



The Cornucopia

"The Horn Of Plenty"

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

Volume 4, Issue 41

Week of Dec 22, 2008

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

KMK Farms, Kingsburg— Apples, Chard, Sweet Potatoes, Turnips & Fennel

Francis Romero, Reedley — Napa Cabbage & Broccoli

McKellar Farms, Ivanhoe—Oranges

Vine Ripe, Hanford—Tomatoes

Don Knudsen, Ivanhoe—Avocados

Lindcove Ranch, Lemoore—Lemons



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**.

Navel Oranges *
Tomatoes *
Avocados *
Carrots *
Garlic *
Cauliflower *
Broccoli *
Chard
Lettuce (pending)
Pears
Grapefruit or Tangerines* (to be confirmed w/farmer)

Please note

The office **will not be open** the following days.
Please plan your basket changes/requests accordingly.

Thursday Dec 25th

Friday Dec 26th

Thursday Jan 1st

Friday Jan 2nd

**We have a few Hachiya persimmons left!! (the cookin' kind)
If you would like some, let us know.**

FREE

Chocolate Mint syrup

Great in coffee or hot chocolate!

- 1 cup cold water
- 2 cups sugar
- 6 Chocolate Mint springs (or more to make it really minty)

Mix sugar and water in a saucepan and cook over high heat for 5 minutes (it's usually just coming to a boil at that point, but it can vary). Let syrup cool, then add the mint. Cover and steep for 12 hours, then stir a couple of times. Strain through cheesecloth to remove mint, bottle the syrup & keep in the refrigerator.

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

By WEDNESDAY

Dec 24th

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

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Excerpt from the New York Times
Published November 24, 2008

Fennel & Celery Make a Striking Pair

by Mark Bittman

Now, fennel is among my favorite cold-weather staples. Because it's so sturdy, its quality is consistent, and I use it as the basis of salads that rely not on tender greens but on other vegetables and fruits.

Oddly enough I like the pairing of fennel and celery. Though their textures are similar, their flavors are so wildly different that the combination is striking. With little more than olive oil, loads of lemon juice, and pepper (and some Parmesan, why not?), they create just about as refreshing an uncooked dish as you can put on the table this time of year.

There are other vegetables I like to mix with fennel, especially radishes, along with tangerine or orange segments, and tart apples with walnuts and maybe some thinly sliced red onion. While I'm partial to the olive oil and lemon dressing here, there's nothing to stop you from being more adventurous: fennel's flavor can pretty much stand up to anything.

Because it's a bulb, and an oddly shaped one at that, fennel may be daunting to handle if you've never done it before. Start by trimming the top off, saving a few of the feathery fronds for garnish if you like, and then cutting the bulb into quarters. The usually super-tough outermost layer is sometimes best discarded, but it's a judgment you have to make with each specimen. Then simply slice as thinly as possible. It's a perfect excuse to break out that mandoline, as what you're after are paper-thin slices that, like lettuce, give you a bed to build on.

Fennel and Celery Salad

2 medium fennel bulbs, trimmed, some fronds reserved

3 celery ribs, trimmed

1/4 cup extra virgin olive oil

3 tablespoons fresh lemon juice, more to taste

Salt to taste

1/4 teaspoon black pepper, more to taste

Freshly shaved Parmesan cheese

- Cut fennel bulbs in quarters lengthwise, discarding outer layer if it is exceedingly tough. Use a mandoline to slice quarters thinly; slice celery equally thin.
- Put sliced fennel and celery into a large bowl and drizzle with olive oil and lemon juice. Season with salt and pepper and toss gently to combine.
- Top with lots of freshly shaved Parmesan and chopped fennel fronds if you like.

Please rinse all produce with cold water before using.

- Store the **Navel Oranges** and **Lemons** 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.
- 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.
- Place unwashed **Swiss chard** in the refrigerator in a plastic bag. You can also blanch the leaves and then freeze them for later use. Prior to using, wash the chard well to remove any sand or soil that may be hidden in the leaves.
- Store **Fennel** in the refrigerator crisper
- Store unwashed **Broccoli** in an open plastic bag and place in the crisper drawer in the refrigerator.
- **Sweet potatoes** should be stored in a cool, dark and well-ventilated place, where they will keep fresh for up to ten days. Ideally, they should be kept out of the refrigerator in a cool, dry, dark place not above 60 degrees, which would fit the characteristics of a root cellar. Yet since most people don't have root cellars, we'd suggest just keeping your sweet potatoes loose (not in a plastic bag) and storing them in a cool, dark, and well-ventilated cupboard away from sources of excess heat (like the stove).
- Store **Apples** in the coldest section of your fridge.
- 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.
- Keeping **Napa Cabbage** cold will keep it fresh and help it retain its vitamin C content. Put the whole head in a plastic bag in the crisper of your refrigerator. If you need to store a partial head of cabbage, cover it tightly with plastic wrap and refrigerate.

Turnip Apple Slaw

2 tbsp plain yogurt or kefir

2 tbsp soy or regular mayonnaise

1/4 tsp freshly grated black pepper

1 tsp honey

1 apple, quartered, cored and thinly sliced (use your grater's flat blade)

2 turnips (3 inches in diameter), peeled and coarsely grated

1 scallion, finely chopped



Combine the yogurt, mayo, pepper and honey in a large bowl. Mix in the apple, turnips and scallion. Chill before serving as a side dish or slathering onto burgers or sandwiches.

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.