



The Cornucopia

“The Horn Of Plenty”

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

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

McKellar Farms, Ivanhoe—Oranges & Mandarins

KMK Farms*, Kingsburg—Pea Tendrils, Turnips & Onions

Frances Romero*, Reedley—Baby Bok Choy, Turnips, Chinese Broccoli & Napa Cabbage

Lehr Bros, Edison—Potatoes

Vine Ripe*, Hanford—Tomatoes

Bear Creek Ranch, Springville—Apples

Don Knudsen, Ivanhoe—Avocados



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

PEA TENDRILS (aka pea tips or pea shoots) are the thin, delicately crisp new growth of the pea plant, including the tender uppermost leaves and the tendrils that enable the plant to climb. Pea Tendrils are packed full of carotenes which are strong antioxidants that protect cells from damage and help prevent certain diseases.

- Stir fry in hot oil with a little fresh ginger and sugar or with olive oil and garlic. When they're wilted which should happen within a few seconds, they're done. Season to taste.
- Eat them raw in salads. Dress them with a light vinaigrette.
- Cook them very gently in some butter melted in a pan. The sweetness of the butter brings out the sweetness of the tendrils. Sprinkle with a little salt, and again serve over a delicately prepared fish, or sprinkled over subtle pasta or ravioli.
- **RECIPE: Halibut baked 'in paper' with pea tendrils and herb butter**
Make a herb butter with minced shallots, chervil, chives and tarragon - beat 1 stick of softened butter with herbs until smooth and pale green. Then beat in lots of lemon juice (2 Tbsp) and a pinch of salt. Roll into a log and chill until you're ready to use it.

Prepare six sheets of parchment paper or aluminum foil. On each one, put 1 cup of pea tendrils and a piece of fish (salt the fish on both sides first). Top with a generous slice of herb butter. Wrap up and bake at 400 degrees for 12-15 minutes. Serve immediately - be careful of the hot steam when you open the packets.

- Sautee some garlic with a teaspoon or so of brown sugar until garlic is golden and sugar is melted. Pea greens and a little bit of salt, possibly some broth or water if you like, stir until wilted. Season with soy sauce and a smushed cube or two of Chinese fermented tofu. Serve over rice.

Store pea shoots in the refrigerator vegetable bin wrapped in a paper towel in an open plastic bag.

Volume 3, Issue 48

Week of Feb 11, 2008

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

Navel Oranges *

Tomatoes *

Haas Avocados *

Broccolini *

Carrots *

Murcott Mandarins *

Red Delicious Apples *

Collard Greens *

Minneola Tangelos * (great when juiced with Navels)

Onions

Red Potatoes

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 12pm Friday

February 15th

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

Savor A Day in the Country

A 'Farm, Garden & Wine' experience with tastings, theater, tour, lunch and dessert at Top of the Hill Farm, Squaw Valley Herb Gardens, and Tivy Mountain Vintners Winery.

Advance Tickets \$45. Contact Rosemary ~ Squaw Valley Herb Gardens

March 22, 23, 29 & 30 10:30 am to 4 pm

'Savor A Day in the Country' is an opportunity for individuals and small groups of friends to experience a fun and progressive, culinary experience in the country featuring food, wine and herbs. Enjoy a lovely, rural drive with stops near the Kings River, Squaw Valley and Tivy Valley. You'll meet our region's 'Farmers Market Jam & Jelly Queen', Ruth Wardwell, and taste her *Top of the Hill* fresh baked breads with specialty jams, jellies, relish, pickles, chutneys and jalapeño tastings.

Located near the Kings River, Ruth & Lance Wardwell debut their 1920's farm store and serve lunch. Next savor the rustic beauty and soothing aromatherapy of the *Squaw Valley Herb Gardens*. Here artists Rosemary Nachtigall & T.D. Friesen premiere new garden vignettes with an entertaining presentation weaving history with art and agriculture. Enjoy dessert with a stunning Sierra view near the lavender hillside. Then on to a wine-tasting finale. Relax at the lovely *Tivy Mountain Vintners Winery* where Vicki & Greg Peas share their specialty boutique wines midst one of the region's most beautiful 'Bed & Breakfasts'.

