



The Cornucopia

“The Horn Of Plenty”

P.O. Box 189 Ivanhoe CA 93235 559-798-0557 www.familyfarmfresh.com

This week's fresh produce came from these family farmers:



McKellar Farms, Ivanhoe—Oranges

KMK Farms, Kingsburg— Kale, Fava Beans, Cilantro & Lettuce

Frances Romero, Reedley— Sugar Snap Peas & Onions

Couture Farms, Hanford—Asparagus

Vine Ripe, Hanford—Tomatoes

Lehn Bros, Edison—Potatoes

Kouei & Son, Visalia—Strawberries

Oak Patch, Visalia—Lettuce

Volume 4, Issue 6

Week of Apr 21, 2008

Expected produce for next week's basket—subject to change based on availability.

Navel Oranges *

Tomatoes *

Asparagus * (order extra for freezing!)

Strawberries *

Vidalia Onions *

Snow or Sugar Snap Peas *

Fava Beans *

Lettuce *

Gold Nugget Mandarins *

Daikon Radish

Summer Squash

Member Appreciation BBQ

Sunday May 4th 1:00p.m.

NO charge to attend!

Please call Pam by

Tuesday April 29th to RSVP

798-0557 ext 102

Come see the **MANY** changes we've made at the ranch! The flowers are blooming. The grass is lush and green. There's shade from the trees.

Please join us!

McKellar Farms

32988 Road 164, Ivanhoe

Located 1/2 mile east of Ivanhoe

- Just off Hwy 216 (aka Hwy 245, Millwood Drive & Ave 328)
- 1/4 Mile north on Road 164

You can call Bob's cell phone that day 740-8444 if you need directions

NOTE: Asterisk (*) indicates item to be placed in the Mini. All items will be in the Light and Family.

If you wish to make changes to your basket please notify us

before 12pm Friday

April 25th

by calling our automated phone system ANY time of day.

559-798-0557

Press 1 for Family Farm Fresh

Press 3 for Changes

Or email:

pam@familyfarmfresh.com

Or online:

www.FamilyFarmFresh.com

Fava Beans are a tan flat bean which looks like an overgrown lima bean.

Grilled Fava Beans

- Spray whole fava bean pods with cooking spray.
- Place pods directly on hot grill of BBQ.
- Turn fava pods frequently until pods char and begin to burst open (about 7 to 10 minutes).
- Remove from grill and cool pods for 10 minutes.
- Remove fava beans from pod and peel beans by pinching one end of the bean to pop bright green fava bean from it's waxy shell.

Delicious served as an appetizer with slices of fresh Parmesan cheese.

Sautéed Fava Beans

- Remove the fava beans from pods
- Sauté the beans with garlic, olive oil and salt.

The skins come half off and the whole thing can be eaten hot over rice, noodles, as a side dish or as a salad if chilled.

Grilled Chicken with Cilantro Butter

- 4 chicken breasts
- 1 tbsp garlic, chopped
- 1 tsp salt
- 1/2 tsp pepper
- 2 tsp lime peel, grated
- 1/4 c fresh cilantro, chopped
- 1/4 c butter, melted
- 2 tbsp olive oil
- 2 tbsp lime juice

Preheat grill to medium. Combine garlic, 1/2 tsp salt and 1/4 tsp pepper in a small dish; mash into a paste using back side of a large spoon. Add lime peel.

Combine chopped cilantro, butter, oil and lime juice in a small bowl. Brush chicken lightly with mixture. Sprinkle with remaining 1/2 tsp salt and 1/4 tsp pepper.

Place chicken on grill. Brush with cilantro-butter mixture. Cover and grill 15 minutes. Turn chicken; brush with half of remaining cilantro butter. Cover and grill 10 minutes. Without turning, brush chicken with remaining cilantro butter. Cover and grill 5 minutes or until done (internal temp 180°F).

