



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**— Beets, Cilantro & Grapefruit
- Frances Romero*, Reedley**— Baby Bok Choy, Daikon Radish, Onions, & Turnips
- Bear Creek Ranch, Springville**—Apples
- Vine Ripe*, Hanford**—Tomatoes
- 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.

Cilantro is a member of the carrot family. The plant and leaves are called cilantro in the Americas, while the seeds (used as a spice) are called coriander.

Coriander is one of the oldest herbs and spices on record. Coriander was mentioned in the Bible, and the seeds have been found in ruins dating back to 5000 B.C. Its name comes from the Greek word *koris*, meaning a stinky bug, no doubt a reference to the strong aroma given off by the cilantro plant leaves when they are bruised.

Cilantro Chicken www.recipezaar.com

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|---|------------------------|
| 4 boneless skinless chicken breast halves | 1 tablespoon honey |
| 1/4 cup lime juice | 1 tablespoon olive oil |
| 1/2 cup chopped fresh cilantro | 1/2 teaspoon salt |
| 6 garlic cloves, chopped | 1/4 teaspoon pepper |

Pound the chicken breasts to an even thickness (about 1/2 in.) and place in a shallow baking pan. In a small bowl, mix lime juice, cilantro, garlic, honey, olive oil, salt, and pepper. Pour over chicken and turn pieces to coat evenly. Cover and chill at least 30 minutes or overnight.

Lay chicken on a grill over medium heat and cook, turning once, until no longer pink in the center, 4 to 6 minutes per side.

Getting **beets with the greens** attached is like getting a two for one sale! You can eat the greens and the beet roots separately or combine them in a meal. They are quite nutritious and you can juice them or sauté them or cook them as you would any other green.

- Sauté some red onion and garlic, then add the chopped up tops (they wilt down like spinach). Then add 1/2 cup of water or chicken stock. Cover and simmer for about 20 minutes, until desired tenderness. Add about a tablespoon of orange juice to it toward the end, salt & pepper to taste.

If you start to see red when you increase your consumption of beets, don't be alarmed. You're just experiencing **beeturia**, or a red or pink color to your urine or stool. No need to panic; the condition is harmless.

Volume 3, Issue 50

Week of Feb 25, 2008

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

Navel Oranges *

Tomatoes *

Haas Avocados *

Napa Cabbage *

Onions *

Carrots *

Pea Tendrils *

Broccolini *

Red Potatoes *

Tangelos *

Kiwi

Red Delicious Apples

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 29th

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

Beet Salad with Goat Cheese

Shared by Member Lori Scott of Visalia

www.allrecipes.com

- 4 medium beets - scrubbed, trimmed and cut in half
- 1/3 cup chopped walnuts
- 3 tablespoons maple syrup
- 1 (10 ounce) package mixed baby salad greens
- 1/2 cup frozen orange juice concentrate
- 1/4 cup balsamic vinegar
- 1/2 cup extra-virgin olive oil
- 2 ounces goat cheese

Place beets into a saucepan, and fill with enough water to cover. Bring to a boil, then cook for 20 to 30 minutes, until tender. Drain and cool, then cut in to cubes.

While the beets are cooking, place the walnuts in a skillet over medium-low heat. Heat until warm and starting to toast, then stir in the maple syrup. Cook and stir until evenly coated, then remove from the heat and set aside to cool.

In a small bowl, whisk together the orange juice concentrate, balsamic vinegar and olive oil to make the dressing.

Place a large helping of baby greens onto each of four salad plates, divide candied walnuts equally and sprinkle over the greens. Place equal amounts of beets over the greens, and top with dabs of goat cheese. Drizzle each plate with some of the dressing.

How to store: Take off all but about an inch or so of the greens. Wrap the greens in a moistened paper towel and store in a plastic bag in the refrigerator. Store the roots (dry) in the vegetable drawer in your refrigerator. Wash prior to cooking.

Beet Greens

from www.recipezaar.com

- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 medium yellow onion, chopped
- 3 cups fresh beet leaves
- 1/4 cup white wine
- 3 tablespoons bacon bits
- Salt
- Freshly ground black pepper

Heat the oil on medium-high heat. Saute the garlic and onion until they are translucent. Reduce heat to medium and add the beet greens. Stir until all the greens are wilted and heated. Add the white wine and bacon. Cook for another 2-3 minutes. Serve with salt and fresh ground black pepper.

Fresh baked items for the week of 2/25 — \$4.25 ea unless otherwise noted.

WHOLE GRAIN flours:

- Frozen pizza dough (makes 2 14-15" pizzas)
- Honey Oat Wheat Bread
- Whole Wheat Challah (contains eggs & butter) with or without raisins

ORGANIC UNBLEACHED flour:

- Frozen Pizza Dough (makes 2 14-15" pizzas)
- Sourdough Sandwich Bread
- Country White Bread
- Cinnamon Bread (with or without raisins)

Please contact us before 4pm THURSDAY February 28th 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.