This tour can be booked for groups of 8 or more March through October.



A great big **thank you** from Luanne to the many Members who expressed their friendship and care this past holiday season.



Congratulations
to the Vil-
lavicenco family
and their new
baby girl!

Glazed turnips— recipe from Nourishing Traditions

2 lbs turnips, peeled and quartered

4 tbsp butter

1c beef stock

1 tsp gelatin, optional

1 tbsp parsley, finely minced

Plunge turnips into boiling salted water for 3-5 minutes. Drain and pat dry. Sauté in butter until lightly browned. Add stock and optional gelatin and boil down until turnips are coated and liquid has almost completely evaporated. Sprinkle with parsley and serve.

Fresh baked items for the week of 2/18 — \$4.25 ea unless otherwise noted.

WHOLE GRAIN flours:

- Whole Wheat Bread
- Whole Wheat Herbed French Bread

ORGANIC UNBLEACHED flour:

- Sourdough Sandwich Bread
- Sourdough French Bread

Please contact us **before 4pm THURSDAY February 14th** 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.

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
- Cesar Parmesan—\$3.00
- Roasted Pepper—\$3.00
- Black Pearls—\$2.50



Add these to your weekly basket.

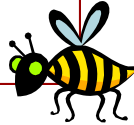
IT'S EASY!

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

Raw Honey

Cornett Farms

16 oz jar —\$4.00



Olive Oil - Extra Virgin

DeLio Olive Co., Inc.

- 250 mil—\$7.50
- 500 mil—\$10.00

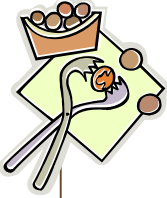


California Sunshine

- made with Pearl Olives
- 250 mil—\$10.95
- 500 mil—\$13.95

Nuts Ladybug Gardens

- | | |
|------------------------------------------------|-----------------------------------|
| Pistachios (lightly salted) 1/2 lb-\$3 1lb-\$6 | 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 1lb-\$4 |
| Fruit & Nut Trail Mix 1/2 lb-\$3 1lb-\$6 | |



See newsletter for the weekly

Fresh Bread list



Farm Fresh Eggs

Tartaglia Farms, Earlimart Ladybug Gardens, Visalia

- Dozen—\$4.00
- 1/2 Dozen—\$2.00



Raw Milk

- *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—\$6.25
- Cream pint—\$11.60
- Quephir pint—\$5.20
- Colostrum—\$11.70
- *Super Light Colostrum 1/2 gal—\$8.45
- * Quarts available also.

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



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

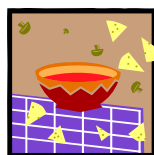
Smokey BBQ Sauce 5 oz—\$5.25

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



Navel Oranges

McKellar Farms

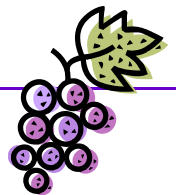
- 5# bag—\$4.00
- 8# bag—\$6.00

NEW!

100% Organic Grape Juice

Bela Juice, LLC

16 oz bottle—\$2.00



Greens & Herbs

KMK Farms -\$1.50 ea

- | | |
|------------------------|----------------|
| Rosemary | Sorrel |
| Mint | Chocolate Mint |
| Broccoli Raab (rapini) | Arugula |
| Cilantro | Turnip Greens |
| Mustard Greens | Collard Greens |
| Stinging Nettles (new) | Swiss Chard |

Fagundes Farmstead 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

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



Farmstead Cheese Page

\$6.00 each unless otherwise noted

all are approx 1/2 lb

cheese.

Bravo Farms 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.

*****NEW** **Organic Pastures** www.OrganicPastures.com **NEW*****

Truly Raw—\$7.50 ea—Aged a minimum of 60 days. Unlike most other raw cheeses, **Truly Raw** is never heated above 105 degrees (Fahrenheit) during the cheese making procedure.