



The Cornucopia

“The Horn Of Plenty”

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

Volume 4, Issue 35

Week of Nov 10, 2008

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

KMK Farms, Kingsburg— Radish, Eggplant, Chard, Pears & Squash

Francis Romero, Reedley — Broccoli, Green Beans & Cauliflower

McKellar Farms, Ivanhoe—Oranges

Vine Ripe, Hanford—Tomatoes

Rivendell Family Orchard, Springville—Fuji Apples

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.

Busy Bees



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

Summer Sweet Oranges *

Tomatoes *

Napa Cabbage *

Broccoli *

Pears *

Kohlrabi *

Fuyu Persimmons *

Onions *

Sweet Potatoes * (stock up for Thanksgiving)

Grapes

Turnips

Apples

From Chef Kari of Family Farm Fresh

November's Cooking Event

Poached Pears

Thursday November 13th 6pm

Located at: 32985 Road 164, Ivanhoe

Please R.S.V.P. by Wed Nov 12th \$10 per person

If you do not want a basket the week of Thanksgiving, please let us know.

Thursdays' baskets will be delivered Monday, November 24th.

Turn the page for some great goodies to serve your crew this Thanksgiving!

Order some nuts and olives for your guests to snack on. Need more lettuce, apples or sweet potatoes? Fresh herbs for stuffing?

Just let us know!

On the back page:

Keenan Gardens' Dressing list and KMK Farms Fresh Herb list have both been updated with new items. Fresh herbs in the stuffing, yum!

KMK Farms also has **Green Tomatoes!!** Please let Pam know if you are interested.

NOTE: Asterisk (*) indicates item to be placed in the Mini. All items will be in the Light and Family.

Cancellations/skips made the week of delivery can no longer be honored.

If you wish to make changes to your basket please notify us

before 12pm

FRIDAY Nov 14th

by calling our automated phone system ANY time of day.

559-798-0557

Press 1 for Family Farm Fresh

Then Press 3 for Changes

Or email:

pam@familyfarmfresh.com

Or online:

www.FamilyFarmFresh.com

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 •

Swiss chard, along with kale, mustard greens and collard greens, is one of several leafy green vegetables often referred to as "greens". If vegetables were given grades for traditional nutrients alone, **Swiss chard would be one of the vegetable valedictorians.**

Swiss chard is an excellent source of iron, a mineral so vital to the health of the human body that it is found in every human cell.

- Wrap Swiss chard leaves around your favorite vegetable and grain salad and roll into a neat little package. Bake in a medium-heat oven and enjoy this nutrient-superstar alternative to stuffed cabbage.
- Toss penne pasta with olive oil, lemon juice, garlic, and cooked Swiss chard.
- Add zest to omelets and frittatas by adding some steamed Swiss chard.
- Use chard in place of (or in addition to) spinach when preparing vegetarian lasagna.
- Since the stalks are thicker in texture, they will take longer to cook than the leaves, so their cooking should be started a few minutes earlier.

Jen's Fabulous Onion Soup

Shared by Member **Jen Hoskins** of Lemoore

1/2 cup butter

1 large red onion, 1 large white onion & 2 large yellow onions cut into slices then cut slices in half

1 bunch green onions, chopped into 1/2 inch pieces (w/greens)

4 cloves garlic, minced

4 sprigs fresh thyme

3 bay leaves

4 14.5-oz. cans chicken broth, plus 3 bouillon cubes

1 1/2 cup red wine, whatever you like

3 tbsp flour

Salt and pepper to taste

1. 1 8-oz. container mushrooms, sliced thin
2. Melt the butter over medium heat in a large sauté pan. Add the onions, garlic, bay leaves, thyme, salt and pepper. Cook low and slow for about 45 minutes until they are soft.
3. Add the wine, increase the heat just to a boil, then simmer 10 minutes. Remove the bay leaves and thyme.
4. Turn the heat back down to low, and sprinkle the flour over the onion mixture. Stir in the flour, then cook low for 10 minutes. Transfer the onion mixture to a large pot.
5. Add the broth, bouillon cubes and mushrooms. Bring just to a boil, then simmer 20 minutes.

Please rinse all produce with cold water before using.

