



The Cornucopia

“The Horn Of Plenty”

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

Volume 3, Issue 43

Week of Dec 31, 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—Cabbage Mix, Onions, Radish, Pears & Pink Grapefruit

Frances Romero*, Reedley—Baby Bok Choy, Onions, Carrots & Broccoli

Vine Ripe*, Hanford—Tomatoes

Don Knudsen, Ivanhoe—Avocados

Lehr Bros, Edison—Potatoes



*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 *
Napa Cabbage (Perfect for salads!) *
Avocados *
Tangerines *
Turnips *
Mustard Greens *
Kiwi
Fuyu Persimmons
Grapefruit
Cauliflower
Cilantro

Daikon Radish (aka Chinese Radish) is a versatile vegetable that can be eaten raw in salads or cut into strips or chips for relish trays. It also can be stir-fried, grilled, baked, boiled or broiled. Use the Daikon as you would a radish. It may be grated for use as a condiment. Daikon also is used in soups and simmered dishes.

To prepare, peel skin as you would a carrot and cut for whatever style your recipe idea calls for. Dip thin chips in ice water and they will crisp and curl for a Daikon chip platter with your favorite sour cream or yogurt dip. Cut into julienne strips for relish trays, salads or stir-fries.

Baby Bok Choy

Another yummy recipe sent in by Member **Nancy Jeffrey** of Visalia.

Nancy stated, “The only change I made was to decrease the butter to 2 tbs. Really simple and quite tasty. Nothing to really overwhelm the flavor of the bok choy.”



1 cup chicken broth

3 tbs. unsalted butter

3/4 lb baby bok choy, trimmed

1/2 tsp Asian sesame oil

Bring broth and butter to a simmer in a deep, large, heavy skillet. Arrange bok choy evenly in skillet and simmer, covered, until tender, about 5 minutes. Transfer bok choy with tongs to a serving dish and keep warm, covered.

Boil broth mixture until reduced to about 1/4 cup, then stir in sesame oil and pepper to taste. Pour mixture over bok choy. Serves 2.

NOTE:

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

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

before 5pm Friday

January 4th

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

Or online:

www.FamilyFarmFresh.com

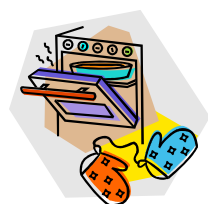
Produce Storage Tips—please rinse all produce with cold water before using

- 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. The ones that are ready 'right now' should be 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.
- **Navel Oranges & Grapefruit** can also be place on the counter out of direct sunlight in a **cool** spot.
- Keep **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 whole **Avocados** in a cool, dry, dark place or in the fridge. If storing a part-used avocado, leave the seed in place and wrap the avocado in plastic wrap, so there's very little air left. It will keep in the fridge for a day or two.
- Wrap the **Daikon Radish, Baby Bok Choy & Carrots** in a damp paper towel and store in a plastic bag in the refrigerator.
- The **Cabbage Mix** is ready to go. Just stick it in the refrigerator.
- **Potatoes**—do not rinse before storing. Keep in a cool, dark place. Do not refrigerate.

*Wishing peace and happiness for
you and those you love through all
the days of the new year.*

Broccoli Cheese Casserole

Sent in by Member **Lori Scott** of
Visalia



Lori says this recipe is "DELISH!!!!"

Fresh baked items for the week of 1/7 — **\$4.25 ea unless otherwise noted.**

WHOLE GRAIN flours:

- Whole Wheat Bread (rolls, loaves or buns)
- Fat Free Banana Bread with Nuts



ORGANIC UNBLEACHED flour:

- Sourdough Sandwich Bread

Please contact us before 4pm FRIDAY
January 4th to place your order.

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.

- 1 pound fresh broccoli florets, steamed until crisp tender, about 3 minutes (or 1 large package frozen broccoli)
- 1 can cream of mushroom soup
- 1 can mushroom pieces
- 1 jar Kraft garlic cheese spread (these are the small jars that are generally found in the cracker aisle of the grocery store.....locally, I have found it at Save Mart)

Preheat oven to 350 degrees. Spray a 9 x 13" casserole dish with nonstick spray. Combine soup, mushrooms, and cheese, Stir in broccoli. Transfer to casserole and bake for 25 minutes, and let cool for 10 minutes before serving.

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.