



The Cornucopia

“The Horn Of Plenty”

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

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Week of August 6, 2007

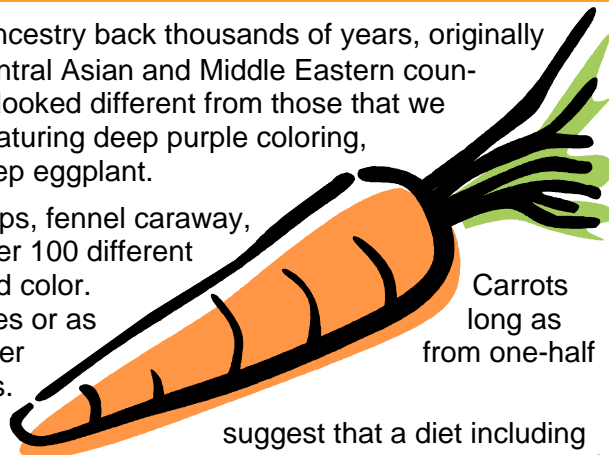
Expected produce for next week's basket—subject to change based on **availability**.

The **carrot** can trace its ancestry back thousands of years, originally having been cultivated in central Asian and Middle Eastern countries. These original carrots looked different from those that we are accustomed to today, featuring deep purple coloring, ranging from lavender to deep eggplant.

Carrots are related to parsnips, fennel caraway, cumin and dill. There are over 100 different varieties that vary in size and color. Carrots can be as small as two inches or as three feet, ranging in diameter of an inch to over two inches.

Extensive human studies suggest that a diet including as little as one carrot per day could conceivably cut the rate of lung cancer in half. Carrots are an excellent source of antioxidant compounds, and the richest vegetable source of the pro-vitamin A carotenes. Carrots' antioxidant compounds help protect against cardiovascular disease and cancer and also promote good vision, especially night vision. (Yes, Mom was right.)

Carrots are hardy vegetables that will keep longer than many others if stored properly. To preserving the freshness of carrot roots is to minimize the amount of moisture they lose. To do this, make sure to store them in the coolest part of the refrigerator in a plastic bag or wrapped in a wet paper towel. They should be able to keep fresh for about two weeks. The tops should be cut off before storing in the refrigerator since they will cause the carrots to wilt prematurely as they pull moisture from the roots.



Carrots long as from one-half

Summer Sweet Oranges *

Tomatoes *

Summer Squash *

Plums *

Berries *

Corn *

Armenian Cucumbers

Okra

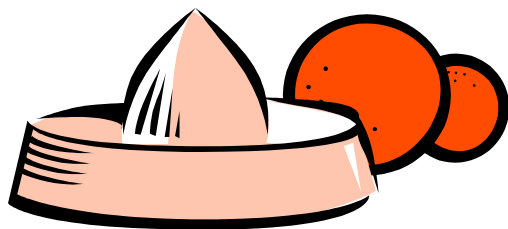
Onion

Grapes *

Cherry Tomatoes *

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

All items will be in the Light and Family baskets.



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**.

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

Oranges & Grapes—McKellar Farms, Ivanhoe

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

Eggplant & Grapes—Francis Romero*, Reedley

Peaches—Van Foeken Farms*, Ivanhoe

Corn—Vine Ripe, Hanford

Honeydew Melons—Couture Farms, Hanford

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

before 8am Friday

August 10th

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.

Send us pictures of you, your home, hobby, pets or kids!

Anything you would like to share!

pam@familyfarmfresh.com

The Following Members earned a Free basket this week!

Denise Everhart of Porterville for New Member Kelly Walker

Andi Heard of Three Rivers for New Member Linda Mutch

WOULD YOU PLEASE INVITE A FARMER TO YOUR OFFICE?

We are delivering to more and more offices as our business grows. Why? Simple. It saves us money and we pass those savings on to you when we can deliver to five members in the same location. We would love to come to your office, meet your co-workers, and bring a basket of fruit and veggies to show-and-tell.

