



The Cornucopia

"The Horn Of Plenty"

Volume 3, Issue 24

Week of August 20, 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**.

If you've ever wondered why your "Beef with Broccoli" stir-fry was never quite as good as the ones in Chinese restaurants, no matter how much oyster sauce you applied, it's probably because the good stuff isn't made with broccoli at all, but with **Gailan** (pronounced gay lawn).



May be cooked whole by **boiling** or **steaming**, like broccoli. The stems are more tender and sweeter than broccoli.

Stir-fry 2" pieces of gailan for one minute, then cover with water and cook covered for two more minutes. Stir oyster sauce into a pan with heated oil and water, then spoon over the broccoli and eat. **OR**, instead of oyster sauce, use minced garlic and chicken broth and a little soy sauce. It is also good in stir-fries with beef, pork, chicken and with noodles.

Summer Sweet Oranges *

Tomatoes *

Peaches *

Red Potatoes

Bell Peppers *

Gala Apples *

Eggplant

White Onions

Grapes *

Shallots

Summer Squash *

Pears *

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

All items will be in the Light and Family baskets.

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

before 8am Friday

August 24th

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



Opo (pronounced like the letter 'O': oh poh) **Squash** is a type of bottle gourd. Very smooth, hairless, and grows from 6 to 36 inches long and 3 to 12 inches in diameter. This squash is the equivalent of the Italian cucuzza. It is commonly used in **soups** and **stir-fries** or may be used as a **substitute for zucchini**.

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

Oranges—McKellar Farms, Ivanhoe

Eggplant & Bell Peppers, —KMK Farms*, Kingsburg

Broccoli, Grapes, Tomatoes & Squash—Francis Romero*, Reedley

Pluots & Apples—ML Farms, Ivanhoe

Red Potatoes—T & D Willey Farms, Madera

Peaches—Maze Farms, Visalia

Fresh Herbs—Lesley Fry, Lemon Cove

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

Eggplant Salad With Peppers, Mint and Caper-Feta Vinaigrette

- 1 3/4 pounds eggplant (any kind, or a mixture), trimmed and cut into 1-inch chunks
- 1/2 cup extra virgin olive oil
- 3 tablespoons freshly squeezed lemon juice
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 3 ounces feta cheese, crumbled (about 2/3 cup)
- 1 clove garlic, minced
- 1 tablespoon capers, chopped
- 1 pound mixed bell peppers, seeded and cut into 1-inch pieces
- 1 cup cherry tomatoes, halved
- 1/4 cup fresh mint leaves.

Farmer Kyle of KMK Farms, Kingsburg forwarded this recipe to me. It was featured in the New York Times on August 15th

Preheat oven to 425 degrees. Whisk together the oil, lemon juice, salt and pepper. Toss eggplant with 1/3 cup vinaigrette, reserving the rest.

Arrange on a baking sheet. Bake, tossing occasionally, until tender and golden around edges, about 30 minutes. Let eggplant cool somewhat. (It can be warm but not hot enough to melt feta or wilt mint.) Whisk feta, garlic and capers into reserved vinaigrette. In a large bowl, combine eggplant, peppers, tomatoes and mint leaves.

Toss with vinaigrette, and serve immediately or within several hours. (It holds up all day.)

Yield: 4 to 6 servings

The featured fresh breads for the week:

Lori said: In honor of "my baby's" 7th birthday....some of her favorite things....

Whole Wheat Challah Bread—\$4.00 ea (braided loaves, rolls or buns)

Whole Wheat Herbed French Bread—\$4.00 ea (loaves or rolls)

Chocolate Cupcakes w/Cream Cheese Filling—\$4.00 half dzn
Customized and Special orders are available

(no frosting—let Pam know if you want frosting)



If you would like to give any of these a try, please let us know **before 4pm THURS August 23rd.**

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 Member, Jeff Link of Visalia, emailed this **BELL PEPPER Frogs** picture.



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.

Mexican Shrimp Cocktail—sent in by Member Lisa Duncan of Springville

- 1 large pkg of cooked salad shrimp
- 2 small pkgs of imitation crab
- 2 pkg of cherry or grape tomatoes, sliced in half
- 1 bunch of green onion, or other onion of choice, diced
- 1/2 bulb of garlic, chopped fine or through a garlic press
- 2 avocados, chunked
- 4 stalks of celery, chunked
- 1-2 cucumbers
- 1 small-medium bottle of Clamato (spicy or not)
- 1/2-3/4 cup of cilantro, finely chopped
- Juice from 1-2 lemons, or to taste
- Salt and pepper to taste

Dice all veggies into chunks and rinse seafood, put all into a large bowl and pour the Clamato over all and refrigerate until serving.

Serve cold, with tortilla chips. Lisa puts the avocado into each serving bowl, so it doesn't get mushy....



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

Fruit-only baskets are available.

Call or email Pam
pam@familyfarmfresh.com

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 turns a bit green in the hot weather, however this does not effect their sweet taste.
- **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).
- **Potatoes**—do not rinse before storing. Keep in a cool, dark place. Do not refrigerate.
- **Eggplant**—Do not wash before storing. Place in a plastic bag and store in the refrigerator.
- **Apples**— Store in the coldest part of the refrigerator, preferably the crisper, or store them in a cool place.
- **Herbs**—Trim the bottoms and stand the herbs in a small container with just enough water to cover the ends. Store in the fridge. Can be dried and saved to use for later if you are not able to use all of it when fresh. Store dried herbs in small glass jars (baby food jars or recycle your old spice jars). Can also be frozen in ice-cube trays with a bit of water.
- **Gailon Broccoli**—Store unwashed, in an open plastic bag and place in the crisper drawer of refrigerator.

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
Fruit & Nut Trail Mix 1/2 lb-\$3 1lb-\$6	

Honey

Daniels Farms

1 lb—\$4.00



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

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)