



The Cornucopia

"The Horn Of Plenty"

Volume 5, Issue 10

Week of May 11, 2009

P.O. Box 189 Ivanhoe CA 93235

559-798-0557

www.familyfarmfresh.com

This week's fresh produce came from these family farmers:

KMK Farms, Kingsburg—Spring Onions, Chard, Gai Lon, & Daikon

Francis Romero, Reedley — Gai Lon & Carrots

McKellar Farms, Ivanhoe—Oranges

Kouei & Son, Visalia—Strawberries & Garlic

Couture Farms, Hanford—Asparagus

Vine Ripe, Hanford—Tomatoes

Oak Patch, Visalia—Lettuce



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.

Daikon Radish is an extremely versatile vegetable that can be eaten raw in salads, stir-fried, grilled, baked, boiled or broiled.



Daikon also is used in soups and simmered dishes. **To prepare, peel skin as you would a carrot (farmer Kyle of KMK Farms said this also helps eliminate some of the radish's bite)** and cut for whatever style your recipe idea calls for.

Navel Oranges *

Lettuce *

Asparagus * (pending)

Tomatoes *

Strawberries *

Cherries *

Beets *

Kale or Chard *

Summer Squash

Onions

Blue Berries

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 May 15th

by calling our automated phone system ANY time of day.

To make changes:

Step 1: Call 559-798-0557

Step 2: Press 1 for FFF

Step 3: Press 3 - Changes

Or

559-798-0557 ext 102 Pam

559-798-0557 ext 106 Luanne

Or email:

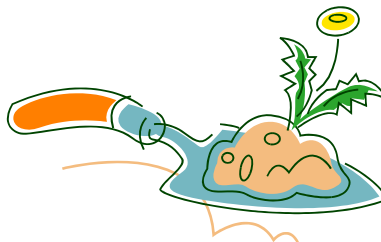
pam@familyfarmfresh.com

Or online:

www.FamilyFarmFresh.com

**This may be the last week of asparagus!!
The Farmers think we may be able to get one more harvest, but it's up to Mother Nature.**

Eating local produce confirms the warm weather I feel on my face during the day.



As my favorites of the Spring fare ends (asparagus & avocados) it sadly signals the end of the Spring Season.

I can't help but think it seems as though we get a little reward of strawberries & blueberries right before the heat of summer comes.

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 •

Member Rebecca Dean of Hanford shared this recipe.

I plan to try it with some of my left over greens as I've used my bok choy already.... Pam

Baby Bok Choy Salad

1/2 cup olive oil

1 clove finely minced garlic

1/4 cup apple cider (or white) vinegar

splash of rice vinegar

1/3 cup white sugar

3 tbsp soy sauce or tamari

3-5 bunches of baby bok choy, cleaned and thinly sliced

3/4 cup finely chopped red onion (green onion would also work, but I thought the bit of spiciness of the red contrasted nicely with the sweetness of the dressing)

1/4 cup sliced almonds

Garnish with 3/4 cup chow mein noodles, toasted sesame seeds, etc. (optional)

In a glass jar with a lid (or a salad dressing mixing container), combine olive oil, vinegars, sugar, soy sauce, and garlic. Shake until well mixed. Combine the bok choy, onions, and almonds. Toss with the dressing and serve.



If paying by **CASH**, please write your name on the front on the *sealed envelope* to ensure credit to the correct account.



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!!

Please rinse all produce with cold water before using.

- Store the **Oranges**, **Green Garlic** & **Onions** in the refrigerator.
- Rinse the **Lettuce** and shake gently. Wrap leaves in a paper towel. Let the towel absorb the water so it is slightly damp but not dripping wet. 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.
- Do not store **Tomatoes** in the fridge as it robs them of their flavor and texture.
- Do not rinse **Strawberries** before storing in the refrigerator. Wrap completely with newspaper so that no air is allowed into the berry basket.
- Store **Chard & Gai Lon** in an airtight container in the coldest part of your refrigerator. To perk up limp leaves, trim the base of their stems and soak for a few minutes in tepid water. 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.
- 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.
- To store **Daikon Radish**, scrub well. Greens are edible, however if they aren't going to be used discard before storing. Store in a plastic bag in the refrigerator. Cooking makes the radish bite even milder.

Green garlic is young garlic which is harvested before the cloves have begun to mature. The resulting vegetable resembles a scallion. One stalk of green garlic is equivalent to one or two cloves of mature garlic.

In general green garlic can be used in any recipe that calls for mature garlic. The end product will produce a delicate flavor, more mild than matured raw garlic.

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.

It's starting to get warm out. To help keep your produce fresh, please put out an ice-chest.



Please note—your basket must easily fit into the ice chest.

We cannot force the baskets into ice-chests. This damages them and makes them unusable defeating the purpose of recycling containers.

We're on Facebook!

You can be an FFF Fan!

Share recipes, pictures, etc. with other FFF Members! There are pictures of the farm, past BBQs, etc. already on the page.

More to come!

Fagundes Farmstead www.OldWorldCheese.com \$6.00 each unless otherwise noted—all are approx 1/2 lb

St. John (Raw Milk)

Our Queijo St. John is made from 100% Grade-A cow milk fresh from our 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 our cheese to develop a natural edible rind. St. John is a great table cheese due to its smooth texture and splendid flavor qualities.

St. Jorge (Raw Milk)

A 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 Fagundes' sharpest cheese produced, but after the initial bite the flavor turns smooth and creamy making it an excellent addition to any hors d'oeuvres tray.

