



The Cornucopia

“The Horn Of Plenty”

P.O. Box 189 Ivanhoe CA 93235 559-798-0557 www.familyfarmfresh.com

Volume 4, Issue 8

Week of May 5, 2008

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

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



McKellar Farms, Ivanhoe—Oranges

KMK Farms, Kingsburg— Onions, Mandarins, Daikon & Squash

Frances Romero, Reedley— Gai Ion Broccoli, Spinach & Daikon

Couture Farms, Hanford—Asparagus

Vine Ripe, Hanford—Tomatoes

Kouei & Son, Visalia—Strawberries

Oak Patch, Visalia—Lettuce

LaCoss Farms, Lemon Cove—Cherries

Navel Oranges *

Tomatoes *

Asparagus * LAST WEEK

Strawberries *

Kohlrabi *

Garlic *

Summer Squash *

Lettuce *

Sugar Snap Peas *

Beets

Gold Nugget Mandarins

Potatoes

Thank you for attending the
Member Appreciation BBQ!!

The petting farm was fun, the baby pig squealed often! It was an awesome day.

- Some of our farmers got to meet our members.
 - Pam put a face to a bunch of “voices”.
 - Kyle & Michelle of KMK Farms had lots of veggies to share!
- Mark McAfee of Organic Pastures talked about the benefits of Raw Milk and had samples of kombucha and milk.
- Lady Bug Gardens showed up with her crew and brought a variety of nuts and free-range eggs.
- Paul Danielson had samples of olive oil and olives including a NEW flavor—Spicy Ranch.
- Don Knudsen was able to round up a handful of avocados, I didn't get to see who ended up with them...

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 9th

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

Baked Radish Chips

10-15 large radish
nonstick cooking spray
Salt, to taste
Pepper, to taste

- Preheat oven to 375 degrees.
- Slice radishes into very thin chips and spread on a cookie sheet that has been sprayed with non-stick cooking spray.
- Lightly mist radish slices with cooking spray and then sprinkle with salt and pepper. (if using other seasonings, now is the time to add them).
- Bake for 10 minutes, flip, and bake for another 5-10 minutes. Time may vary so watch these after flipping.

Note from Pam

The original recipe was called "crispy radish chips, but mine NEVER got crispy. Even when they turned black.

I used Daikon Radish. I personally do not like radish and thought these were VERY YUMMY. Cooking Daikon alters the flavor significantly.

We used Lemon Pepper seasoning on some batches and Chili Lemon Seasoning on others (well, actually my Mom cooked them for us).

Fresh Baked Goods for the week of 5/12

Lori will not be baking the week of May 12th.

- **Daikon** can be served raw or cooked.
- Serve slivered, diced, sliced and added to relishes or salads.
- Serve thin sliced with carrots and sesame.
- Grate and serve with raw fish dishes such as sashimi—mix with lemon juice and vinegar.
- Grate and sprinkle with vinaigrette or with vinegar or lemon juice.
- Cook like a turnip and serve.
- Cook briefly with other root vegetables such as potatoes, then purée for light-bodied soup.
- Grate or slice and add to stews and stir-fries.

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 will no longer force the baskets into ice-chests as this damages them and makes them unusable therefore defeating the purpose of recycling containers.



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.

Produce Storage Tips

- Store the **Oranges & Mandarins** in the refrigerator. They will keep this way for a long, long time.
- **Asparagus**—Do not wash asparagus before storing and never soak it. Trim the ends and stand them upright in a jar with about an inch of water in the bottom. OR wrap the ends in with a damp paper-towel and place in a plastic bag. Store in the refrigerator. Freezes well.
- Store **Gai Lon (or Chinese Broccoli)** in the refrigerator in a plastic bag.
- Inspect the **Tomatoes**. Find the ones that are just right and plan on using them in the next day or two. There has been controversy about whether or not to refrigerate tomatoes. Most people say NOT to put them in the fridge as it robs the tomatoes of their flavor and texture. My personal opinion is: the ones that are ready ‘right now’ either get used tonight or put them in the fridge to use in the next day or two. Take them out one-hour before using to allow them to warm up to room temperature.
- Rinse the **Leaf Lettuce**, dry the leaves and wrap it in a paper towel. Place it in a plastic bag and store in the refrigerator.
- Store **Onions** in the fridge also.
- **Strawberries**—do not rinse before storing. Wrap completely with newspaper so that no air is allowed into the berry basket. Store in the refrigerator.
- Store **Summer Squash** in the refrigerator. If it is long and green (or yellow), then it’s Zucchini. Small round ones with scalloped edges are called Patty Pan. The dark green round squash is another type of Zucchini.
- **Radishes**—scrub well. Greens are edible, however if they aren’t going to be used discard before storing. Store in a plastic bag (OR put them in a container filled with enough water to cover them) in the refrigerator.
- Store **cherries** in the refrigerator.

