



# The Cornucopia

“The Horn Of Plenty”

Volume 4, Issue 34

Week of Nov 3, 2008

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:

**KMK Farms, Kingsburg**— Daikon, Bok Choy, Arugula, Sweet Peppers & Squash

**Francis Romero, Reedley** — Green Beans, Onions & Grapes

**McKellar Farms, Ivanhoe**—Oranges

**Vine Ripe, Hanford**—Tomatoes

**Rivendell Family Orchard, Springville**—Fuji Apples

**J & S Orchards, Ivanhoe**—Fuyu Persimmons

### Busy Bees



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.

Summer Sweet Oranges \*

Tomatoes \*

Broccoli \*

Avocado \* (pending)

Pears \*

Summer Squash \*

Apples \*

Radish \*

Lettuce \* (pending)

Cauliflower

Pomegranates

Eggplant

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

**Last week our Members received Susan Avocados. The skin is very thin and wrinkles easily because it's meant to be eaten with the skin left in tact. I cut them in half, add a bit of salt and eat it whole (except for the seed of course).**



A **Fuyu** Persimmon is not to be confused with the more common pointed Hachiya persimmon which must be very soft to be eaten. The Fuyu is a **non-astringent variety** that is **sweet and delicious** when it has become orange to orange-red in color and is still firm.

The traditional use of the Fuyu is to eat it out of hand. After harvest, the Fuyu will stay firm two to three weeks if kept at room temperature and will gradually soften. Many people feel it is sweeter at a somewhat spongy stage, so it has a long useable time. A Fuyu persimmon is high in Vitamins A & C.

- Try just munching one! It is crisp like an apple, sweet like a pear. Some like to peel the fruit first.
- Slice Fuyu and spread with lime juice, salt, and chili powder. Eat with a slice of cheese or spread with peanut butter.
- For an Autumn Salad, mix cubed Fuyu with grapes, pomegranate seeds, and cubed apples.
- Top hot or cold cereal with little pieces of bright orange Fuyu.
- Salsa is great when chopped Fuyu, onion, tomatillo, cilantro, and serrano chili are mixed together.
- Smoothies can be blended using Fuyu, ice, lime juice, and milk. Sweeten if desired.
- Dehydrate thin slices of Fuyu to enjoy as a snack or to add to trail mix.

**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 7th**

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](mailto:pam@familyfarmfresh.com)

Or online:

[www.FamilyFarmFresh.com](http://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 •

### Eggplant Recipe

From Michele of KMK Farms, Kingsburg  
Certified Organic this year!  
Featured at the October 2008 FFF BBQ

- Cut eggplant into slices. Peel if the skin is tough.
- Cut up ripe tomato and let sit in a bowl of balsamic vinegar.
- Grill sliced eggplant on each side leaving grill marks (about 2 minutes on each side).
- Sauté eggplant in olive oil until soft and tender (about 5 minutes on each side).
- Put on serving plate and top with Feta cheese, toasted pine nuts and the marinated tomatoes. Drizzle the left over balsamic vinegar over eggplant.

### Sauteed Persimmons with Green Beans

1 1/2 lbs green beans, trimmed and cut into 1/2-inch pieces  
3 tablespoons olive oil  
3 ripe fuyu persimmons, cut into 1/4-inch-thick slices  
1/2 cup fresh chives (1-inch pieces) (or may substitute chopped onion)  
1 pinch sugar

Boil the beans for about 2 minutes and then drain. After draining, immediately plunge beans into a bowl of ice and cold water to stop cooking and drain. In a large skillet heat olive oil over medium high heat until hot and sauté persimmons until lightly browned and softened, about 4 minutes. Add a pinch of sugar to help sweeten the persimmons. Add beans and 1/4 cup chives and sauté, stirring gently, until hot. Transfer mixture to a platter and sprinkle remaining 1/4 cup chives on top.

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 Tues Nov 4th \$10 per person

### A note from Farmer Marggie Phillips of Rivendell Family Orchard, Springville

Certified Organic Fuji Apples

We take special care when apple picking. We don't pick apples in cloth bags, then dump them into bins or dusty old boxes. This is very bad for fuji apples! Our white storage plastic trays keep the apples from damage.

Apple harvest is family only. We don't hire any pickers like other apple growers do. We at Rivendell Family Orchard have always kept our apple picking very clean.

We fresh pick apples to order only. No smoking, no livestock grazing, no ducks, no dogs or strangers are allowed in our apple orchards.

It's a very private park-like apple orchard.

#### 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.
- Keep **Green Beans** dry in a perforated plastic bag in the refrigerator.
- 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 Scalloped. 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.
- Rinse the **Grapes** under cold running water and cover them with a paper towel or plastic. Stick them in the fridge or freeze them for a cool snack.
- Wrap the **Arugula** in a damp paper towel. Place in a plastic bag and store in the fridge. Prone to pick up lots of sand, Arugula should be soaked and washed thoroughly to remove the grit.
- Store **Bok Choy** in an unsealed plastic bag in the refrigerator.
- Store **Onions** in the fridge also.
- Store **Fuyu Persimmons** on the counter out of direct sunlight.
- Store **Sweet Peppers** in the refrigerator crisper.

***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](http://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.



**Organic Pastures** [www.OrganicPastures.com](http://www.OrganicPastures.com) \$7.50 each—approx 1/2 lb

**Truly Raw**

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

**Bravo Farms** [www.BravoFarms.com](http://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 it's 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  
 Ceasar 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-\$5
Fruit & Nut Trail Mix 1/2 lb-\$3 1lb-\$6	

## 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—\$4.25  
 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



## 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



## Summer Sweet Oranges

### McKellar Farms

5# bag—\$4.00  
 8# bag—\$6.00



**Happy Fall Y'all!**