- Store the **Summer Sweet Oranges** in the refrigerator. They will keep this way for a long, long time.
- Do not store **Tomatoes** in the fridge as it robs them of their flavor and texture.
- Store **Apples** in the coldest section of your fridge.
- Store **Summer Squash** unwashed in a plastic bag in the crisper drawer of the fridge. If yours is long and green (or yellow), then it's Zucchini. Small round ones with wavy edges are Scallop. The dark green round squash is another type of Zucchini.
- To store **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. Cooking makes the radish bite even milder. They can also be roasted, sautéed, added to stir-fries, grilled, steamed, baked, or added to soups.
- Unlike most fruit, **Pears** ripen best when picked while still firm and stored off the tree. Let pears ripen in a cool, dark place. They are ripe when soft to the touch.
- Store **Eggplant** uncut and unwashed in a plastic bag in the cooler section of the refrigerator. Eggplant may be blanched or steamed then frozen for up to 6 months. Eggplant may be cooked with or without its skin. Unlike many vegetables, eggplant is not harmed by long cooking. An undercooked eggplant can have a chewy texture; but overcooked eggplant is just very soft.
- Place unwashed **Swiss chard** in the refrigerator in a plastic bag. You can also blanch the leaves and then freeze them for later use. Prior to using, wash the chard well to remove any sand or soil that may be hidden in the leaves.
- Store unwashed **Cauliflower** in a paper or plastic bag in the refrigerator where it will keep for up to a week.
- Keep **Green Beans** dry in a perforated plastic bag in the refrigerator.
- Store unwashed **Broccoli** in an open plastic bag and place in the crisper drawer in the refrigerator.

The Weston A. Price Foundation Three Rivers Chapter

Presents **RAW MILK** Saturday, Nov. 15, 3:30pm

At the Mosley Barn (6 miles up the South Fork)

(This is the Fresh Beef Farmers previously listed!)

A **FREE** presentation on the health benefits of raw milk and raw-milk products.

The featured speaker will be **MARK MCAFEE**, owner of Organic Pastures

POTLUCK will follow the presentation for those interested in sharing a meal and talking about sustainable living and gardening.

RSVP—Anore Jones 561-3161 or Teriz Mosley 561-3637

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.

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 a 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.



Linda's Fuyu Salad

Sent in by Member **Rene Hamilton** of Exeter

Layer 4-6 sliced Fuyus with sliced almonds (a handful or two will do—preferable Spanish but any will work), blackberries & a light sprinkling of shredded coconut.

Rene said "It's not only gorgeous (especially in a shallow, clear glass dish) but healthy, amazingly yummy and easy to prepare!"

Shred vegetables like squash, turnips and cabbage and add them to your spaghetti sauce or chili beans.

By the time everything cooks down for hours they're unrecognizable (to the kids) and only serve to add a nice thick texture to the sauce.

It also helps to use up veggies that sometimes add up in the veggie drawer.

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—\$4.00
- Jalapeno stuffed—\$4.00
- Caesar Parmesan—\$3.00
- Roasted Pepper—\$3.00
- Black Pearls—\$2.00
- Classic Italian—\$3.00
- Spicy Ranchero—\$3.00
- Kalamata—\$4.00

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

Olive Oil - Extra Virgin

California Sunshine Olive Oil

Hand Pressed

- 250 mil—\$8.95
- 500 mil—\$11.95

Raw Honey

Cornett Farms

- 16 oz jar —\$4.25



Nuts Ladybug Gardens

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

Raw Milk

Organic Pastures, Madera

- 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 are sometimes NOT available.

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
- Lemon Garlic Tarragon Stone Ground Mustard 6 oz **new**
- Raspberry Wasabi Mustard 6 oz **new**
- Raspberry Lemon Orange Vinegar 12 oz **new**
- Orange Basil Dill Vinegar 12 oz **new**
- Chili Cilantro Vinegar 12 oz **new**
- Herbs & Garlic Vinegar 12 oz **new**
- Garlic Tarragon Vinegar 12 oz **new**



Farm Fresh Eggs from cage-free chickens

Ladybug Gardens, Visalia

- Dozen—\$4.25
- 1/2 Dozen—\$2.25



100% Organic Grape Juice

Bela Juice, LLC

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



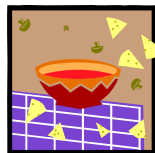
Kombucha Tea

- 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.

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)
- Raspberry Pepper Glaze 10 oz—\$7.00
- 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

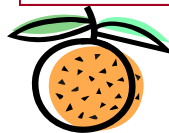


King Oyster Mushrooms

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



Summer Sweet Oranges

McKellar Farms

- 5# bag—\$4.00
- 8# bag—\$6.00



Herbs **NEW** KMK Farms

- | | |
|-------------------------------|----------|
| Tarragon | Oregano |
| Sage | Marjoram |
| Sorrel | Rosemary |
| Chocolate Mint | Mint |
| Thyme | Dill |
| Italian Parsley | Cilantro |
| Basil (Purple, Sweet or Lime) | |