



# The Cornucopia

"The Horn Of Plenty"

Volume 5, Issue 3

Week of Mar 23, 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**—Chard, Turnips, Broccoli & Lettuce

**Francis Romero, Reedley** — Cabbage, Snow Peas & Carrots

**McKellar Farms, Ivanhoe**—Navel Oranges & Mandarins

**Couture Farms, Hanford**—Asparagus

**Fagundes Agribusiness, Hanford**—Kiwi



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.

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

Navel Oranges *
Lettuce *
Asparagus *
Tangerines *
Tomatoes *
Kale *
Chinese Broccoli *
Onions *
Radish
Lemons
Apples

### Excerpt from Local Harvest newsletter: **How to eat Local**

Many times each month, people ask us exactly how they can begin to eat locally. The questioner invariably understands the 'whys' of the proposition, but is daunted by the 'how.'

The first thing to remember is that eating locally is a continuum. If you allow yourself to get drawn into an all-or-nothing mindset, the proposition will seem impossible.

You will get derailed by the list of the imported foods you think you can't live without. Bananas. Coffee. Chocolate-covered yum-yums. Don't start with those things. Don't even put them on the table the first year.

**Eating locally is about doing what you can.** It is about making the most of your region's agricultural strengths. It is about beginning to pay attention. Where should you start? Focus on whole foods first. Highly processed foods are made with many ingredients that are shipped from afar, processed, and shipped again. It is simpler, not to mention healthier, to put your efforts into simpler foods.

Start with one or more of these food groups: produce, meat, dairy products and eggs. In many cases, you can buy these foods directly from farmers, which is often a highly satisfying experience in and of itself.

**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 March 27th**

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 call Pam directly:**

559-798-0557 ext 102

**Or email:**

[pam@familyfarmfresh.com](mailto:pam@familyfarmfresh.com)

**Or online:**

[www.FamilyFarmFresh.com](http://www.FamilyFarmFresh.com)

### **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 •



**BUY LOCAL**  
**FamilyFarmFresh.com**  
 We Deliver!

**Help spread the word!**

Put one of these really cool **Family Farm Fresh** bumper stickers on your car! It's small, only 3 X 12.

How do you get one?

1. Ask your driver for one (Kari or Luanne)
2. Send an email to Pam (or call)
3. Leave a note in your basket

**They're FREE for Members!!**

**Visit our Spring Farm Fest  
 located at McKellar Farms,  
 Ivanhoe**

**Featuring the first & only Orange  
 Tree Maze in the United States!**

**Fun for the whole family!**

**Wagon Rides**

**Food**

**Carnival booths**

**Easter Bunny (11th only)**

**Easter Egg Hunt (11th only)**

**Pony Rides**

**Bounce House**

**Sat April 4 10-6pm**

**Sun April 5 10-6pm**

**Fri April 10 10-6pm**

**Sat April 11 10-6pm**

**Please rinse all produce with cold water before using.**

- Store the **Oranges** and **Mandarins** in the refrigerator.
- Rinse the **Lettuce**. Dry the leaves and wrap in a paper towel. Store in a plastic bag in the refrigerator.
- Store **Asparagus** in the refrigerator with the ends wrapped in a damp paper towel, and be sure to place the asparagus in the back of the refrigerator away from any light, since folate is destroyed by exposure to air, heat or light.
- Store unwashed **Beets** in the refrigerator crispener. Store the unwashed greens separately as they will pull the moisture away from the root.
- Place unwashed **Chard** in the refrigerator in a plastic bag. You can also blanch the leaves and then freeze them for later use. Prior to using, wash well to remove any sand or soil that may be hidden in the leaves.
- Store **Turnips** in a cool, dark place.
- Wrap **Carrots** in a damp paper towel and store in a plastic bag in the refrigerator. The peel is where most of the nutrients are stored. Instead of peeling them, try scraping the carrots with a serrated knife to ensure most of the peel remains.
- **Peas** stored in the refrigerator in a bag or unsealed container will keep for several days.
- 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.
- Store unwashed **Broccolini** in an open plastic bag and place in the crispener drawer in the refrigerator.
- Keeping **Cabbage** cold will keep it fresh and help it retain its vitamin C content. Put the whole head in a plastic bag in the crispener of your refrigerator. If you need to store a partial head of cabbage, cover it tightly with plastic wrap and refrigerate.



