



# The Cornucopia

"The Horn Of Plenty"

Volume 4, Issue 43

Week of Jan 5, 2009

P.O. Box 189 Ivanhoe CA 93235 559-798-0557 [www.familyfarmfresh.com](http://www.familyfarmfresh.com)

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

**KMK Farms, Kingsburg**— Arugula, Apples & Daikon

**Francis Romero, Reedley** — Onions & Stir Fry

**McKellar Farms, Ivanhoe**—Oranges

**Vine Ripe, Hanford**—Tomatoes

**Don Knudsen, Ivanhoe**—Avocados

**TreeSource, LLC, Exeter**—Mandarins



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.

This is one way Farmer Francis prepares the **Stir Fry Mix**. She did not provide measurements, she cooks by taste.

Cut the meat (your preference) into small pieces and cook in a skillet. Add chopped onion. When they are cooked, add the stir fry mix. When the veggies have cooked down a bit, stir in enough sauce to coat.

**To make the Sauce:** On low heat, warm some soy sauce in a small saucepan and add garlic powder. Mix cornstarch into a bit of water until dissolved and stir into the soy sauce to thicken.

I didn't measure any of the ingredients either and found that it doesn't take much of the sauce at all. I'm guessing I made about two cups and had about a cup left over. —Pam

### Daikon Radish With Chicken

- |                                 |  |
|---------------------------------|--|
| 1 daikon radish                 | <u>Cooking sauce</u>                   |
| 2 boneless chicken legs w/thigh | 2 cups chicken stock                   |
| 1/2 teaspoon chili flakes       | 3 tablespoons <u>soy sauce</u>         |
| 1 tablespoon vegetable oil      | 2 tablespoons <u>sake</u>              |
| 1 crushed garlic clove          | 1 tablespoon <u>sugar</u>              |
| 1 teaspoon sesame oil           | 1/4 teaspoon <u>mirin</u> rice vinegar |
|                                 | dry white wine                         |

- Peel daikon and cut in half and cut into 1/2 inch half moons.
- Cut chicken into 1/2- 1 inch pieces.
- Heat oil. Add daikon and chicken and sauté over high heat. Stir in crushed garlic and chili flakes/pepper.
- Add all ingredients for the cooking sauce. Cook over medium heat, constantly skimming. When the sauce has nearly evaporated, sprinkle sesame oil.
- Remove from heat and serve. Great with rice.

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

Navel Oranges *
Tomatoes *
Avocados *
Lemons *
Fennel *
Broccoli *
Pears *
Mandarins *
Kale *
Dill
Chinese Cabbage

**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

**before 12pm**

**Friday January 9th**

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:

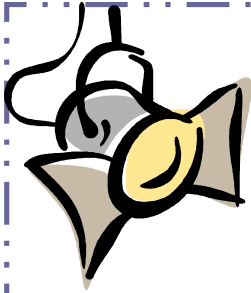
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### Visalia Chamber of Commerce 2008 AgriBusiness of the Year

Proud Member of the: • Exeter Chamber of Commerce • Porterville Chamber of Commerce • Springville Chamber of Commerce • Three Rivers Chamber of Commerce • Tulare Kings Hispanic Chamber of Commerce • Visalia Chamber of Commerce •



# Member in the Spotlight

## Serra Scannell

Pristine Painting was formed in 1999, by Serra Scannell. Serra gathered her painting experience in Marin County, California, where for eight years she worked on both restoration and high-end painting projects.



In 2000, Serra moved her painting business to Lemoore, and has been serving the Kings County area for the past 8 years. In 2005, they painted the exterior of Lemoore's Historic Sarah Mooney Museum.

Pristine Painting is a women owned and operated professional painting company that specializes in residential repaints (interior and exterior). We are licensed and insured and offer 2 year warranties on all work. We offer the highest level of service at the best possible price. It is this combination of price and value that has helped to build our reputation.

We offer Senior Citizen Discounts of 10%.

Family Farm Fresh Members receive a 10% Discount also.



Call for your paint quote today!

Pristine Painting Lic.# 759641  
Serra Scannell / Owner  
www.uniquepainters.com  
559-924-4071  
pristinepainting@msn.com

Please rinse all produce with cold water before using.

- Store the **Navel Oranges** & **Mandarins** in the refrigerator. They will keep this way for a 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.
- Store **Onions** in the fridge also.
- Squeeze your **Kiwi gently**—if it gives a little it is ready to eat. If it's not ready, store it on the counter at room temperature, away from exposure to sunlight or heat. Ripe kiwi can be stored either at room temperature or in the refrigerator.
- To store **Daikon Radish**, scrub well. Store in a plastic bag in the refrigerator. Cooking makes the radish bite even milder. They can also be roasted, sautéed, or added to stir-fries,
- Store **Apples** in the coldest section of your fridge.
- Rinse the **Arugula**, dry the leaves and wrap in a paper towel. Store in a plastic bag in the refrigerator.
- The **Stir Fry** is already cleaned and cut up. Just stick it in the fridge.

Is there an item you use EVERY WEEK? Do you need more GREENS? If you need onions every week, let me know!

We already have a few members who have a “standing order” for onions each week. Want Swiss Chard or some type of green every week?

### Not a problem!

As the farmers and I plan the baskets each week, we try to accommodate the “majority” (in addition to the produce inventory) and realize it isn't a perfect fit for everyone.

Please let us know how we can get the right mix to you!

**5# bag of super juicy  
Lisbon lemons—\$4.00**

*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.*