



# The Cornucopia

“The Horn Of Plenty”

Volume 4, Issue 21

Week of Aug 4, 2008

P.O. Box 189 Ivanhoe CA 93235 559-798-0557 [www.familyfarmfresh.com](http://www.familyfarmfresh.com)

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

- McKellar Farms, Ivanhoe**—Oranges
- KMK Farms, Kingsburg**— Cucumbers, Bell Peppers, Squash, Cherry Tomatoes & Tomatoes
- Francis Romero, Reedley** — Grapes
- Vine Ripe, Hanford**—Tomatoes, Cantaloupes & Corn
- Mike LaCoss, Lemon Cove**—Peaches
- Oak Patch, Visalia**—Lettuce

### Busy Bees



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

Summer Sweet Oranges \*

Tomatoes \*

Corn \*

Eggplant \*

Grapes \*

Lettuce \*

Cantaloupe \*

Plums \*

Okra

Cherry Tomatoes

Squash

Peaches

## Fruit leathers (aka fruit roll ups) Get the kids involved!

- Purée pieces of raw fruit in a blender. Run through a strainer to remove seeds and skin.
- Light-color fruit leather (such as apple, peach, apricot, pear, and banana) tends to darken during drying. Adding pineapple juice or lemon juice may help prevent browning.
- Sweeten the purée to taste with sugar or honey. (Honey makes stickier leather.) You also may add any of a variety of spices such as nutmeg, cinnamon, and allspice.
- Line 12- by 17-inch shallow pans with plastic wrap. (Each sheet will hold 2 cups of purée.) Pour purée on the plastic wrap and spread to a 1/8- to 1/4-inch thickness.
- Dry in an oven or a dehydrator, or under direct sunlight. (Note: The plastic wrap will not melt at the low drying temperatures used.)

### Oven Dried

Place oven racks 2 inches apart, with 3-inch clearance from the top and bottom of the oven.

Set the oven on the lowest setting, and prop the door open with a potholder or a stick to let moisture escape. (The opening will vary from a 1/2-inch crack for electric ovens up to 8 inches for gas ovens.) Temperature should be maintained at 140°F during drying, so it's best to use an oven thermometer. Turn and rotate the pans each hour or two. Drying time will vary from 4 to 8 hours depending on the temperature, humidity, and type and amount of purée.

### Sun Dried

Put cheesecloth over, but not touching, the purée to protect from insects. Place trays in direct sunlight. Take trays indoors at night if there is a possibility of moisture. Drying time will vary from 8 hours to 2 days depending on temperature and humidity.



Solar Power!

**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 Aug 8th**

by calling our automated phone system ANY time of day.

559-798-0557

**Press 1** for Family Farm Fresh

**Then Press 3** for Changes

Or email:

[pam@familyfarmfresh.com](mailto:pam@familyfarmfresh.com)

Or online:

[www.FamilyFarmFresh.com](http://www.FamilyFarmFresh.com)

**Cancellations/skips made the week of delivery can no longer be honored.**

Visalia Chamber of Commerce 2008 AgriBusiness of the Year

## Farmers' Market Squash Sauté

www.KraftFoods.com

Shared by Member **Lynn Smith** of Porterville

- 2 zucchini, sliced
- 2 yellow squash, sliced (OR use 4 zucchini)
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1/2 cup shredded mozzarella cheese
- 2 tbsp chopped fresh basil
- 2 tbsp grated parmesan cheese



Cook zucchini and squash in hot oil in large skillet on medium heat 3 min., stirring occasionally. Add garlic; cook an additional 3 min. or until vegetables are crisp-tender. Remove from heat; stir in mozzarella cheese and basil. Sprinkle with parmesan cheese.

Member **Wanda McCarthy** of Tulare asked me to find a corn salsa recipe for her.

## Corn Salsa

Serve with corn chips. Also goes well with grilled meat or poultry.

- 2 cups corn kernels
- 1/3 cup chopped purple onion
- 1/4 cup chopped red bell pepper
- 3 tablespoons chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 to 2 tablespoons finely chopped jalapeno pepper
- 1/2 teaspoon salt

Combine all ingredients in a small bowl. Cover and refrigerate for 2 to 4 hours. Remove from refrigerator about 30 minutes before serving.

## Grilled King Oyster Mushrooms

From www.OfftheBroiler.com

- 1 bunch scallions
- 2 tsp miso paste
- 1 tsp ginger, grated
- 1 clove garlic pureed
- 1 small hot red pepper, minced
- 1/4 tsp white pepper, freshly ground
- 1 tsp molasses
- 2 tbsp soy sauce
- 1 tbsp rice vinegar
- 2 tbsp chicken broth (optional, use water if a vegetarian dish is desired)
- 1 tsp roasted sesame oil
- 8 oz king oyster mushrooms
- 1/2 tsp sesame seeds

Clean scallions and separate the white part from the green. Slice the scallion greens and reserve for garnish. Mince the scallion whites and put in a bowl with the miso paste, grated ginger, garlic, minced red pepper, white pepper, molasses, soy sauce, rice vinegar, broth or water, and sesame oil. Stir to combine.

Begin heating your grill pan or outdoor grill. Lightly spray the grate with cooking oil, or use a silicone basting brush to apply a scant amount of oil.

