29 times more vitamin C than milk and 4 times the vitamin A. These spicy sprouts have 10 times more calcium than a potato and contain more vitamin C than a pineapple.

Uses: Too delicate for cooking; use to spice up salads or sandwiches.



Soybean sprouts are very high in protein and high in vitamin C, folate, and fiber.

Uses: Good in casseroles or stews



Sunflower sprouts are a rich source of lecithin and vitamin D. It breaks down fatty acids into an easily digestible, water-soluble form.

Uses: Crisp and nutty they make a delicious addition to salads and can also be juiced and used in green drinks.



The Cal Poly organic farm orders sprouts from Mount Olive Organic Farm in order to provide a greater variety of produce to CSA members and to support another organic grower in our area. Mount Olive Organic Farm has a great website: www.mtoliveco.com, where you can view pictures of their various farm operations and products. Take a look!

Mount Olive Farm also has an organic bakery, serves meals at the farm or will pack you a boxed lunch. Mount Olive Farm would make a great destination for a weekend drive or an interesting place to take visitors. You can contact them through their website or by phone at 805/237-0147 or 805/227-0301.

GREAT WAYS TO SERVE SPROUTS

- Add to tossed salads
- Use in coleslaw (cabbage, clover, radish)
- Try in potato salad (mung bean, lentil)
- Try in wraps and roll-ups (alfalfa, sunflower, radish)
- Stir-fry with other vegetables (alfalfa, clover, radish, mung bean, lentil)
- Blend into fruit shakes or juices (cabbage, mung bean, lentil)
- Blend with vegetable juices (cabbage, mung bean, lentil)
- Replace celery in sandwich spreads (lentil, radish)
- Mix with soft cheeses for a dip (mung bean, radish)
- Grind up and use in sandwich spreads (lentil, radish)
- Top grilled cheese sandwiches after grilling (alfalfa, clover)
- Stir into soups or stews when serving (mung bean, lentil)
- Mix into pancake or waffle batter (buckwheat)
- Eat them fresh and uncooked in a sprout salad (salad mixes)
- Top omelet or scrambled eggs (alfalfa, clover, radish)
- Combine in rice dishes (fenugreek, lentil, mung bean)
- Add to sushi (radish, sunflower)
- Sauté with onions (mung bean, clover, radish)
- Puree with peas or beans (mung bean, lentil)
- Add to baked beans (lentil)
- Steam and serve with butter (mung bean, lentil)
- Use in sandwiches instead of lettuce (alfalfa, clover, radish)

More Recipes

Brown Rice Salad with Sprouts

2 cups brown rice, cooked in 3 cups of water until tender
1/3 cup of olive oil
1/2 cup of orange juice
1/2 teaspoon crushed red pepper
2 tablespoons of tamari
1 teaspoon salt
2 tablespoons cider vinegar
1 cup chopped pineapple (or canned crushed, undrained)
10 peapods, chopped
3 scallions, minced
1 stalk celery, chopped
1/2 cup raisins
1/2 cup peanuts, chopped
12 ounces bean sprouts

While rice is cooking combine all other ingredients. Add to rice, mix well and chill. Pack a cup and a half or two cups of this salad and take it to work with a piece of fruit for a refreshing lunch. Serve it on a bed of alfalfa sprouts or alfalfa with garlic sprouts for an attractive and delicious company lunch.

Serves 6

Sweet Sprout Slaw

Sprouts to Use: Broccoli, cabbage, and/or any other brassica sprouts
And alfalfa, clover, and/or any other leafy sprout

Ingredients:

1-2 cups cabbage or other sprouts
1-2 cups alfalfa sprouts
1/2 cup pineapple - chopped
1/2 cup green grapes - halved
1/2 cup yogurt
1/4 cup mayonnaise
1 tsp. mustard
salt to taste

Preparation

Combine sprouts and fruit in large bowl.
Mix up the other ingredients and pour over the sprout fruit mix.
Toss. Serve chilled

Serving over salad greens makes for a nice presentation.

RED ONION - MANDARIN ORANGE SALAD

Salad

Lettuce

1 large red onion, very thinly sliced

1 cup mandarin orange sections, membrane removed

Dressing

1/4 or 1 small red onion, minced

1/2 c. sugar

1 tsp. dry mustard

1 tsp. salt

1 tsp. celery seed

1/3 c. vinegar

1 c. vegetable oil

Mix dressing ingredients. Toss with salad. This dressing recipe makes enough sweet-onion dressing for at least 2, maybe 3 salads.

MANDARIN ORANGE SALAD

1 bunch Romaine lettuce (can substitute other lettuce)

1/4 c. slivered almonds

1 can mandarin oranges (drained)

2 tbsp. sugar

1/2 c. chopped celery

2 green onions (chopped)

Heat almonds and sugar over medium heat until they brown. Stir constantly to avoid burning.

Set aside.

DRESSING:

1/4 c. oil

2 tbsp. vinegar

1 tbsp. sugar

1/2 tsp. salt

Pinch of Tabasco sauce and pepper

Mix well. Pour over salad just before serving.

Sprinkle almonds over the salad just before serving.