



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:

Oranges—McKellar Farms, Ivanhoe

Yams, Radish & Cherry Tomatoes —KMK Farms*, Kingsburg

Tomatoes, Grapes, Broccoli, Cauliflower —Frances Romero*, Reedley

Tangerines & Plums —ML Farms, Lemon Cove

Green Beans— Emilio Ortiz, Porterville

Fuyu Persimmons—J & S Orchards, Ivanhoe



Listed below are a few responses sent in by Members after we had a not-so-nice comment. Thank you to everyone who took the time to call or write.

Ethel Quiram of Porterville: This lady in Porterville is grateful for the fresh produce... I feel like I am receiving a Christmas gift every week. And I love it.

Lori Scott of Visalia: Just wanted to let you know that we LOVE getting our basket each week, and always know that there is nothing but our “county’s best” there. Sometimes we may find a small problem, but I find those at the Farmer’s market as well. I know that those things happen! And it is a sacrifice that I am willing to make to not ingest and expose my family to all of the poisons on conventional produce.....as well as the environmental impact growing conventional produce has.

Amanda Hopson-Walker of Visalia: Please let all the farmers know that we don’t expect our produce to look just like that stuff in the supermarket — what we get tastes better and keeps longer. Variety is beautiful!

Linda McCormick of Springville: As a newcomer and farmer’s daughter I wanted to tell you that I just received my 3rd basket. I am thrilled each week. I can’t believe that I found you and that I have delivery right to my home and everything is wonderful. I call my children who live in southern Cal and give them the rundown of what’s in my basket. They are so jealous. Keep up the good work.

Volume 3, Issue 37

Week of Nov 19, 2007

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

Summer Sweet Oranges *

Tomatoes *

Plums

Satsuma Tangerines *

Broccoli *

Cabbage (1/2 in a Mini) *

Eggplant

Fuyu Persimmons

Butternut Squash *

Baby Bok Choy *

Grapes

Lettuce * (pending)

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

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

before 5pm

Wednesday

November 21st

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:

*These farmers crops and farms are registered and certified with the Tulare County Ag Commissioner and are inspected regularly at the farm.

Member **Sherry Robinson** of Visalia sent me her Grandma's recipe to share. We agreed we were both VERY sentimental. Isn't it amazing how certain foods and certain smells can bring back memories?

Gramma Drobish's Butter Rum Sauce

This sauce goes great with any pie, most desserts and we even like it on our yams...it keeps for a long time in the fridge...

In a saucepan mix together:

- 2 cups real butter
- 2 tbsp frozen juice mix (you can make any kind of sauce you would like, my favorite is peach) still frozen straight out of can non-diluted
- 1/2 cup juice of some sort

Bring this to just melted stage and let simmer for around 5 min

Add 1 cup (more or less) of dark rum. Stir in and let simmer for 5 more min.

If it's too thin, add a little premixed cornstarch in water to thicken. If it's too thick thin it with juice. Let cool. It will thicken as it cools.

Pour it warm on all kinds of goodies.

Enjoy! We have for years now. I love to remember Gramma every year when the smell of this wonderful sauce floats thru the air. Blessings The Drobish family

Sherry is also a wonderful artist. You can visit her website at www.RowdySunsetArt.com



Fresh baked goodies for the week of 11/26

Using WHOLE GRAIN flours:

- **Whole Wheat Challah (braided loaf)**
Great for dinner, or the next day for French toast!
- **Whole Wheat Bread (loaf, rolls or buns)**

Using ORGANIC UNBLEACHED flour:

- **Gingersnaps (these are a soft, chewy cookie; not crispy)**

Customized and Special orders are available.

If you would like to place a bread order, please contact us before 4pm WED Nov 21st.

We're Happy to see you!

Kyle of KMK Farms has mentioned that Family Farm Fresh Members visit his table at the Visalia Farmers Market. He loves to meet you!

Our farmers love to get the opportunity to talk to Members!



The featured fresh cheese for next week is **Serena** from Bravo Farms, Traver

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
- Jalapeno stuffed—\$4
- Cesar Parmesan—\$3
- Roasted Pepper—\$3
- 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

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 1lb-\$4



See newsletter for the weekly
Fresh Bread list



NEW!
Raw Milk

**Contact Pam for
more information.**

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



**Summer Sweet
Oranges—perfect
for juicing**

McKellar Farms

- 5# bag—\$4.00
- 8# bag—\$6.00



Honey

Daniels Farms

- 1 lb—\$4.00
- 2 lbs—\$8.00
- Gallon—\$29.00



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



Farm Fresh Eggs

Mesa Verde Farms, Lemon Cove

Ladybug Gardens, Visalia

- Dozen—\$4.00
- 1/2 Dozen—\$2.00



Greens & Herbs

KMK Farms -\$1.50 ea

- | | |
|--------------------------------------|---------------------------|
| Russian Tarragon | Oregano |
| Rosemary | Thyme |
| Basil (Purple, lime & Genovese) | Sorrel |
| Shallots (Red & Yellow) | Mint new |
| Broccoli Raab (rapini) | Chocolate Mint new |
| Chives | Arugula new |
| Garlic Chives | Cilantro new |
| Italian Flat Leaf Parsley new | Sage new |
| Tarragon new | |

Fagundes Farmstead 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.

Hanford Jack—San Joaquin—Flavored with Roasted Garlic, Red Bell Pepper and Cilantro.

Hanford Jack—Santa Fe—Flavored with Cayenne Pepper, Cumin and Roasted Garlic.

Three Sisters 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

Please visit these Farmers' websites for recommended food and wine pairings.



Bravo Farms 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.