



The Cornucopia

“The Horn Of Plenty”

Volume 3, Issue 45

Week of Jan 14, 2008

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

KMK Farms*, Kingsburg— Pears, Arugula & Onions

Frances Romero*, Reedley—Carrots, Mandarins & Chinese Broccoli

Vine Ripe*, Hanford—Tomatoes

Don Knudsen, Ivanhoe—Avocados

Lehr Bros, Edison—Potatoes

Lindcove Ranch, Visalia—Lemons

Espinosa Farms, Ivanhoe—Fuyu Persimmons



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

Lemons are known as the fruit that evokes images of sunshine and the sweet smiles of children standing roadside at their homemade lemonade stands.

Although lemons may not be what you would choose for an afternoon snack, they are powerhouses when you want to bring out the flavor of other foods. Lemons are oval in shape and feature a yellow, texturized outer peel. Like other citrus fruits, their inner flesh is encased in eight to ten segments.

Visit the Reader's Digest website (link is listed below) for **34 clever uses for Lemons**.

www.rd.com/content/extraordinaryuses/extraordinary-uses-for-lemons/

- Eliminate fireplace odor
- Make a room scent
- Prevent potatoes from turn brown
- Keep rice from sticking
- Rid clothes of mildew
- Lighten age spots
- Remove berry stains
- Bleach delicate fabrics

- 1 cup sugar
- 5 cups water, divided
- 1 cup freshly squeezed lemon juice (approx 4-6 lemons)

Lemonade

Blend 1 cup water and 1 cup sugar well in small saucepan. Bring to a boil, stirring frequently, until sugar dissolves completely. Let cool and refrigerate. (This is called a simple syrup.)

Mix the simple syrup well with the lemon juice (strained or not, as you like) and stir well.

Add 4 cups cold water and mix. Try using sparkling water for some fizz! Add thin lemon slices if you'd like.

Freeze it in ice cube trays & add the cubes to the lemonade so it's never diluted as the 'ice' melts. You can increase the amounts of this recipe proportionately, depending on the amount of lemonade you want.

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

Navel Oranges *

Tomatoes *

Onions *

Haas Avocados *

Baby Bok Choy*

Murcott Mandarins *

Swiss Chard * (pending)

Red Potatoes *

Carrots

Grapefruit

Lemons

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 8am Friday

January 11th

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

McKellar Farms announces

the oranges supplied to members of Family Farm Fresh have not been treated with pesticides beginning with this year's navels which you are now receiving.



McKellar Farms has been experimenting with "bug" control by leaving the weeds in the row middles to provide habitat for the "good bugs" that control the "bad bugs". It is working well so far.



Jade Green Gai Lon (or Chinese Broccoli) Sent in by Member Nancy Jeffrey of Visalia

- 2 quarts water
- 1 small bunch Gai Lon (or Chinese Broccoli)
- 1 tbsp soy sauce
- 1 tbsp Chinese rice wine or dry sherry
- 4 tbsp corn or peanut oil
- 2 tbsp oyster sauce
- 1 tbsp sesame oil

Cut leaves and buds off (do not discard) of stems and chop coarsely. Peel stems if they look tough, and cut diagonally into bite size pieces; set aside.

Combine 2 tbsp oil and all remaining ingredients in a small saucepan; set aside.

In a large pot, add remaining 2 tbsp of oil and bring to a boil. Add the stem pieces and boil for about 2 minutes and then add the leaves and buds for about 2 more minutes. Meanwhile, heat the sauce. When the broccoli is done, drain and pour the sauce over it.

Cooking Tips from WebMD

Plan ahead. Take a few moments over the weekend or one weeknight to plan out your meals for the coming days. If you wait until you get home from work on Tuesday to figure out what's for dinner, chances are you'll open a box or order in pizza or Chinese.

Cook extra on more leisurely days. Some foods can easily be cooked in larger volumes and kept refrigerated or frozen in anticipation of days when time is really short.

Make your own precut vegetables. The next time you're chopping an onion, consider preparing two and putting the second in a sealable bag for tomorrow's dinner. Or slice up a second head of broccoli or cauliflower and keep the florets in the freezer (for a few months).

Many Members are already utilizing our website: www.FamilyFarmFresh.com to:

- **Modify orders**
- **Make payments**
- View past/current **newsletters**
- NEW members can **enroll** online

Have you visited our website lately?

Fresh baked items for the week of 1/21 — \$4.25 ea unless otherwise noted.

WHOLE GRAIN flours:

- Ezekial 4:9

ORGANIC UNBLEACHED flour:

- Blueberry Muffins



Please contact us **before 4pm THURSDAY January 10th** 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.