



# The Cornucopia

“The Horn Of Plenty”

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

Volume 3, Issue 40

Week of Dec 10, 2007

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

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

**McKellar Farms, Ivanhoe**—Oranges

**KMK Farms\*, Kingsburg**—Onions, Turnips, Arugula & Lettuce

**Mike LaCoss, Lemon Cove**—Grapefruit & Mandarins

**Frances Romero\*, Reedley**—Grapes, Baby Bok Choy & Cabbage

**Vine Ripe\*, Hanford**—Tomatoes

**Lehr Bros., Edison**—Potatoes



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.

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

Navel Oranges \*

Tomatoes \*

Onions \*

Satsuma Mandarins \*

Greens—may be Swiss Chard, Collard, Mustard or Kale

Broccoli \*

Avocados \*

Lettuce Mix \*

Kiwi \*

Red Potatoes

Lisbon Lemons

Frances's Stir Fry Mix \*

**Already cleaned and cut up for you.** May include: cauliflower, carrots, bok choy, broccoli, or cabbage. RECIPE from Frances will be included in next week's newsletter!

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

“I appreciate all that you FFF staff do for each of us every week. Still love the produce!”

Member **Rachel Katz** of Three Rivers

**Hachiya persimmons are available upon request.**

A persimmon cookie recipe sent in by Member Bernadette Hamilton will be included in next week's newsletter.

A Member called in changes and said she hesitated to call because she didn't want to be a pest. **PLEASE CALL!**

If there is an item you want more of, GREAT. If you want less of an item, that is fine too. I love to talk to the Members or even “chat” online.

One of the things that makes Family Farm Fresh different from other CSAs is the ability to modify your orders.

— Pam

Sorry we don't have the avocados this week as expected. They are coming next week!

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

**before 5pm Friday**

**December 14th**

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](mailto:pam@familyfarmfresh.com)

Or online:

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

## Holiday delivery schedule:

We will be **CLOSED**

Tuesday, Dec 25th and Tuesday Jan 1st.

All deliveries (excluding Monday) will be moved forward one day.

Monday Routes will be a **regular delivery** day.



## Produce Storage Tips—please rinse all produce with cold water before using

- Wrap the [Baby Bok Choy](#) in a damp paper towel and store in a plastic bag in the refrigerator.
- Rinse the [Grapes](#) under cold running water and cover them with a paper towel or plastic. Stick them in the fridge or freeze them for later.
- Store the [Lettuce Mix](#) in the refrigerator. It has already been rinsed for you. As extra measure you may wish to rinse the leaves again to ensure all of the grit has been removed.
- Inspect the [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.
- Store [Onions](#) in the fridge or they can be placed on the counter out of direct sunlight in a [cool](#) spot.
- The [Potatoes](#) can be placed on the counter out of direct sunlight in a [cool](#) spot.
- [Navel Oranges, Grapefruit & Mandarins](#) can also be place on the counter our of direct sunlight in a [cool](#) spot.
- Place the [Cabbage](#) in a plastic bag and store it in the refrigerator. If you need to store a partial head of cabbage, wrap it tightly with plastic wrap before storing it in the refrigerator.
- The [Turnips](#) should be stored (unwashed) in the refrigerator also.

**PLEASE NOTE:** Fresh baked goodies from Lori will not be available the weeks of **Dec 24th or Dec 31st**

**Fresh baked goodies for the week of 12/17 — \$4.25 each unless otherwise noted.**

### WHOLE GRAIN flours:

- Whole Wheat Bread
- Cinnamon Bread (with or without raisins)

### ORGANIC UNBLEACHED flour:

- Country White Bread
- Cinnamon Bread (with or without raisins)
- Large plate of goodies (9-10 inch) - \$15.50
- Small plate of goodies (7 inch) - \$10.50

Perfect to take to a dinner party or to give as a gift. There will be approx 4-8 different items with a mixture of homemade candies, cookies & tea loaves.

- Scott Family Christmas Pastries (serves 4-5) \$6.50
- Cinnamon Rolls (9X13 tray) with frosting—\$8.00
- Peppermint Puffs (similar to sugar cookies w/ peppermint candies)

**Please contact us before 4pm THURS December 6th to place your order.**

This recipe was sent in by our [awesome](#) website guru, **Bill Mauk**.

### Microwave Peanut Brittle

#### Ingredients:

- 1.5 cup of raw, shelled Virginia peanuts (leave the skins on)
- 1 cup of granulated sugar
- 1/2 cup light corn syrup
- 1 tsp butter
- 1 tsp vanilla
- 1 tsp baking soda
- 1/8 tsp salt

#### Method:

- Mix the peanuts, sugar, corn syrup and salt together in a microwave-safe casserole dish until well mixed
- Cook in a microwave on high for 4 minutes; open and stir the mix well; then cook on high for another 4 minutes
- Open, stir in the butter and vanilla, then microwave on high for a further 2 minutes
- Finally, remove from the microwave, open the dish, add the baking soda and stir quickly until the mix is light and foamy
- Immediately pour the mixture onto a lightly-greased baking sheet, spreading it out thinly.
- Allow the mix to cool - then break it into small pieces and store in an airtight container.
- **Tip:** The source I found says "the trick to making thin, tender peanut brittle is to keep the baking sheets you use warm. I recommend heating them in a conventional oven at around 200 F (about 95 C) before you spread the peanut brittle mix. This should allow you to spread the mix 1cm to 2cm thick without it setting up.