Fresh Baked Goods for the week of 4/28

\$4.25 ea unless otherwise noted

WHOLE GRAIN flours:

- Whole Wheat Herbed French Bread

Customized and special orders are available

ORGANIC UNBLEACHED flour:

- Frozen Pizza dough (white or wheat or half & half)
- Sourdough French Bread
- Country White Bread
- Cinnamon Swirl Bread
- Lemon Poppy Seed Muffins



Please contact us **before 4pm THURSDAY APRIL 24th** to place your order.

Lori uses **NO** shortening in her breads, **ONLY** Extra Virgin Olive Oil. The amount of olive oil ends up to being approximately 2 Tbsp per loaf. If you are slicing it into 12 slices, you are only getting 1/2 teaspoon per slice.

Recipe sent in by Member Jutta Wilson of Visalia.

Boil **red potatoes** in the skin, when they are done remove from water and cut into pieces. Add fresh garlic (pressed), olive oil, lemon juice, salt, pepper and either dill or parsley chopped (all to taste).

These potatoes are great cold as well.

Our Mission is to grow, select and deliver to your door nature-fresh, delicious, nutritious fruit, vegetables and farm products grown with pride by Valley Family Farmers—Guaranteed to please.

Produce Storage Tips

- Store the **Oranges** in the refrigerator. They will keep this way for a long, long time.
- The **Red Potatoes** can be placed on the counter out of direct sunlight in a cool spot.
- **Asparagus**—Do not wash asparagus before storing and never soak it. Trim the ends and stand them upright in a jar with about an inch of water in the bottom. OR wrap the ends in with a damp paper-towel and place in a plastic bag. Store in the refrigerator. Freezes well.
- **Sugar Snap Peas**—Do not wash peas before storing. Store in the refrigerator. Also freezes well.
- **Kale**—Store in an airtight container in the coldest part of your refrigerator. To perk up limp leaves, trim the base of their stems and soak for a few minutes in tepid water. Shake dry and store as previously mentioned.
- Inspect the **Tomatoes**. Find the ones that are just right and plan on using them in the next day or two. There has been controversy about whether or not to refrigerate tomatoes. Most people say NOT to put them in the fridge as it robs the tomatoes of their flavor and texture. My personal opinion is: the ones that are ready ‘right now’ either get used tonight or put them in the fridge to use in the next day or two. Take them out one-hour before using to allow them to warm up to room temperature.
- Rinse the **Leaf Lettuce**, dry the leaves and wrap it in a paper towel. Place it in a plastic bag and store in the refrigerator.
- Store **Onions** in the fridge also.
- Leave **Fava beans** in their pods and store them in the refrigerator. If you would rather freeze them and save them for another time, they can be blanched, skinned and then frozen.
- Before you store **cilantro** it should be rinsed and left moist (not wet) and place in a plastic bag.
- **Strawberries**—do not rinse before storing. Wrap completely with newspaper so that no air is allowed into the berry basket. Store in the refrigerator.

Please rinse all produce with cold water before using

To freeze asparagus: (found this on the internet) Fill up a large pot with water and add about 1 teaspoon of salt. Bring the pot to a boil and place your washed asparagus in the boiling water for about 3 minutes. Remove the asparagus and plunge them into a pot of ice water to quickly cool them. Drain the asparagus and pat dry with some paper towels. Put into freezer bags and into your freezer.

Pam’s way to freeze asparagus—Pop off the ends of the asparagus. Lay single-layer on a cookie sheet and place in the freezer. When frozen place into freezer bags and suck all of the air out. (I have one of those nifty machines).

Farmstead Cheese

\$6.00 each unless otherwise noted—all are approx 1/2 lb

Fagundes Farmstead

St. John
St. Jorge
Farmhouse Cheddar
Hanford Jack
Hanford Jack Jalapeno

Three Sisters

Serena
Serenita

Bravo Farms

Premium White Cheddar
Western Sage Cheddar
Chipotle Cheddar
Queso Bravo
Silver Mountain—\$7.50 ea
Tulare Cannonball—\$7.50 ea
PepperJack **new**

Organic Pastures

Truly Raw—\$7.50 ea

For descriptions of each cheese, please visit our website www.FamilyFarmFresh.com. Click the “Modify Order” page and then click “Other Items Available”. Or call Pam at 798-0557 ext 102



Olives

California Sunshine

Garlic stuffed—\$4.00
 Jalapeno stuffed—\$4.00
 Ceasar Parmesan—\$3.00
 Roasted Pepper—\$3.00
 Black Pearls—\$2.50



Add these to your weekly basket.

