



The Cornucopia

“The Horn Of Plenty”

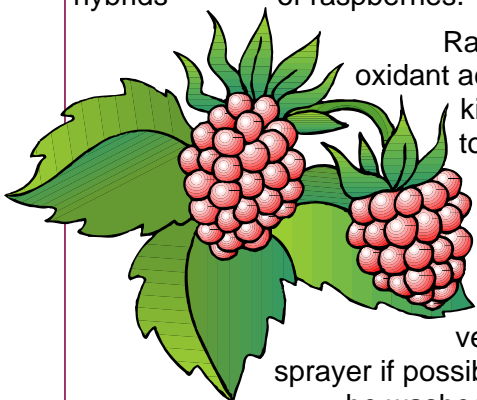
Volume 3, Issue 23

Week of August 13, 2007

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

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

A member of the rose family and a bramble fruit like the blackberry, **raspberries** are delicately structured with a hollow core. Raspberries are known as "aggregate fruits" since they are a compendium of smaller seed-containing fruits, called drupelets, that are arranged around a hollow central cavity. Their shape conveys to them a very delicate, almost "melt-in-your-mouth" texture. While the most common type of raspberry is red-pink in color, raspberries actually come in a range of colors including black, purple, orange, yellow and white. Both loganberries and boysenberries are hybrids of raspberries.



Raspberries possess almost 50% higher antioxidant activity than strawberries, three times that of kiwis, and ten times the antioxidant activity of tomatoes, shows research conducted in the Netherlands and published in the journal *BioFactors*.

As raspberries are very delicate, wash them very gently, using the light pressure of the sink sprayer if possible, and then patting them dry. They should be washed right before eating or recipe preparation so that they do not become water-soaked and are not left at room temperature for too long.

Raspberries **freeze** very well. Arrange them in a single layer on a flat pan or cookie sheet and place them in the freezer. Once frozen, transfer the berries to a heavy plastic bag and return them to the freezer where they will keep for up to one year. Adding a bit of lemon juice to the raspberries will help to preserve their color. — Adapted from www.whfoods.com

Summer Sweet Oranges *

Tomatoes *

Peaches * (sweet!)

Gailon Broccoli (Chinese)

Bell Peppers

Gala Apples *

Eggplant

Red Potatoes *

Grapes *

Kelsey Pluots * (green)

Summer Squash

Fresh herbs (rosemary, parsley, or basil) *

NOTE: The asterisk (*) indicates an item to be placed in the mini baskets.

All items will be in the Light and Family baskets.

Fruit-only baskets are available.

Call or email Pam pam@familyfarmfresh.com

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

Oranges & Grapes—McKellar Farms, Ivanhoe

Tomatoes, Cherry Tomatoes, Bell Peppers, Armenian Cucumbers & Squash — KMK Farms*, Kingsburg

Yellow Onions, Armenian Cucumbers & Butternut Squash—Francis Romero*, Reedley

Pluots—J & S Farms, Visalia

Raspberries—Mendoza Farms, Hollister

Peaches—Maze Farms, Visalia

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

before 8am Friday

August 17th

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

*These farmers crops and farms are registered and certified with the Tulare County Ag Commissioner and are inspected regularly at the farm.

Hungry Girl's KFC-ya-later

Adapted from www.HungryGirl.com

This is their swapped-out version of the Kentucky Fried Chicken bowls. They figure it will save you more than half the calories and most of the fat.



Ingredients:

1 cup cubed butternut squash
1 oz. skim milk
2 tbsp. canned corn niblets; heated
1/2 oz. fat-free cheese, cheddar or American; shredded
2 oz. Heinz Fat Free Classic Chicken Gravy; heated
1 frozen, breaded chicken patty
salt and pepper; to taste

Directions:

In a covered dish, microwave butternut squash pieces for 4 - 6 minutes (until tender) in a very small amount of water. Drain very well and then mash squash with the skim milk and a little salt. Place mashed squash in a medium-sized bowl. Next, sprinkle corn niblets over your squash. Prepare "chicken" patty according to package and cut into small pieces. Place patty pieces on top of your corn-topped squash. Drizzle with gravy. Top with shredded cheese and enjoy!