Please rinse all produce with cold water before using

To freeze asparagus: (found this on the internet) Fill up a large pot with water and add about 1 teaspoon of salt. Bring the pot to a boil and place your washed asparagus in the boiling water for about 3 minutes. Remove the asparagus and plunge them into a pot of ice water to quickly cool them. Drain the asparagus and pat dry with some paper towels. Put into freezer bags and into your freezer.

Pam’s way to freeze asparagus—Pop off the ends of the asparagus. Lay single-layer on a cookie sheet and place in the freezer. When frozen place into freezer bags and suck all of the air out. (I have one of those nifty machines).

Farmstead Cheese

\$6.00 each unless otherwise noted—all are approx 1/2 lb

Fagundes Farmstead

St. John
St. Jorge
Farmhouse Cheddar
Hanford Jack
Hanford Jack Jalapeno

Three Sisters

Serena
Serenita

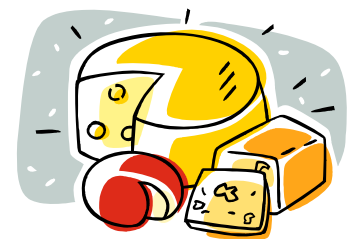
Bravo Farms

Premium White Cheddar
Western Sage Cheddar
Chipotle Cheddar
Queso Bravo
Silver Mountain—\$7.50 ea
Tulare Cannonball—\$7.50 ea
PepperJack **new**

Organic Pastures

Truly Raw—\$7.50 ea

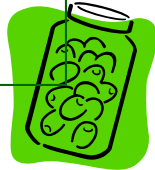
For descriptions of each cheese, please visit our website www.FamilyFarmFresh.com. Click the “Modify Order” page and then click “Other Items Available”. Or call Pam at 798-0557 ext 102



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.

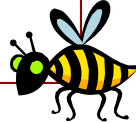
250 mil—\$7.50
 500 mil—\$10.00



Raw Honey

Cornett Farms

16 oz jar —\$4.25



See newsletter for the weekly

Fresh Baked Goods list



Nuts Ladybug Gardens

Pistachios (lightly salted) 1/2 lb-\$3 1lb-\$6
 Raw Almonds 1/2 lb-\$3 1lb-\$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 1lb-\$6
 Smoked Almonds 1/2 lb-\$3 1lb-\$6
 Walnuts 1/2 lb-\$2.50 1lb-\$5



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

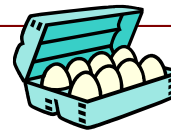


Farm Fresh Eggs

from cage-free chickens

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.

Oyster Mushrooms

Sun Smiling Valley Farm, Sanger

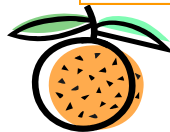
5oz \$3.29 8 oz \$3.99



Navel Oranges

McKellar Farms

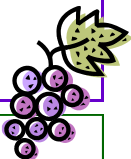
5# bag—\$4.00
 8# bag—\$6.00



100% Organic Grape Juice

Bela Juice, LLC

16 oz bottle—\$2.00

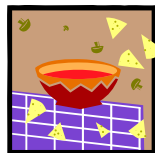


Condiments

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



Edible Flowers

KMK Farms -\$1.50 ea

Borage flowers Arugula flowers
 Chamomile flowers

Greens & Herbs

KMK Farms -\$1.50 ea

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