***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.***

## Olives

### California Sunshine

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



**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



### California Sunshine

made with Pearl Olives

- 250 mil—\$10.95
- 500 mil—\$13.95

## Nuts Ladybug Gardens

- Pistachios (lightly salted) 1/2 lb-\$3 1lb-\$6
- Raw Almonds 1/2 lb-\$3 1lb-\$6
- Cashews (lightly salted) 1/2 lb-\$3 1lb-\$6
- Fruit & Nut Trail Mix 1/2 lb-\$3 1lb-\$6

- Pecans 1/2 lb-\$3 1lb-\$6
- Smoked Almonds 1/2 lb-\$3 1lb-\$6
- Walnuts 1/2 lb-\$2 1lb-\$4



See newsletter for the weekly  
**Fresh Bread** list



**NEW!**  
**Raw Milk**

**The order form is available on our website.**

## 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



## Navel Oranges

### McKellar Farms

- 5# bag—\$4.00
- 8# bag—\$6.00



## Honey

### Daniels Farms

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



## Condiments

### Ladybug Gardens

- Bean Salsa 16 oz—\$7.00 (mild)
- Tequila Salsa 16 oz—\$7.00 (medium hot)
- Tiger Sauce 5 oz—\$5.25 (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)

Mountain Sweet & Sour Dipping Sauce 5 oz—\$5.25

Honey Plum Sauce 5oz—\$5.25

Apple BBQ Sauce 12 oz—\$7.00

Smokey BBQ Sauce 5 oz—\$5.25

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



## Farm Fresh Eggs

### Tartaglia Farms, Earlimart

### Ladybug Gardens, Visalia

- Dozen—\$4.00
- 1/2 Dozen—\$2.00



## Greens & Herbs

### KMK Farms -\$1.50 ea

- |                             |                             |
|-----------------------------|-----------------------------|
| Russian Tarragon            | Oregano                     |
| Rosemary                    | Sorrel                      |
| Shallots (Red & Yellow)     | Mint                        |
| Broccoli Raab (rapini)      | Chocolate Mint              |
| Chives                      | Arugula                     |
| Garlic Chives               | Cilantro                    |
| Italian Flat Leaf Parsley   | Turnip Greens <b>(new)</b>  |
| Mustard Greens <b>(new)</b> | Collard Greens <b>(new)</b> |

## Fagundes Farmstead [www.OldWorldCheese.com](http://www.OldWorldCheese.com)

**St. John**—Made from 100% Grade-A cow milk fresh from the Fagundes 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 it to develop a natural edible rind.

**St. Jorge**—This is a Fagundes 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 their sharpest cheese.

**Farmhouse Cheddar**—Made with their family's Old-World traditions. Their 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—Traditional**—The very special high moisture Hanford Jack is unique with its pleasing flavor and smooth texture. One bite of this mouth-watering Jack and your taste buds are going to say more.

**Hanford Jack—Jalapeno**—Has just the right amount of peppers to give it a great mild-hot flavor.

**Hanford Jack—San Joaquin**—Flavored with Roasted Garlic, Red Bell Pepper and Cilantro.

**Hanford Jack—Santa Fe**—Flavored with Cayenne Pepper, Cumin and Roasted Garlic.

## Three Sisters [www.ThreeSistersCheese.com](http://www.ThreeSistersCheese.com)

Home storage: Unwrap, rub with oil and store in covered food storage container using a small amount of damp paper towel to control humidity. When mold begins to form, wipe it off and rub with oil again.

**Serena—Hard Cheese**—The product of generations of California dairy family traditions, Serena turns all natural ingredients into a delicious treat. Made from rBST free Jersey cows milk.

**Serenita—Semi-Hard Cheese**—A young, creamy cheese made by not cooking the curd, similar in texture to a Beaufort, sweet and savory. The natural rind allows subtle qualities in the raw milk to develop gracefully- a surprisingly flavorful well balanced young cheese.



## Farmstead Cheese Page

**\$6.00 each unless otherwise noted**

**all are approx 1/2 lb**

**Please visit these Farmers' websites for recommended food and wine pairings.**



## Bravo Farms [www.BravoFarms.com](http://www.BravoFarms.com)

Ingredients for the following cheeses: Raw Jersey milk, culture, vegetarian rennet & salt

**Premium White Cheddar**—Made with the highest quality raw milk, creating a flavorful cheese that becomes exponentially better with age.

**Western Sage Cheddar**—Raw milk Artisan cheddar, flavored with sage. A traditional combination that for years remained in the shadows, as few are as delicious as Bravo's. A fantastic slicing, melting and eating cheese, great with chicken and vegetables or on a cracker.

**Chipotle Cheddar**—The original chipotle cheddar, and the only Artisan version made from raw milk, aged over 60 days. Flavored with just the right amount of chipotle, a naturally smoked jalapeño, to ensure the cheddar flavor isn't overpowered.

**Queso Bravo**—The least aged in their wonderful family of cheeses, resulting in a soft, creamy texture that pairs well with many foods. Contrived from a 500 year old recipe, this timeless cheese has a taste you will love.

**Silver Mountain—\$7.50 ea**—A bandage-wrapped Cantal Manchego cross; this cheese is nutty, with a hint of citrus and finishes smooth and silky on the tongue. This cheese is aged in their cellar over 9 months, wrapped in cheese cloth and periodically rubbed with olive oil. This process captures the magnificent flavors naturally found in raw milk.

**Tulare Cannonball—\$7.50 ea**—Made from a 500-year-old Edam recipe, using raw milk and shaped into a traditional round ball. This classic cheese is aged 6 months to capture its creamy texture, spicy aroma and slight saltiness.