The featured fresh breads for the week:

Ezekial 4:9 Bread—\$4.00 ea (loaves only)

Honey Oat Wheat Bread—\$4.00 ea (loaves, rolls or buns)

Peachy Keen Muffins (made with whole grain flour)—\$4.00 dzn

Customized and
Special orders
are available



If you would like to give any of these a try, please let us know **before 4pm THURS August 16th.**

Lori uses **NO** shortening in her breads, **ONLY** Organic 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.

Our Mission is to grow, select and deliver to your door nature-fresh, delicious, nutritious fruit, vegetables and farm products grown with pride by



The featured fresh cheese next week is **Chipotle Cheddar** from Bravo Farms, Traver
www.BravoFarms.com

I stopped at the local Save Mart to check out their produce section since they've been comparing it to the "Farmers Market". Here's what I found:

Oranges—\$1.29 lb

Onions—\$.99 lb

Squash—\$.99 (they were ugly looking)

Raspberries—\$2.50 (on sale)

Cherry Tomatoes—\$2.49

Hot-House Tomatoes—\$.99 lb (didn't see any fresh tomatoes)

Grapes—\$2.49 lb (organic) \$.99 for not-organic

I did NOT see any Butternut Squash, Armenian Cucumbers, Okra or Pluots.

What a treat we get!

Our Farmers not only grow varieties of produce that are not readily available in stores, but they also provide us **yummy, fresh items** before the stores even have them in inventory.

Plus, we personally know who handles our produce.

One of our Members, Jeff Link of Visalia, emailed this **BOK CHOY Fish** picture. There were SEVERAL more pictures that I'll be sharing with you.



Butternut Squash Fries sent in by Member Lori Scott

Adapted from www.HungryGirl.com



1/2 butternut squash kosher salt

Directions:

Pre-heat oven to 425 degrees. Peel and de-seed your butternut squash. If you're unfamiliar with handling them, you may have a little trouble at first. They're fairly easy to peel, but you'll need a sharp knife to cut them. Once the squash is peeled and seed-free, slice it in half. Then cut it up into French fry shapes. You can use a crinkle cutter to make authentic looking crinkle cut fries, but they'll work any way you slice them.

Place on a cookie sheet sprayed with non-stick spray. Cover lightly with kosher salt (regular salt works, too). Place tray in your pre-heated oven and bake for 40 minutes or so, flipping halfway through baking process. Fries are done when they are starting to brown on the edges and get crispy. Serve with ketchup, or however else you enjoy fries or sweet potato fries!

Nutritional Info:

Serving Size: 5 oz., uncooked
Sodium: 486mg (includes salt)
Sugar: 3g

Calories: 65
Carbs: 16.5g
Protein: 1g

Fat: 0g
Fiber: 4g

Produce Storage Tips

- **[Summer Sweet Oranges](#)**—Keep in the refrigerator. They will store for a long, long time. Summer oranges are the best orange for juicing. The rinds turn a bit green in the hot weather, however this does not affect their sweet taste.
- **[Tomatoes & Cherry Tomatoes](#)**—Do not refrigerate as it robs the tomatoes of their flavor and texture. Keep at room temp.
- **[Peaches & Pluots](#)**—Ripen at room temperature (keep on your counter out of direct sunlight) then refrigerate.
- **[Squash](#)**—Do not wash squash before storing. You do not need to peel or remove seeds prior to cooking. Store in the refrigerator.
- **[Bell Peppers](#)**—Store in the refrigerator crisper. When cooking with bell peppers, remove the seeds before serving.
- **[Grapes](#)**—Wash under cold running water right before consuming or using in a recipe. Grapes tend to spoil and ferment at room temperature. Loosely wrap unwashed grapes in a paper towel and place them in a plastic bag in the refrigerator. Grapes also freeze well (makes a great hot weather snack).
- **[Spring Onions](#)**—store in a vented plastic bag in the refrigerator.
- **[Butternut Squash](#)**—Can be stored longer than summer squashes because their skin is so hard and thick. Can store in a cool dry place for at least a month. If the squash has been cut into pieces, then wrap in a plastic wrap and refrigerate up to 5 days.
- **[Armenian Cucumbers](#)**—Fresh unpeeled cucumber can be stored in the refrigerator for about a week. The longer you store it the less crisp it is going to be. This cucumber doesn't need to be peeled or seeded.
- **[Raspberries](#)** - Wash very gently and pat dry. Wash right before eating or recipe preparation so that they do not become water-soaked and are not left at room temperature for too long. Freezes well.