**5lb bag of lemons—\$4.00**  
**Juice them now and freeze the juice (I use jelly jars) for Lemonade this summer!**

*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.*

## Crunchy Peanut Slaw

From Apartment Therapy [www.thekitchn.com](http://www.thekitchn.com)

1 big bowl of slaw, serves at least 8

- 1 head cabbage, outer leaves removed
- 1 1/2 cups roasted, unsalted peanuts
- 1 bunch green onions
- 1 cup chopped cilantro
- Salt and pepper

### Dressing:

- 1/2 cup light oil, like canola
- 3 tablespoons rice vinegar
- 1 tablespoon sugar (or more, to taste)
- 1 tablespoon sesame oil
- 1 teaspoon soy sauce (or more, to taste)

Shred the cabbage very finely. The fineness of the shredded cabbage is really what makes this salad; you want it in threads, almost, and with the threads chopped into bite-size lengths.

Toss with the peanuts in a large bowl. Chop the scallions, including the green and white parts. Toss the scallions and chopped cilantro with the cabbage, seasoning very lightly with salt and pepper.

Whisk the dressing until emulsified, then taste and adjust to your own preferences of sweetness and saltiness. Toss with the cabbage. Garnish with a few more peanuts and serve.

## Crispy Lemon Chicken

- 4 cups cooked white rice
- 1 pounds boneless, skinless chicken breast
- 1 teaspoon Mrs. Dash herb seasoning
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 eggs
- 2-1/2 cups all-purpose white flour
- 2 tablespoons olive oil
- 3 lemons, halved for squeezing or 1/2 cup lemon juice
- extra lemon wedges for garnish
- 2 tablespoons minced parsley for garnish

Cut chicken into finger-like slices; season with Mrs. Dash® herb seasoning, salt and pepper. In a medium bowl beat the eggs until combined. Dip chicken in eggs and then in flour. Make sure you cover both sides with flour.

Heat olive oil in a frying pan. Sauté chicken in the pan until golden brown on both sides. If desired, sauté with lemon wedges for flavor and garnish. Be careful not to over cook chicken. Squeeze lemon halves onto chicken throughout sautéing.

Right before removing chicken from pan, squeeze last drops of lemon juice onto chicken. Take chicken out of pan. Blot excess oil from chicken with paper towels to keep it crispy. Divide chicken into four servings and place each serving on top of 2/3 cup of white rice.

Garnish chicken and rice with lemon wedges and fresh parsley.

## Olives

### California Sunshine

Garlic stuffed—\$4.00  
 Jalapeno stuffed—\$4.00  
 Pimiento Stuffed—\$4.00  
 Caesar Parmesan—\$3.00  
 Roasted Pepper—\$3.00  
 Black Pearls—\$2.00  
 Classic Italian—\$3.00  
 Spicy Ranchero—\$3.00  
 Kalamata—\$4.00

**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



## Olive Oil - Extra Virgin

### California Sunshine Olive Oil Hand Pressed

250 mil—\$8.95  
 500 mil—\$11.95

## 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-\$2.50 1lb-\$4.50
Fruit & Nut Trail Mix 1/2 lb-\$3 1lb-\$6	

## Farm Fresh Eggs from cage-free chickens

### Ladybug Gardens, Visalia

Dozen—\$4.25  
 1/2 Dozen—\$2.25



## 100% Organic Grape Juice

### Bela Juice, LLC

16 oz bottle—\$1.50  
 32 oz bottle—\$2.70

## King Oyster Mushrooms

### Sun Smiling Valley Farm, Sanger

Grown in sterile, climatically controlled environment at their state-of-the-art facility

5oz—\$3.29 8 oz—\$3.99



## Raw Honey

### Cornett Farms

16 oz jar —\$4.25



## 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)  
 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)  
 Raspberry Pepper Glaze 10 oz—\$7.00  
 Apple BBQ Sauce 12 oz—\$7.00  
 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



## Herbs

### KMK Farms

**\$1.50 each**

Sorrel  
 Rosemary  
 Chocolate Mint  
 Mint  
 Cilantro  
 Italian Parsley

## Raw Milk

### Organic Pastures, Madera

Whole Milk 1/2 gal—\$7.60  
 Skim Milk 1/2 gal—\$3.40 \*  
**new lower price!**  
 Super Choco 1/2 gal—\$9.40  
 Butter 1lb—\$13.65  
 Butter 1/2 lb—\$6.85  
 Cream pint—\$11.60  
 Quephir pint—\$5.20  
 Colostrum—\$11.70

**Quarts are sometimes NOT available.**

## Kombucha Tea

12 oz glass bottle—\$2.70 ea

Kombucha is strong stuff, so you should be careful regarding the amount you use initially. As a rule, most people would be best served by limiting intake to 2 oz., 2X daily (4 oz. total) to start.

