



# The Cornucopia

“The Horn Of Plenty”

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:



- McKellar Farms, Ivanhoe**—Oranges & Mandarins
- KMK Farms, Kingsburg**—Lettuce, Sugar Peas & Turnips
- Frances Romero, Reedley**—Daikon, Baby Bok Choy & Carrots
- Couture Farms, Hanford**—Asparagus
- Vine Ripe, Hanford**—Tomatoes
- Don Knudsen, Ivanhoe**—Avocadoes

**Nina Abe** and **Jiro Watanuki** of **Sun Smiling Valley Farm** located in Sanger are the **Oyster Mushroom** farmers (also called King-Oh Mushrooms).

Their plant is a state-of-the-art mushroom production facility that grows mushrooms in sterile, temperature controlled rooms. The mushroom seed is grown in wood chips, rice bran and wheat bran to create the purest food product.

The name **Oyster Mushroom** comes from the appearance and has nothing to do with the taste. They are also know as the '**Abalone' Mushroom** as it's texture and consistency is similar and can be substituted for abalone in many recipes.

They can keep for up to 2 weeks in your refrigerator. Nina recommends one of the following ways:

- They may be left in their original plastic wrap or a plastic bag.
- You can store them in the sealed produce bin of your refrigerator.
- You can store them in a container covered with a moist towel (re-moisten as needed). Rotate them occasionally to keep any mushroom edges from prolong contact with plastic wrap or container surfaces.
- You can store them in a paper bag with the end closed.

Whichever method you choose, adding a moistened paper towel under the mushrooms may also help to extend their storage life.

**King-Oh Mushrooms** are grown naturally in a sterile controlled environment so give them only a **light rinse or wipe them with a moistened cloth**, if desired.

Try splitting the **oyster mushroom** in half by hand lengthwise and then peel like string cheese into 1/4" to 1/2" strips. Use strips for stir-frying, sautéing, side dishes, or deep frying. Try lightly micro-waving oyster mushrooms to sweat them prior to use in some recipes (do not overcook in the microwave). This method also 'pre-shrinks' them slightly and keeps them from robbing all the liquid or oils from the pan while sautéing.

Because the stems are denser than the mushroom tops, in some recipes try giving the stems a little head start in cooking time over the tops.

Visit their website at [www.kingoh.com](http://www.kingoh.com)

Volume 4, Issue 3

Week of Mar 31, 2008

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

Navel Oranges \*

Tomatoes \*

Asparagus \*

Red Potatoes \*

Cooking Greens (Chard, Mustard or Kale) \*

Radish \*

Spinach \*

Lettuce \*

Lemons

Kiwi

Snap Peas

**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**

**April 4th**

by calling our automated phone system ANY time of day.

[559-798-0557](tel:559-798-0557)

**Press 1** for Family Farm Fresh

**Press 3** for Changes

Or email:

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

Or online:

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

\*\*\*\* **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.

**Oyster Mushrooms**

**Sun Smiling Valley Farm, Sanger**

5oz \$3.29    8 oz \$3.99



"Mushrooms contain over 90% water and thus act as sponges, absorbing the flavors of other foods with which they are cooked.

They contain protein, phosphorus, potassium, calcium, iron and B complex vitamins, particularly biotin. Certain varieties of mushroom have long been valued for their medicinal properties in the Orient, and in recent years the Japanese have done some interesting research in this area.

A substance called adenosine has been isolated from the tree-ear mushroom; it has potent blood thinning and anticoagulating properties. Just a small amount of black tree-ear mushroom can have a profound effect on reducing blood stickiness, clots and plaque buildup. Other commercially available mushrooms that seem to have these positive effects on the blood include the shiitake, enoki and oyster mushrooms. These mushrooms may also have anticancer properties."

Excerpt from Nourishing Traditions written by Sally Fallon

**Lemon Honey Dressing**

- 1/3 cup fresh lemon juice
- 1/3 cup extra virgin olive oil
- 1 tsp expeller-expressed flax oil
- 1 tbsp or more raw honey



Mix lemon juice with olive oil and flax oil. Whisk in 1 tablespoon honey. Add more honey if more sweetness is desired.

From Nourishing Traditions written by Sally Fallon

**Member Appreciation BBQ**

**Sunday May 4th 1:00p.m.**

**Located here @ McKellar Farms in Ivanhoe**

Meet  
the  
Farmers!



Please  
join  
us!

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

**Directions will be in the newsletter when it's closer to the date.**

**Fresh baked items for the week of 4/7**

**\$4.25 ea unless otherwise noted.**

**WHOLE GRAIN flours:**

- Rye Bread w/Caraway Seeds—round loaf
- Whole Wheat Bread (loaf, buns or rolls)

**ORGANIC UNBLEACHED flour:**

- Lemon Cupcakes (6 cupcakes)

**SPECIAL TREAT**

- Fudge with nuts (1/2 lb)—\$6.50



**Please contact us  
before 4pm THURSDAY  
APRIL 3RD  
to place your order.**

Lori uses **NO** shortening in her breads, **ONLY** 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.**

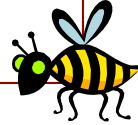
**IT'S EASY!**

**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

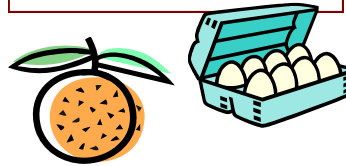
## **Fresh Bread** list



## 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



## 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



## Edible Flowers

**KMK Farms** -\$1.50 ea

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

## Navel Oranges

### McKellar Farms

5# bag—\$4.00  
 8# bag—\$6.00



## 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 <b>new</b>
Mustard Greens	Collard Greens
Nettles	Swiss Chard
Fenugreek <b>new</b>	Tarragon <b>new</b>
Oregano <b>new</b>	Fennel <b>new</b>
Italian Parsley <b>new</b>	Chives <b>new</b>
Garlic Chives <b>new</b>	Chamomile <b>new</b>

## Fagundes Farmstead [www.OldWorldCheese.com](http://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.



## Three Sisters [www.ThreeSistersCheese.com](http://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](http://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](http://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.