Please rinse all produce with cold water before using.



Farmstead Cheese \$6.00 each all are approx 1/2 lb

Fagundes Farmstead

St. John St. Jorge
Farmhouse Cheddar Hanford Jack
Hanford Jack—Jalapeno (Jalapeno & Bell Pepper)
Hanford Jack—San Joaquin (Roasted Garlic & Bell Pepper)
Hanford Jack—Santa Fe (Cayenne, Roasted Garlic, & Cumin)

Bravo Farms

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

Three Sisters

Serena
Serenita



Olives

California Sunshine

Garlic stuffed—\$4
Jalapeno stuffed—\$4
Ceasar Parmesan—\$3
Roasted Pepper—\$3
Black Pearls—\$2.50



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

Condiments & Dressing



Keenan Gardens—\$7.00 each

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

**Add these to your weekly basket. IT'S EASY!
If you don't see something on this list, JUST ASK**

Nuts Ladybug Gardens

Pistachios (lightly salted) 1/2 lb-\$3 1lb-\$6 Pecans 1/2 lb-\$3 1lb-\$6
Raw Almonds 1/2 lb-\$3 1lb-\$6 Smoked Almonds 1/2 lb-\$3 1lb-\$6
Cashews (lightly salted) 1/2 lb-\$3 1lb-\$6 Walnuts 1/2 lb-\$2 1lb-\$4
Chocolate Covered Peanuts 1/2 lb-\$2.50 1lb-\$5 Fruit & Nut Trail Mix 1/2 lb-\$3 1lb-\$6

Honey

Daniels Farms

1 lb—\$4.00
2 lbs—\$8.00
Gallon—\$29.00



Condiments

Ladybug Gardens

Bean Salsa 16 oz—\$6.00 (mild)
Tequila Salsa 16 oz—\$6.00 (medium hot)
Tiger Sauce 5 oz—\$4.25 (medium hot)
Barn Burner Hot Sauce 12 oz—\$6.00 (hot)
Chipotle BBQ Sauce 12 oz—\$6.00 (hot)
Chunky Habanero Hot Sauce 12 oz—\$6.00 (hot hot)

Mountain Sweet & Sour Dipping Sauce 5 oz—\$4.25
Honey Plum Sauce 5oz—\$4.25
Apple BBQ Sauce 5 oz—\$4.25
Smokey BBQ Sauce 5 oz—\$4.25
Pineapple Pepper Glaze 10 oz—\$6.00
Blackberry Salsa 16 oz—\$6.00
Toasted Pecan Topping 12 oz—\$6.00
Rum Strawberry Topping 12 oz—\$6.00



Navel Oranges

McKellar Farms

5# bag—\$4.00
8# bag—\$6.00



Farm Fresh Eggs

Mesa Verde Farms, Lemon Cove

Ladybug Gardens, Visalia

Dozen—\$4.00
1/2 Dozen—\$2.00



Greens & Herbs

KMK Farms - \$1.50 ea

Borage Flowers Russian Tarragon Oregano
Rosemary Bay Leaves Thyme
Mint Lemon Thyme Chocolate Mint
Chives Dill Swiss Chard
Lacinto Kale Basil (Purple, lime & Genovese)
Summer Savory Sorrel **new** Shallots

New Hot Peppers: Habanero (hot hot) or Jalapeno (hot)

New Mild Peppers: Pablano (mild-medium) or Armenian (mild)