It won't be just a sales pitch, it will be informative and can take no longer than a coffee break or part of a lunch hour. And, when we get to talk to at least 5 people, we will give the basket to a lucky person. Give us a call to set up a time. 798-0557 extension 102 (we are not high falutin' with a big phone system, we just want you to get whom you want without being shuffled around).



Thanks for reading. But, remember, our feelings will be hurt if you don't invite us over.

—Farmer Bob for all the Family Farm Fresh farmers.



The featured fresh cheese next week is **Farmers' choice**. Call or send an email if you have a preference.

Paula's Mozzarella and Tomato Salad

www.foodnetwork.com

2 large ripe tomatoes, peeled and sliced 1/4-inch thick
8 ounces fresh mozzarella, sliced 1/4-inch thick
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 tablespoons extra-virgin olive oil
8 fresh basil leaves

- Arrange the tomato and mozzarella slices on a platter or individual salad plates, overlapping the slices and fanning them out like a deck of cards.
- Sprinkle with the salt and pepper.
- Drizzle with the oil.
- Garnish with the basil: Cut it into very thin slices or tear into bits and sprinkle on top or leave the leaves whole and tuck them here and there between the mozzarella and tomato slices.
- Serve immediately.



Please put your ice chest out! Recycle a milk jug—fill it up with water and freeze it. Place the frozen jug in your ice chest to help keep your veggies cool. Make sure there is still room for your basket!

The featured fresh breads for the week:

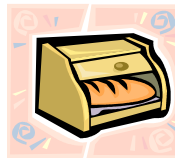
Fat Free Oatmeal Wheat Bread—\$4.00 ea (loaves only)

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

Heart Healthy (and tasty!) Banana Walnut Oat Bran Muffins—\$4.00 dzn

Peanut Butter Cookies—\$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 9th**.

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 Valley Family Farmers—Guaranteed to please.

Grilled Eggplant, Prosciutto and Mozzarella Roulades

www.foodnetwork.com

12 slices of eggplant (about 1/4-inch thick)
Freshly ground black pepper
12 slices of prosciutto ham
1 small head of radicchio lettuce
1/4 cup Balsamic Syrup, recipe follows

Drizzle of olive oil
Salt
12 slices of fresh Mozzarella, about 1/8-inch thick
Drizzle of extra virgin olive oil

- Preheat the grill.
- Season both sides of the eggplant slices with olive oil, salt, and pepper. Grill the eggplant for 2 minutes on each side.
- Lay a piece of prosciutto on one piece of grilled eggplant. Lay a slice of cheese on top of the prosciutto. Carefully roll up the eggplant and secure the roll with two toothpicks. Repeat the above process with the remaining grilled eggplant.
- Cut the radicchio in quarters. Toss with olive oil, salt and pepper. Grill for 1 minute on each side. Remove from the grill and cut away the core of the lettuce. Using a sharp knife, shred the radicchio. In a mixing bowl, toss the radicchio with extra-virgin olive oil, salt, and pepper. Set aside.
- Place the eggplant roulades on the grill and cook until the cheese starts to melt. Remove from the grill. Place the radicchio on a large platter. Arrange the roulades on the platter. Drizzle the entire platter with the Balsamic Syrup.

Balsamic Syrup:

3 cups balsamic vinegar

- In a medium-saucepan, over medium heat, add the balsamic vinegar. Bring to a boil and reduce to a simmer. Simmer until the liquid reduces by 3/4, about 30 minutes or until syrup-like consistency. Remove from the heat and cool completely.



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**—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).
- **Corn**—Store in the refrigerator with husks left on. Consume as soon as possible as corn loses its sweetness if stored too long.
- **Honeydew melon**—Store in a cool humid spot away from direct light.
- **Spring Onions**—Store in a vented plastic bag in the 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
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

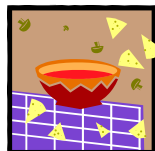


Condiments

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 5 oz—\$4.25 (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)