



The Cornucopia

“The Horn Of Plenty”

Volume 4, Issue 2

Week of Mar 24, 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 & Mandarins

KMK Farms, Kingsburg— Red Spring Onions, Arugula, Broccolini & Beets

Frances Romero, Reedley— Gai Ion Broccoli

Couture Farms, Hanford—Asparagus

Vine Ripe, Hanford—Tomatoes & Radishes

Lehr Bros, Edison—Potatoes

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

Navel Oranges *

Tomatoes *

Avocados * (last time—really)

Asparagus *

Daikon Radish *

Baby Bok Choy *

Murcott Mandarins *

Lettuce *

Turnips (White Japanese)

Carrots

Red Potatoes

**** **Help Wanted** ****

Seeking **Manager/Coordinator**

for Historic Seven Sycamore Ranch Farm Stay

Manage, coordinate and develop activities at the Ranch including but not limited to weddings, fund-raising events, birthdays and company picnics. In addition, will actively attract and develop additional events to be held at the Ranch.

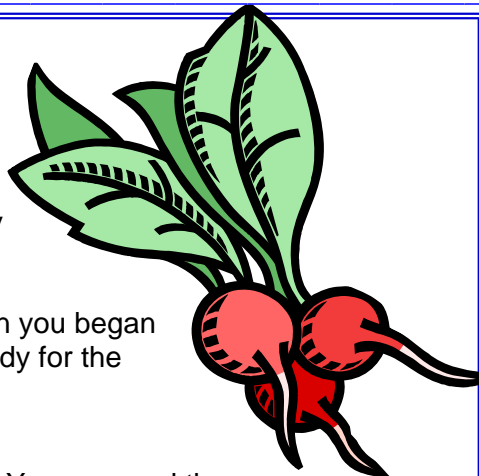
Please send resume to bob@mckellarfarms.com with the words “Manager/Coordinator” in the subject line.

Radishes probably originated in China, and made their way across Asia, into the Middle East, and thence into Europe. Europeans introduced them into Central America around 1500; the British brought them to North America when they settled here.

In France, radishes would be served when you began a meal, to clean your palate and get it ready for the delights that were follow.

Most of the heat in radishes is in the skin. You can peel the skin off if you want to, but they won't taste or look as great. They can be served whole or sliced.

Radishes make a great addition to a relish tray. In France, they are often the way to start a meal: they are served with butter, sea salt and crusty bread. You split the Radish with your knife, spread it apart a bit, put a bit of butter in, dip it in the sea salt on your plate, and enjoy with the bread..



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

March 28th

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

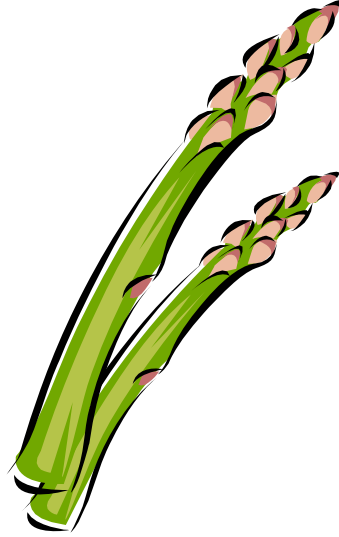
Or online:

www.FamilyFarmFresh.com

Asparagus Wraps

Recipe shared by Member **Melissa Day** of Lemoore

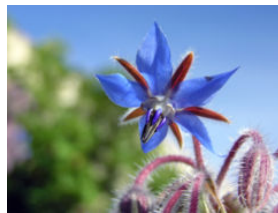
20 stalks small asparagus
1 avocado
1/2 lime; juiced
2 cups brown rice; cooked
1/4 cup red onion; diced,
caramelized
2 tablespoons plain yogurt
3 tablespoons mayonnaise
1 pinch chili powder
1 pinch cayenne pepper
5 whole wheat tortillas
1/2 cup cilantro; chopped
salt & pepper



- Steam asparagus for 5-7 minutes so asparagus stays firm. Remove from heat. Set aside.
- In a separate bowl, mash avocado and lime juice. Add salt and pepper to taste.
- In another bowl, mix brown rice and yogurt.
- In yet another bowl, mix mayonnaise, chili powder, and cayenne. Adjust spice according to taste.
- On a clean, dry surface, lay out tortillas. Spread pepper and mayonnaise mixture thinly over surface of tortillas, then avocado mixture, brown rice, cilantro and onion, and finally asparagus. Fold tortillas, wrap in plastic, and chill for 25 minutes.
- After chilling, remove plastic wrap and cut each tortilla twice, diagonally to make three pieces. Serve cold.



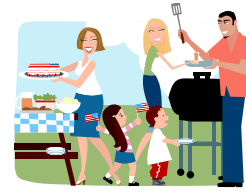
There are lots of
new items
like herbs and
edible flowers



listed on the
Extras page

Member Appreciation BBQ Sunday May 4th 1:00p.m.

Meet
the
Farmers!



Please
join
us!

Please call Pam by Tuesday April 29th to
RSVP 798-0557 ext 102

Oyster Mushrooms



from Sun Smiling
Valley Farm of
Sanger

If you are interested, please
contact Pam.

5oz \$3.29 8 oz \$3.99

Fresh baked items for the week of 3/31

\$4.25 ea unless otherwise noted.

WHOLE GRAIN flours:

- Honey Oat Wheat Bread (loaf, rolls or buns)
- Ezekial 4:9 Bread

ORGANIC UNBLEACHED flour:

- Oatmeal Chocolate Chip cookies
- Blueberry Muffins



Please contact us
before 4pm **THURSDAY**
March 27th
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.

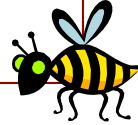
IT'S EASY!

If you don't see something on this list, JUST ASK

Raw Honey

Cornett Farms

16 oz jar —\$4.00



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



See newsletter for the weekly

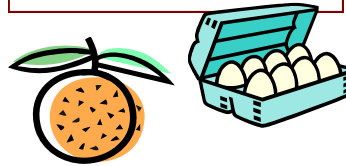
Fresh Bread list



Farm Fresh Eggs

Ladybug Gardens, Visalia

Dozen—\$4.00
 1/2 Dozen—\$2.00



Raw Milk

*Whole Milk 1/2 gal—\$7.60
 *Skim Milk 1/2 gal—\$6.25
 *Super Choco 1/2 gal—\$9.40
 Butter 1lb—\$13.65
 Butter 1/2 lb—\$6.25
 Cream pint—\$11.60
 Quephir pint—\$5.20
 Colostrum—\$11.70
 *Super Light Colostrum 1/2 gal—\$8.45
 * Quarts available also.

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)
 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)

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



100% Organic Grape Juice

Bela Juice, LLC

16 oz bottle—\$2.00



Greens & Herbs

KMK Farms -\$1.50 ea

Rosemary	Sorrel
Mint	Chocolate Mint
Broccoli Raab (rapini)	Arugula
Cilantro	Baby Mustard Greens new
Mustard Greens	Collard Greens
Nettles	Swiss Chard
Fenugreek new	Tarragon new
Oregano new	Fennel new
Italian Parsley new	Chives new
Garlic Chives new	Chamomile new

Edible Flowers

KMK Farms -\$1.50 ea

Borage flowers **new** Arugula flowers **new**
 Chamomile flowers **new**

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

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.

Organic Pastures www.OrganicPastures..com

Truly Raw—\$7.50 ea—Aged a minimum of 60 days Unlike most other raw cheeses, **Truly Raw** is never heated above 105 degrees (Fahrenheit) during the cheese making procedure.