



The Cornucopia

"The Horn Of Plenty"

Volume 4, Issue 38

Week of Dec 1, 2008

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

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

KMK Farms, Kingsburg— Turnips, Radish, Apples & Lettuce

Francis Romero, Reedley — Broccoli, Onions & Cauliflower

McKellar Farms, Ivanhoe—Oranges

Vine Ripe, Hanford—Tomatoes

Don Knudsen, Ivanhoe—Avocados

J & S Orchards, Ivanhoe—Fuyu Persimmons

From time to time we receive inquiries about whether or not our produce is "organic". The short answer is: most is and some is not. Most of the Family Farm Fresh Farmers practice sustainable farming methods and do not use pesticides. All are small, family farms located here in our beautiful valley. Our produce comes to you fresh out of nearby gardens so not much fuel is used.



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

Summer Sweet Oranges *

Tomatoes *

Pears *

Avocados *

Arugula *

Celery Cabbage *

Kiwi *

Carrots *

Broccoli *

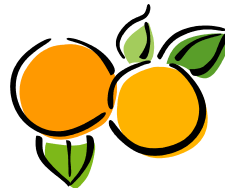
Onions

Apples

Cilantro

HERE COME THE NEW CROP NAVELS...

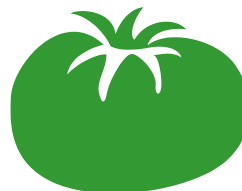
You will probably be thrilled to find **navel oranges** in your basket if you are among the many that look forward to America's most popular orange. The **first** from McKellar Farms are in your basket this week.



The **navels** are seedless and start out a bit tart gaining sugar every day until they taste like candy.

FYI... the navel orange is **grown only here in California** and predominantly here in the SJ Valley. — *Farmer Bob*

As the last of the warm weather fades away, KMK Farms still has **Green Tomatoes** left.



Fried Green Tomatoes

Slice 1/4 inch thick

Dip in milk

Dip in flour mixture seasoned with salt & pepper

Fry on med heat until dark brown

One year during grammar school (I think I was about 8 or 9 years old), my Mom grew a huge garden. We had fried 'everything' that year. I guess she thought she was hiding the eggplant & tomatoes in all that batter.

It was traumatizing. Really. I haven't been able to eat them since. Guess since I'm an adult now I really should consider making them. Have to be an 'example' and all that good stuff. I'll let you know how it goes. — Pam

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

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

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

**before 12pm
FRIDAY Dec 5th**

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

Or online:

www.FamilyFarmFresh.com

Visalia Chamber of Commerce 2008 AgriBusiness of the Year

Proud Member of the: • Exeter Chamber of Commerce • Porterville Chamber of Commerce • Springville Chamber of Commerce • Three Rivers Chamber of Commerce • Tulare Kings Hispanic Chamber of Commerce • Visalia Chamber of Commerce •

Please rinse all produce with cold water before using.

- Store the **Summer Sweet Oranges** in the refrigerator. They will keep this way for a long, long time.
- Do not store **Tomatoes** in the fridge as it robs them of their flavor and texture.
- Store unwashed **Broccoli** in an open plastic bag and place in the crisper drawer in the refrigerator.
- Store **Onions** in the fridge also.
- Store **Turnip greens** should be stored separately from the **turnip root**. Store the greens in the fridge. The roots will keep for a week or two in a cool, dark place.
- Store **Fuyu Persimmons** on the counter out of direct sunlight.
- Store **Apples** in the coldest section of your fridge.
- To store **Radishes**, scrub well. Greens are edible, however if they aren't going to be used discard before storing. Store in a plastic bag (OR put them in a container filled with enough water to cover them) in the refrigerator. Cooking makes the radish bite even milder. They can also be roasted, sautéed, added to stir-fries, grilled, steamed, baked, or added to soups.
- Store unwashed **Cauliflower** in a paper or plastic bag in the refrigerator where it will keep for up to a week.
- Squeeze your **Avocado gently**—if it gives a little it is ready to eat. If it's not ready, store it on the counter at room temperature. If you cut into your avocado and it seems rubbery, put it back together, wrap it tightly with saran wrap and leave it on the counter for another day or two. It will finish ripening. Do not put the avocado in the refrigerator until it is ripe—they will not ripen in refrigeration.
- Rinse the **Lettuce**, dry the leaves and wrap in a paper towel. Store in a plastic bag in the refrigerator.