Farmhouse Cheddar (Raw Milk)

Made with a family's Old-World traditions. The 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 (Pasteurized Milk)

A very special high moisture Hanford Jack is unique with its pleasing flavor and smooth texture. One bite of mouth-watering Jack and your taste buds are going to say more. Hanford Jack comes in traditional or one of these flavored varieties:

San Joaquin is flavored with Roasted Garlic, Red Bell Pepper, and Cilantro.

Santa Fe is flavored with Cayenne Pepper, Cumin, and Roasted Garlic.

Jalapeno has just the right amount of peppers to give it a great mild-hot flavor.

Smoked has a great hickory smoked flavor making it an hors d'oeuvres favorite.



Organic Pastures www.OrganicPastures.com \$7.50 each—approx 1/2 lb

Truly Raw

A raw cheddar cheese, Truly Raw is never heated above 105 degrees during the cheese making procedure. Aged a minimum of 60 days.

Bravo Farms www.BravoFarms.com \$6.00 each unless otherwise noted—all are approx 1/2 lb

Tulare Cannonball—\$7.50 each

Made from a 500-year-old Edam recipe, using whole milk and shaped into a traditional round ball. This classic cheese is aged 6 months to create its creamy texture, spicy aroma and slight saltiness.

Silver Mountain Clothbound Cheddar—\$7.50

The Silver Mountain is aged in a cellar for over 9 months, wrapped in cheesecloth and periodically rubbed in olive oil. This process captures the magnificent flavors naturally found in raw milk

Creamy Pepperjack

Not just any pepperjack, this cheese is handmade the old fashioned way which creates amazing flavor and a delightfully creamy texture.

Jalapeno Cheddar

A white cheddar blended with red & green jalapeno peppers, a great tasting cheese with a spicy finish.

Original Chipotle Cheddar

The Original Chipotle Cheddar, and the only Artisan version made from raw milk and aged over 60 days. Flavored with just the right touch of Chipotles, a naturally smoked jalapeno, which ensures the cheddar flavor isn't overpowered.

Western Sage Cheddar

The Premium White Cheddar, flavored with sage. A traditional combination that for years remained in the shadows. A fantastic slicing, melting and eating cheese.

Premium White Cheddar

Made with the highest quality raw milk, creating a flavorful cheddar that gets exponentially better with age.

Olives

California Sunshine

Garlic stuffed—\$4
 Jalapeno stuffed—\$4
 Pimiento Stuffed—\$4
 Caesar Parmesan—\$3
 Roasted Pepper—\$3
 Black Pearls—\$2
 Classic Italian—\$3
 Spicy Ranchero—\$3
 Kalamata—\$4

Olive Oil - Extra Virgin

DeLio Olive Co., Inc.

250 mil—\$7.50
 500 mil—\$10.00

Raw Honey

Cornett Farms

16 oz jar —\$4.25



Navel Oranges

McKellar Farms

5# bag—\$4.00
 8# bag—\$6.00

Farm Fresh Eggs from cage-free chickens

Ladybug Gardens

Dozen—\$4.25
 1/2 Dozen—\$2.25



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

100% Organic Grape Juice Bela Juice, LLC

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

Olive Oil - Extra Virgin

California Sunshine Olive Oil

Hand Pressed

250 mil—\$8.95
 500 mil—\$11.95

Raw Milk

Organic Pastures, Madera

Whole Milk 1/2 gal—\$7.60
 Skim Milk 1/2 gal—\$3.40
 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.

Nuts

Ladybug Gardens

Pistachios (lightly salted) 1/2 lb-\$3 1lb-\$6
 Pecans 1/2 lb-\$3 lb-\$6
 Raw Almonds 1/2 lb-\$3 lb-\$6
 Smoked Almonds 1/2 lb-\$3 lb-\$6
 Cashews (lightly salted) 1/2 lb-\$3 1lb-\$6
 Walnuts 1/2 lb-\$2.50 lb-\$4.50
 Fruit & Nut Trail Mix 1/2 lb-\$3 1lb-\$6

Condiments

Ladybug Gardens

Bean Salsa 16 oz—\$7 (mild)
 Tequila Salsa 16 oz—\$7 (medium hot)
 Barn Burner Hot Sauce 12 oz—\$7 (hot)
 Chipotle BBQ Sauce 12 oz—\$7 (hot)
 Chunky Habanero Hot Sauce 12 oz—\$7 (hot hot)
 Raspberry Pepper Glaze 10 oz—\$7
 Apple BBQ Sauce 12 oz—\$7
 Pineapple Pepper Glaze 10 oz—\$7
 Blackberry Salsa 16 oz—\$7
 Toasted Pecan Topping 12 oz—\$7
 Rum Strawberry Topping 12 oz—\$7

Herbs

KMK Farms \$1.50 each

Sorrel	Fennel
Oregano, Italian	Sage
Oregano, Greek	Marjoram
Chocolate Mint	Thyme
Mint	Dill
Borage Flowers	Cilantro
Italian Parsley	Chamomile

What's in season and available now

Oranges	Lambs Quarters	Beets
Lemons	Collard Greens	Carrots
Kiwis	Chard	Potatoes
Lettuce	Kale	Green Garlic
Arugula	Mustard Greens	Radish
Asparagus	Baby Bok Choy	Daikon Radish
Summer Squash	Cabbage	Spring Onions
Blue Berries	Italian Broccoli	Green Onions
Cherries	Turnips	

Coming soon

Cucumbers—1 to 2 weeks
 Sweet Corn—Mid June
 Stone fruit—1 to 2 weeks
 Grapes—1 to 2 weeks
 Raspberries & Blackberries—1 week