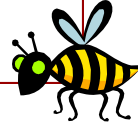
IT'S EASY!

If you don't see something on this list, JUST ASK

Raw Honey

Cornett Farms

16 oz jar —\$4.25



Olive Oil - Extra Virgin

DeLio Olive Co., Inc.

250 mil—\$7.50
 500 mil—\$10.00



California Sunshine

made with Pearl Olives
 250 mil—\$10.95
 500 mil—\$13.95

Nuts Ladybug Gardens

Pistachios (lightly salted) 1/2 lb-\$3 1lb-\$6
 Raw Almonds 1/2 lb-\$3 lb-\$6
 Cashews (lightly salted) 1/2 lb-\$3 1lb-\$6
 Fruit & Nut Trail Mix 1/2 lb-\$3 1lb-\$6



Pecans 1/2 lb-\$3 lb-\$6
 Smoked Almonds 1/2 lb-\$3 lb-\$6
 Walnuts 1/2 lb-\$2 lb-\$4



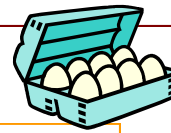
See newsletter for the weekly
Fresh Baked Goods list



Farm Fresh Eggs from cage-free chickens

Ladybug Gardens, Visalia

Dozen—\$4.00
 1/2 Dozen—\$2.00



Raw Milk

*Whole Milk 1/2 gal—\$7.60
 *Skim Milk 1/2 gal—\$6.25
 *Super Choco 1/2 gal—\$9.40
 Butter 1lb—\$13.65
 Butter 1/2 lb—\$6.25
 Cream pint—\$11.60
 Quephir pint—\$5.20
 Colostrum—\$11.70
 *Super Light Colostrum 1/2 gal—\$8.45
 * Quarts available also.

Condiments & Dressing

Keenan Gardens—\$8.50 each

Garlic Tarragon French Dressing 12 oz
 Herb Rub 6 oz
 Stone Ground Mustard 6 oz
 Basil Thai Chili Mustard 6 oz

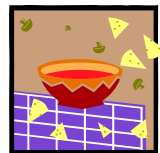


Condiments

Ladybug Gardens

Bean Salsa 16 oz—\$7.00 (mild)
 Tequila Salsa 16 oz—\$7.00 (medium hot)
 Barn Burner Hot Sauce 12 oz—\$7.00 (hot)
 Chipotle BBQ Sauce 12 oz—\$7.00 (hot)
 Chunky Habanero Hot Sauce 12 oz—\$7.00 (hot hot)

Apple BBQ Sauce 12 oz—\$7.00
 Pineapple Pepper Glaze 10 oz—\$7.00
 Blackberry Salsa 16 oz—\$7.00
 Toasted Pecan Topping 12 oz—\$7.00
 Rum Strawberry Topping 12 oz—\$7.00



Navel Oranges

McKellar Farms

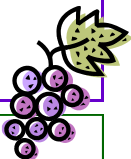
5# bag—\$4.00



100% Organic Grape Juice

Bela Juice, LLC

16 oz bottle—\$2.00



Edible Flowers

KMK Farms -\$1.50 ea

Borage flowers **new** Arugula flowers **new**
 Chamomile flowers **new**

Greens & Herbs

KMK Farms -\$1.50 ea

Rosemary	Sorrel
Mint	Chocolate Mint
Broccoli Raab (rapini)	Arugula
Cilantro	Baby Mustard Greens new
Mustard Greens	Collard Greens
Nettles	Swiss Chard
Fenugreek new	Tarragon new
Oregano new	Fennel new
Italian Parsley new	Chives new
Garlic Chives new	Chamomile new