Humans are supposed to eat at least three servings of fruit every day. Fruit is also an important dietary element for birds, but it can be hard to find in many areas in midwinter.

Set out grapes, slices of citrus fruits, apple or banana slices, and even melon rinds, and watch your birds chow down.

If you want to feed raisins, chop them up and soak them in warm water first to soften them up a bit.

Offering fruit to tanagers and orioles is a traditional spring and summer feeding strategy, but many winter feeder birds will eat fruit, too.

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.

Free baskets!

People like yourselves who want the freshest, most nutritious local fruit, vegetables and products, are the key to increasing our membership (which we need to do). You know which of your friends, family and neighbors are “special” in this way.

Please refer as many people whom you feel are the “right kind of folks” by giving us their names, addresses and phone numbers. We will follow up by phone.

When someone you refer joins, we will notify you and you will receive **your next basket free as a “thank you” from our farmers.**

This program will end December 31st.

You may also call or email Pam or Luanne anytime and give them the information.

Pam@familyfarmfresh.com or Luanne@familyfarmfresh.com

Faux-Tatoes/Cauliflower

From www.recipezaar.com

- 1 cauliflower
- 1 tbsp cream cheese, softened
- 1/4 cup grated parmesan cheese
- 1/2 tsp minced garlic
- 1/8 tsp chicken bouillon (may substitute 1/2 tsp salt)
- 1/8 tsp fresh ground black pepper
- 1/2 tsp chives, for garnish (chopped fresh or dried)
- 3 tbsp unsalted butter

Set a stockpot of water to boil over high heat. Clean and cut cauliflower into small pieces. Cook in boiling water for about 6 minutes, or until well done.

Drain well; do not let cool and pat cooked cauliflower very dry between several layers of paper towels.

In a bowl with an immersion blender, or in a food processor, puree the hot cauliflower with the cream cheese, Parmesan, garlic, chicken base, and pepper until almost smooth.

Garnish with chives, and serve hot with pats of butter.

Fagundes Farmstead www.OldWorldCheese.com \$6.00 each unless otherwise noted—all are approx 1/2 lb

St. John (Raw Milk)

Our Queijo St. John is made from 100% Grade-A cow milk fresh from our dairy. This raw milk cheese is aged a minimum of 60 days in lieu of pasteurization, to preserve essential flavor enzymes lost during the high heat treatment. During the aging process it is coated in Extra Virgin Olive Oil to allow our cheese to develop a natural edible rind. St. John is a great table cheese due to its smooth texture and splendid flavor qualities.

St. Jorge (Raw Milk)

A family recipe for a distinct flavored Portuguese-style cheese. Like the St. Jorge cheese made in the Azores Islands, it has a complex sharp flavor. St. Jorge cheese is a raw milk cheese which is then aged up to three years before it reaches the consumer. This time allows for the cheese to develop the unique flavor that is all its own. It is Fagundes' sharpest cheese produced, but after the initial bite the flavor turns smooth and creamy making it a excellent addition to any hors d'oeuvres tray.

Farmhouse Cheddar (Raw Milk)

Made with a family's Old-World traditions. The raw milk cheddar is allowed to develop its unique flavor naturally over a course of three months, and only use traditional natural cheddar coloring to ensure the best product.

Hanford Jack (Pasteurized Milk)

A very special high moisture Hanford Jack is unique with its pleasing flavor and smooth texture. One bite of mouth-watering Jack and your taste buds are going to say more. Hanford Jack comes in traditional or one of these flavored varieties:

San Joaquin is flavored with Roasted Garlic, Red Bell Pepper, and Cilantro.

Santa Fe is flavored with Cayenne Pepper, Cumin, and Roasted Garlic.

Jalapeno has just the right amount of peppers to give it a great mild-hot flavor.

Smoked has a great hickory smoked flavor making it an hors d'oeuvres favorite.



Organic Pastures www.OrganicPastures.com \$7.50 each—approx 1/2 lb

Truly Raw

A raw cheddar cheese, Truly Raw is never heated above 105 degrees (Fahrenheit) during the cheese making procedure. Aged a minimum of 60 days.