Slice the king oyster mushrooms lengthwise into 1/3 inch thick planks. Brush one side of each mushroom slice with the glaze as you place it, glaze side down, on the grill. Then brush the tops of all the slices. Grill for 3-4 minutes on each side, turning when the underside is well marked and basting to use up the glaze.

Cooking corn in the microwave shared by **Nancy Jeffrey** of Visalia— "I put mine in a Corningware casserole, add a couple spoonfuls of water, and nuke two ears 3 to 3 1/2 minutes (depending on size) in my 1100 watt micro. It sure beats boiling up a kettle of water."

## King Oyster Mushrooms



Grown by **Sun Smiling Valley Farm, Sanger**

in sterile, climatically controlled environment at their state-of-the-art facility

5oz—\$3.29

8 oz—\$3.99

***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.***

## Learn Cooking Techniques!



Our very own, **Kari Black** (aka Luanne's daughter and FFF Driver), graduated from an intense culinary training program at the Institute of Technology in Clovis.

Afterwards, she worked at the Marriott in Visalia for about a year. And now **we** have her!

[She is very interested in sharing techniques, ideas and recipes with our Members!](#)

We need some ideas.



From basic to advanced, which techniques or dishes would you be interested in seeing?

Please email your ideas to [pam@familyfarmfresh.com](mailto:pam@familyfarmfresh.com)

Below is an excerpt from a recent newsletter sent by Local Harvest.

I felt it was worth sharing. — Pam

A safe food system is a most excellent goal. It is fundamental. But the logic of traceability is fundamentally flawed. It relies on endless paperwork and pop inspections and numbered tags and micro-chips. Out of all this bureaucracy, "farm to fork" tries to build an edifice of safety, a Great Wall between us and the bad bacteria.

What we want is a guarantee. We want to trust that we won't get sick from our food. The thing is, "traceability" can't offer that guarantee. Say my grocery store watermelon comes with a barcode sticker on it. I peel the sticker off and throw it away. The garbage goes out. Two days later I get sick. Now what?

A traceability system would not change the things that need changing. Its purpose and methods concern themselves only with what went where when. It is about command and control, not quality. What we need to focus on is stewardship -- of land, crops, and livestock. Traceability is blind to issues of scale and the logic of the small scale farm. If something goes terribly wrong on a small farm, at worst a few hundred people are affected. No national, multi-million dollar sleuthing involved. If something goes terribly wrong in an industrial size farm, whose products were mixed in, processed and distributed with the goods from a dozen other mammoth farms, the numbers affected can reach the thousands, and as we are seeing now, the sorting out takes months.

One final thought: a farm to fork bureaucracy would place a disproportionate burden on small scale farmers, who often have no employees to pass the paperwork on to, and who would really like to spend their time growing healthy food, thank you. Should the government decide to implement such a scheme, we would hope that small scale farmers would be exempted. Requiring them to shoulder the same paperwork as the true offenders only makes family farming harder. What we ought to be doing instead is creating programs that encourage people to go into farming, so we can have as decentralized a food system as possible. That -- and developing relationships with the farmers who grow your food -- is where true food security lies.

Erin Barnett  
Director, LocalHarvest

## Produce Storage Tips

- **Oranges** - Store in the refrigerator. They will keep this way for a long, long time. Use them in salads or make smoothies.
- **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.
- **Peaches** - Store at room temperature until fully ripe (keep on your counter out of direct sunlight) then refrigerate.
- **Corn** - Store in the refrigerator with husks left on. Consume as soon as possible as corn loses it's sweetness if stored too long. If you are unable to get to them quickly, freeze them.
- **Grapes** - Rinse under cold running water and cover them with a paper towel or plastic. Stick them in the fridge or freeze them for a cool snack.
- **Cucumbers** - Supermarket are often waxed to seal in moisture; fresh, un-waxed cucumbers can be sealed by wrapping them tightly in plastic wrap. Store unwashed in the refrigerator crisper. Light green cucumbers this week are Armenian. The dark green are Mediterranean. Both varieties are nearly seedless. Make a cucumber sandwich!
- **Bell Peppers** - Store in the refrigerator crisper. When cooking with bell peppers, remove the seeds before serving. If you will not be using them this week; core, clean and cut them into smaller sections and store them in the freezer for use later.
- **Summer Squash** - Store in the refrigerator. If it is long and green (or yellow), then it's Zucchini. Small round ones with scalloped edges are called Patty Pan. The dark green round squash is another type of Zucchini. The half yellow & half green squash is called Zepher.
- **Cantaloupe** - Store in the refrigerator. Blend some cantaloupe, grapes and oranges together. Stir in some honey to taste.
- **Leaf Lettuce** - Rinse then dry the leaves and wrap it in a paper towel (I use a damp paper towel). Place it in a plastic bag and store in the refrigerator.

Please rinse all produce with cold water before using

### Fresh Baked Goods for the week of 8/11

\$5.95 ea unless otherwise noted

#### WHOLE GRAIN flours:

- Oatbran Peach Muffins (wheat free)
- Whole Wheat Bread w/seeds (sunflower, flax & sesame)
- Honey Oat Wheat Bread

#### ORGANIC UNBLEACHED flour:

- Cinnamon Rolls - \$9.00 per pan

#### OTHER:

- Peach topped cheesecakes (in "cupcake" cups) - 6 for \$8.40

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.

Breads are available as loaves or rolls

*Hope your  
summer is as  
bright and warm  
as the world  
around you.*

