



The Cornucopia

“The Horn Of Plenty”

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— Onions, Broccoli & Pea Tendrils

Frances Romero, Reedley— Napa Cabbage & Carrots

Couture Farms, Hanford—Asparagus

Vine Ripe, Hanford—Tomatoes

Don Knudsen, Ivanhoe—Avocados

Lindcove Ranch, Visalia—Tangelos

Fagundes Farmstead, Hanford—Kiwis



This week was a wonderful week.

The sun came out. The narcissus are starting to bloom. And I received lots of wonderful recipes from some of our Members!

AND

Christina from Couture Farms of Hanford called and asked if we were ready for some asparagus (like you had to ask). What a nice surprise!

Hope you enjoy the changing of the seasons as much as we are!

The fleshy green spears of **asparagus** are both succulent and tender and have been considered a delicacy since ancient times. This highly prized vegetable arrives with the coming of spring.

Asparagus is a perennial, an almost leafless member of the lily family. The spears are actually the shoots from an underground crown. It takes up to 3 years for crowns to develop enough to begin producing shoots, but once they do, they can produce for up to 20 years.

Asparagus is a very good source of potassium.

Store 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.



Volume 3, Issue 51

Week of Mar 3, 2008

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

Navel Oranges *

Tomatoes *

Haas Avocados *

Asparagus *

White Grapefruit *

Swiss Chard *

Turnips *

Broccoli *

Lemons *

Murcott Mandarins

Red Potatoes

Red Delicious Apples

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 7th

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

A note from one of our Members

I appreciate that you allow subscribers to alter their baskets. Still, in case someone can learn from our experience, I thought I would share this story about greens.

Years ago we joined our first CSA, and out of necessity I learned to cook greens (kale, collards, turnip, beet, etc.). We weren't used to putting so much energy into cooking, and eventually we felt our refrigerator was running our lives, so we quit.

But I learned that, even when someone in the house doesn't like anything tasting remotely bitter, and can't digest most vegetables unless they are well-cooked, greens can be a great winter staple.

Learning to braise them in some water or broth with garlic and a bit of red wine helped.

Last night just before our guests arrived I realized I had too little store-bought spinach to make the wilted salad I had planned. Then I remembered some of our FFF loot: we had beet greens, some of the lovely pea shoots, and (slightly wilted) baby bok choy. When they were added to the spinach (with ample garlic and olive oil) they made a delicious, colorful and multi-textured dish that had our guests begging for more. The toasted pine nuts, raisins and blue cheese crumbles we served on the side were nice accents, but the greens won everyone's heart.

So to anyone who hasn't yet learned to cook and enjoy greens, keep playing with recipes. Tonight we'll sauté some wilted napa cabbage and salad mix.

Bon a petit!

Sarah Shena, Three Rivers



I was in SaveMart the other day looking for an item for my Mother-in-law. While I was there I noticed **Haas Avocados** were on sale: 2 for \$3 (that's \$1.50 each!).

I bet they don't taste as good as the ones you get in your FFF basket. —Pam

Fresh baked items for the week of 3/10 — \$4.25 ea unless otherwise noted.

WHOLE GRAIN flours:

- Fat Free Banana Bread
- Irish Soda Bread
- Whole Wheat Challah (contains eggs & butter) with or without raisins

ORGANIC UNBLEACHED flour:

- Irish Soda Bread
- Sourdough French

Please contact us before 4pm THURSDAY March 6th 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.

Kathryn's Chimichurri

shared by Member Dr. Kathryn Hall of Lindsay

This is her version of the classic Argentinean sauce for grilled meat. "I use it like a pesto sauce."

- 1 medium or small onion (red preferred), chopped
- 2 tablespoons butter or olive oil
- 4 garlic cloves, chopped
- 1 1/2 tsp balsamic vinegar or sherry or red wine vinegar
- 1 bunch cilantro
- red wine to taste
- lemon juice to taste
- salt to taste
- olive oil--enough to produce the desired thick consistency



Sauté chopped onion and garlic in butter or olive oil and balsamic vinegar until soft and caramelized. Add to remaining ingredients and puree in food processor. Alternatively, the desired ingredients may be pureed without cooking.

Thank you for the beautiful baskets every week! They are better than receiving flowers.

— Member Ananda Inagami of Woodlake

Daikon, Carrot & Broccoli Slaw

Shared by Member Melissa D. of Lemoore

From epicurious.com

- 8 ounces daikon, peeled, cut into 1-inch pieces (about 1/2 large)
- 6 ounces peeled baby carrots
- 6 ounces broccoli stems, cut into 1-inch pieces
- 1 cup chopped green onions
- 1/3 cup seasoned rice vinegar
- 2 1/2 tablespoons minced peeled fresh ginger
- 1 1/2 tablespoons Asian sesame oil
- 1 1/2 teaspoons chili-garlic sauce (note from Melissa—reduce to 1/2 tsp or omit if feeding to children)

Fit processor with large-hole grating disk. Working with a few pieces at a time, push daikon, carrots, and broccoli stems through feed tube until all vegetables are grated. Transfer vegetables to medium bowl. Add green onions. Whisk vinegar, ginger, oil, and chili-garlic sauce in small bowl to blend; pour over vegetables and toss to coat. Season with salt and serve.



Please visit our website www.FamilyFarmFresh.com and look under "other products available" to see the list of farmstead cheeses

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



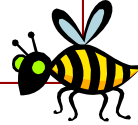
California Sunshine

made with Pearl Olives
 250 mil—\$10.95
 500 mil—\$13.95

Raw Honey

Cornett Farms

16 oz jar —\$4.00



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

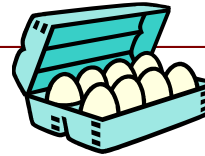
Fresh Bread list



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



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



Navel Oranges

McKellar Farms

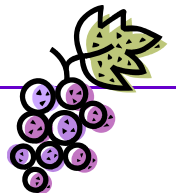
5# bag—\$4.00
 8# bag—\$6.00

NEW!

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	Turnip Greens
Mustard Greens	Collard Greens
Stinging Nettles	Swiss Chard