Bravo Farms www.BravoFarms.com \$6.00 each unless otherwise noted—all are approx 1/2 lb

Tulare Cannonball—\$7.50 each

Made from a 500-year-old Edam recipe, using whole milk and shaped into a traditional round ball. This classic cheese is aged 6 months to create it's creamy texture, spicy aroma and slight saltiness.

Silver Mountain Clothbound Cheddar—\$7.50

The Silver Mountain is aged in a cellar for over 9 months, wrapped in cheesecloth and periodically rubbed in olive oil. This process captures the magnificent flavors naturally found in raw milk

Creamy Pepperjack

Not just any pepperjack, this cheese is handmade the old fashioned way which creates amazing flavor and a delightfully creamy texture.

Jalapeno Cheddar

A white cheddar blended with red & green jalapeno peppers, a great tasting cheese with a spicy finish.

Original Chipotle Cheddar

The Original Chipotle Cheddar, and the only Artisan version made from raw milk and aged over 60 days. Flavored with just the right touch of Chipotles, a naturally smoked jalapeno, which ensures the cheddar flavor isn't overpowered.

Western Sage Cheddar

The Premium White Cheddar, flavored with sage. A traditional combination that for years remained in the shadows. A fantastic slicing, melting and eating cheese.

Premium White Cheddar

Made with the highest quality raw milk, creating a flavorful cheddar that gets exponentially better with age.

Olives

California Sunshine

- Garlic stuffed—\$4.00
- Jalapeno stuffed—\$4.00
- Caesar Parmesan—\$3.00
- Roasted Pepper—\$3.00
- Black Pearls—\$2.00
- Classic Italian—\$3.00
- Spicy Ranchero—\$3.00
- Kalamata—\$4.00

Add these to your weekly basket.

IT'S EASY!

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

Olive Oil - Extra Virgin

DeLio Olive Co., Inc.

- 250 mil—\$7.50
- 500 mil—\$10.00

Olive Oil - Extra Virgin

California Sunshine Olive Oil

Hand Pressed

- 250 mil—\$8.95
- 500 mil—\$11.95

Raw Honey

Cornett Farms

- 16 oz jar —\$4.25



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-\$2.50 1lb-\$4.50 new lower price |
| Fruit & Nut Trail Mix 1/2 lb-\$3 1lb-\$6 | |

Raw Milk

Organic Pastures, Madera

- 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—\$6.85
- Cream pint—\$11.60
- Quephir pint—\$5.20
- Colostrum—\$11.70
- Super Light Colostrum 1/2 gal —\$8.45

Quarts are sometimes NOT available.

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
- Lemon Garlic Tarragon Stone Ground Mustard 6 oz **new**
- Raspberry Wasabi Mustard 6 oz **new**
- Raspberry Lemon Orange Vinegar 12 oz **new**
- Orange Basil Dill Vinegar 12 oz **new**
- Chili Cilantro Vinegar 12 oz **new**
- Herbs & Garlic Vinegar 12 oz **new**
- Garlic Tarragon Vinegar 12 oz **new**



Farm Fresh Eggs from cage-free chickens

Ladybug Gardens, Visalia

- Dozen—\$4.25
- 1/2 Dozen—\$2.25



100% Organic Grape Juice

Bela Juice, LLC

- 16 oz bottle—\$1.50
- 32 oz bottle—\$2.70



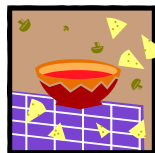
Kombucha Tea

- 12 oz glass bottle—\$2.70 ea

Kombucha is strong stuff, so you should be careful regarding the amount you use initially. As a rule, most people would be best served by limiting intake to 2 oz., 2X daily (4 oz. total) to

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)
- Raspberry Pepper Glaze 10 oz—\$7.00
- 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

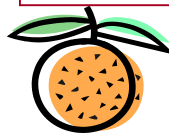


King Oyster Mushrooms

Sun Smiling Valley Farm, Sanger

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

- 5oz—\$3.29 8 oz—\$3.99



Summer Sweet Oranges

McKellar Farms

- 5# bag—\$4.00
- 8# bag—\$6.00



Herbs **NEW** KMK Farms

\$1.50 each

- | | |
|-------------------------------|----------|
| Tarragon | Oregano |
| Sage | Marjoram |
| Sorrel | Rosemary |
| Chocolate Mint | Mint |
| Thyme | Dill |
| Italian Parsley | Cilantro |
| Basil (Purple, Sweet or Lime) | |