



The Cornucopia

“The Horn Of Plenty”

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

Volume 3, Issue 44

Week of Jan 7, 2008

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—Turnips, Mandarins, Cilantro, Mustard Greens & Pink Grapefruit

Frances Romero*, Reedley—Napa Cabbage & Cauliflower

Vine Ripe*, Hanford—Tomatoes

Don Knudsen, Ivanhoe—Avocados

Fagundes Agribusiness, Hanford—Kiwis

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.

Navel Oranges *

Tomatoes *

Pears *

Haas Avocados *

Mandarins *

Red Potatoes *

Lemons *

Carrots *

Arugula *

Onions

Chinese Broccoli

Fuyu Persimmons

As I perused through websites the other day, I ran across an article on USA Today by Jim Collins called:

Best New Year's resolution? A 'stop doing' list

In the article, Jim talks about an assignment one of his teachers gave him. It goes like this: “Suppose you woke up tomorrow and received two phone calls. The first phone call tells you that you have inherited \$20 million, no strings attached. The second tells you that you have an incurable and terminal disease, and you have no more than 10 years to live. What would you do differently, and, in particular, what would you stop doing?”

That assignment became a turning point in his life “a mechanism for disciplined thought about how to allocate the most precious of all resources: time.” To read the full article, visit USAToday.com

When Members stop receiving their basket, the most common reason they say is because they are “not using the produce”. I find this quite sad. More than likely they are eating out frequently or eating from a box/jar.

All of us have a busy schedule. **Taking the time to promote healthy eating is one of the best things you can do for your health and the health of your family.** So give yourself a pat on the back!

As you ponder your 2008 New Year's Resolution:

- Reflect on the things that consume your time and eliminate the things that do not contribute to your happiness and/or well-being.
- Set realistic goals for yourself.
- Contribute—find a cause that you feel good about. Visit your children's school, volunteer at a food shelter or give a housebound senior a ride to the doctor, dentist or store. Participate in a walk-a-thon for MS, cancer awareness, etc. If you need more ideas, contact a local service club (Kiwanis, Lions, Rotary, etc).
- Keep happy, positive people close at hand. Don't waste your time with negative people and their negative energy.
- Most important—take time for yourself. You are worth it!

Happy New Year!

—Pam

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 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

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

- Most people say NOT to refrigerate **Tomatoes** as it robs them of their flavor and texture. However, if they are ready right now, and you aren't going to use them for a day or two, it should be OK to stick them in the fridge.
- **Navel Oranges, Mandarins, Fuyu Persimmons & Grapefruit** can also be placed on the counter out of direct sunlight in a cool spot.
- 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.
- The **Cauliflower** is ready to go. Just stick it in the refrigerator. Store **Turnips** in the refrigerator also. Do not wash before storing.
- **Kiwi**—keep in a cool, dark area until ripe (will yield to slight pressure). Can be stored at room temperature or in the refrigerator when ripe.
- Rinse the **Cilantro** and store it moist (not wet) in a plastic bag in the refrigerator.
- Store **Napa Cabbage** in the refrigerator with a moist paper towel wrapped around it.
- Store **Mustard Greens** in a plastic bag in the refrigerator.

Cilantro (see-LAHN-troh) is a member of the carrot family. Also referred to as Chinese Parsley and Coriander. It is actually the leaves (and stems) of the Coriander plant.

Cilantro has a very pungent odor and is widely used in Mexican, Caribbean and Asian cooking. The Cilantro leaves look a bit like flat Italian parsley and in fact are related.

Kiwis contain an enzyme called actinidin that breaks down protein. They are a **great tenderizer** for less expensive cuts of meat and tough seafood like octopus or squid.

- Young **mustard greens** make great additions to salads.
- Serve sautéed mustard greens with walnuts and lemon juice.
- Try chopped tomatoes, pine nuts, goat cheese, pasta and mustard greens tossed with a little olive oil.
- For a simple meal with a southern flair, serve cooked mustard greens with beans and rice.

Napa Cabbage Salad

- 1 head napa cabbage
 - 1 bunch minced green onions
 - 1/3 cup butter
 - 1 (3 ounce) package ramen noodles, broken
 - 2 tablespoons sesame seeds
 - 1 cup slivered almonds
 - 1/4 cup cider vinegar
 - 3/4 cup vegetable oil
 - 1/2 cup white sugar
 - 2 tablespoons soy sauce
- Finely shred the head of cabbage; do not chop. Combine the green onions and cabbage in a large bowl, cover and refrigerate until ready to serve.
 - Preheat oven to 350 degrees F (175 degrees C).
 - **Make the crunchies:** Melt the butter in a pot. Mix the ramen noodles, sesame seeds and almonds into the pot with the melted butter. Spoon the mixture onto a baking sheet and bake the crunchies in the preheated 350 degrees F (175 degrees C) oven, turning often to make sure they do not burn. When they are browned remove them from the oven.
 - **Make the dressing:** In a small saucepan, heat vinegar, oil, sugar, and soy sauce. Bring the mixture to a boil, let boil for 1 minute. Remove the pan from heat and let cool.
- Combine dressing, crunchies, and cabbage immediately before serving. Serve right away or the crunchies will get soggy.

Fresh baked items for the week of 1/14 — \$4.25 ea unless otherwise noted.

WHOLE GRAIN flours:

- Whole Wheat Challah Bread
- Bran Muffins



ORGANIC UNBLEACHED flour:

- Country White Bread (can add Cinnamon and/or raisins)
- Sourdough Sandwich Bread

Please contact us before 4pm FRIDAY January 10th to place your order.

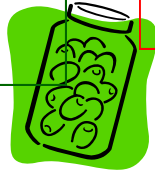
Lori uses **NO** shortening in her breads, **ONLY** Organic Extra Virgin Olive Oil. The amount of olive oil ends up to being approximately 2 Tbsp per loaf. If you are slicing it into 12 slices, you are only getting 1/2 teaspoon per slice.

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.

Olives

California Sunshine

Garlic stuffed—\$4.00
 Jalapeno stuffed—\$4.00
 Ceasar 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

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
 Raw Almonds 1/2 lb-\$3 1lb-\$6
 Cashews (lightly salted) 1/2 lb-\$3 1lb-\$6
 Fruit & Nut Trail Mix 1/2 lb-\$3 1lb-\$6

Pecans 1/2 lb-\$3 1lb-\$6
 Smoked Almonds 1/2 lb-\$3 1lb-\$6
 Walnuts 1/2 lb-\$2 1lb-\$4



See newsletter for the weekly
Fresh Bread list

NEW!
Raw Milk

The order form is available on our website.

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



Navel Oranges

McKellar Farms

5# bag—\$4.00
 8# bag—\$6.00



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



Farm Fresh Eggs

Tartaglia Farms, Earlimart

Ladybug Gardens, Visalia

Dozen—\$4.00
 1/2 Dozen—\$2.00



Honey

Daniels Farms

1 lb—\$4.00
 2 lbs—\$8.00
 Gallon—\$29.00



Greens & Herbs

KMK Farms -\$1.50 ea

Russian Tarragon	Oregano
Rosemary	Sorrel
Shallots (Red & Yellow)	Mint
Broccoli Raab (rapini)	Chocolate Mint
Chives	Arugula
Garlic Chives	Cilantro
Italian Flat Leaf Parsley	Turnip Greens
Mustard Greens	Collard Greens

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 cheese.



Farmstead Cheese Page

\$6.00 each unless otherwise noted

all are approx 1/2 lb

Please visit these Farmers' websites for recommended food and wine pairings.



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.