



# 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 41

Week of Dec 17, 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—Pears, Collard Greens & Onions
- Frances Romero\*, Reedley—Mandarins, Stir Fry Mix & Broccoli
- Vine Ripe\*, Hanford—Tomatoes
- Lehr Bros., Edison—Potatoes
- Lindcove Ranch, Visalia—Lemons
- Don Knudsen, Ivanhoe—Avocados
- Fagundes Agribusiness—Kiwis



\*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 \*

Broccoli \*

Carrots \*

Avocados \*

Butternut Squash \*

Comice Pears \*

Arugula

Kohlrabi

Grapefruit

Turnips

One of our Members called and asked if it was OK to leave a “little something” for our drivers. She asked since some companies do not allow employees to receive gifts and would discipline or even terminate the employee.

It is definitely OK with Family Farm Fresh if you choose to leave a gift or tip for your driver, Luanne or Elodia.

**This is NOT to be interpreted as a ‘suggestion’ or ‘hint’.**

The same Member asked that we let others know as she figured others would have the same questions.

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

### This is one way Frances prepares the Stir Fry Mix. She did not provide measurements, she cooks by taste.

Cut the **meat** (I used beef) into small pieces and cook in a skillet. Add chopped **onion**. When they are cooked, add the **stir fry mix**. When the veggies have cooked down a bit, stir in enough sauce to coat.

To make the Sauce: On low heat, warm some **soy sauce** in a small saucepan and add **garlic powder**. Mix the **Cornstarch** into a bit of **water** until dissolved and stir into the soy sauce to thicken.

I didn't measure any of the ingredients either and found that it doesn't take much of the sauce at all. I'm guessing I made about two cups and had about a cup left over. —Pam

### Holiday delivery schedule:

We will be **CLOSED** Tuesday, Dec 25th.

All deliveries (excluding Monday) will be moved forward one day. Monday's Route will be a **regular delivery** day.



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

**before 5pm Friday**

**December 21st**

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)

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

- Store the **Stir Fry** 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, Lemons & Mandarins** can also be place on the counter out of direct sunlight in a **cool** spot.
- Keep **Kiwis & Pears** in a cool, dark area until ripe (will yield to slight pressure). Can be stored at room temperature or in the refrigerator when ripe.
- Store **Broccoli** unwashed, in an open plastic bag and place in the crisper drawer of refrigerator.
- Store unwashed **Collard Greens** in a damp paper towel in a plastic bag.

Another one of those wonderful sentimental family recipes was sent in by Member **Bernadette Hamilton** of Visalia.

"These are the best Persimmon cookies ever. My Great-Aunt Mary Cardoza Simoes made these every Autumn and I loved them. I still have the recipe she gave me in the 1970's. I now make these every Autumn and I have made many a persimmon converts with one bite!"

### Ingredients:

3/4 c chopped walnuts  
3/4 c golden (or reg) raisins soaked in 1/4 c cream sherry  
2/3 c shortening (1/2 butter, 1/2 Crisco)  
1 1/2 c sugar  
2 eggs  
1 c persimmon pulp  
2 1/2 c flour  
1 tsp salt  
1/2 tsp cinnamon  
1/4 tsp ginger  
1/4-1/2 tsp nutmeg  
1 tsp vanilla

Glaze

2 tab soft butter  
1 1/2 c powdered sugar  
2 tbsp sherry

Cream shortening, sugar and vanilla. Add eggs. Then add persimmon Pulp, the mixture may look curdled, this is normal. Sift all dry ingredients together then add to wet in stages. Add nuts and raisins (not too much of the soaking liquid). Drop the cookies on a cookie sheet. Bake at 375 degrees, for 15-18 minutes.

"I usually double the glaze because I run out! Frost cookies while warm but not hot. These are moist and cake-like, they go great with afternoon tea."

Member **Nancy Jeffrey** of Visalia shared this recipe from FoodNetwork.com She used bok choy instead of kale. "Really simple and quite tasty. Nothing to really overwhelm the flavor of the bok choy."

### Braised Kale (or Baby Bok Choy)

1 tbsp olive oil  
2 c thinly sliced onions  
1 tsp salt  
12 turns freshly ground black pepper  
1/2 tsp red pepper flakes  
2 tbsp minced garlic  
8 c (firmly packed) torn and stemmed kale pieces (or baby bok choy)  
2 c Basic Chicken Stock (recipe follows)  
splash of cider vinegar

Heat the oil in a large skillet over high heat. Add the onions, salt, pepper, and red pepper flakes and stir-fry for 2 minutes. Add the garlic, kale, and stock and cook, stirring occasionally, for 8 to 10 minutes; add a splash of cider vinegar in the last minute of cooking. Remove from the heat. Serve immediately.

#### Basic Chicken Stock:

1 tbsp olive oil  
1 large onion, peeled and quartered  
1 carrot, peeled and chopped  
2 celery stalks, chopped  
1 head garlic, cut in 1/2  
1 herb bouquet garnish  
2 pounds raw chicken bones, rinsed in cold water  
4 quarts cold water  
salt and pepper

In a large stock pot, over high heat, add the oil. When the oil is hot, add the onions, carrots, and celery. Sauté for 2 to 3 minutes. Add the remaining ingredients and bring to a boil. Reduce the heat to low and simmer for about 2 hours. Remove the stock from the heat and skim off any scum that is on the surface. Strain the stock through a large fine-mesh sieve. Discard the bones and vegetables.

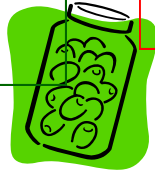
**PLEASE NOTE:** Fresh baked items from Lori will not be available the weeks of **Dec 24th or Dec 31st**

***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—\$4.00  
 Jalapeno stuffed—\$4.00  
 Ceasar Parmesan—\$3.00  
 Roasted Pepper—\$3.00  
 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.