



The Cornucopia

“The Horn Of Plenty”

Volume 4, Issue 32

Week of Oct 20, 2008

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— Pears, Radishes, Peaches, & Squash

Francis Romero, Reedley — Grapes, Cucumbers & Baby Bok Choy

McKellar Farms, Ivanhoe—Oranges

Vine Ripe, Hanford—Tomatoes & Garlic

Oak Patch, Visalia—Endive

Penwell Apple Orchard, Springville—Fuji Apples



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

Summer Sweet Oranges *

Tomatoes *

Lettuce *

Sweet Potatoes *

Pears *

Avocadoes *

Salad Turnips (baby) *

Napa Cabbage (traditional variety this time) *

Eggplant *

Apples

Green Beans

The **Pears** looked a lot like plums this past week..... Sorry everyone! I forgot to switch it over in the system.

The **BBQ pictures** are on the website now! If you have some you would like to share, please email them to pam@familyfarmfresh.com

The **Endive** came this week, we thought they would be ready about two weeks ago (as you could tell by the newsletter).

Persimmons will be here the first week of November and the beautiful **Pomegranates** are just about ready too.

Some of the Farmers reported a **light frost** Sunday October 12th. Just enough to burn a few of the warm weather varieties like green beans. The cherry tomatoes, squash and eggplant will now slow down substantially. In about three weeks there will be **broccoli** and other **cool weather** produce.

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

From Chef Kari of Family Farm Fresh

October's Cooking Event

Vegetarian Rolls & California Rolls (Sushi)

In Japanese cuisine, sushi is vinegared rice, usually topped with other ingredients, including fish, various meats, and vegetables. Outside of Japan, sushi is sometimes misunderstood to mean the raw fish itself, or even any fresh raw-seafood dishes.

In Japan, sliced raw fish alone is called sashimi and is distinct from sushi, as sashimi is the raw fish component, not the rice component. The word *sushi* itself comes from an archaic grammatical form of a word that is no longer used in other contexts; literally, "sushi" means "it's sour".

Thursday October 23rd 6pm

Located at: 32985 Road 164, Ivanhoe

Please R.S.V.P. by Tues Oct 21st \$15 per person

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 Oct 24th**

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

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Endive (pronounced en-dive) is a green leafy lettuce, often referred to as "curly endive." It is one of the many members of the chicory family.



With a rather surprisingly bitter taste, curly endive livens up blends of baby greens and lettuce salads. Slightly milder once cooked, it is an original and delicious vegetable served as a side dish.

To keep endive fresh, wash it, spin or shake it dry and wrap in a damp cloth. Refresh under cold water and blot dry. Never soak. Goes well with small cooked cubes of bacon and a poached egg.

Curly endive with goat cheese and grapes—Make a nest of curly endive on each plate. Place a thick slice of goat cheese (chèvre) on top; drizzle with a mixture of olive oil, walnut oil and lemon juice; garnish with walnut halves and halved seedless grapes.

Steam the endive for about 8 minutes with some apple edges. Drizzle with oil and lemon juice; season with fine sea salt and cinnamon.

Enjoy it in a classic salad combined with roasted walnuts, blue cheese, a ripe pear, then dressed with a light vinaigrette.

Tips on buying, storing and using olive oil.

Extra Virgin Olive Oil: This is the finest grade of olive oil. It is 100 percent olive juice. By law, it must have less than 0.8 percent acidity. Many premium oils have less than 0.5 percent. The oil is extracted from the olives without the use of chemicals. Extra virgin olive oil comes in a variety of colors, flavors, and textures. The oil must also have perfect aroma, color, and flavor.

Cold pressed: This term is now a marketing term. Olive oil used to be processed adding hot water to the olive paste to extract the maximum amount of oil. Today, hot water extraction is rarely used. Most extra virgin olive oils are cold pressed.

Pure Olive Oil: Oil that does not pass strict quality tests or is made from inferior olives is refined. The impurities are removed, but the nutritional qualities remain. This oil is then mixed with extra virgin or virgin (a category that is not generally for sale) olive oil and sold as pure olive oil. Although the flavor is less, it still retains all the health benefits.

Light Olive Oil: This oil is softer in flavor and lighter in color. It does not mean that it has fewer calories.

Unfiltered Oil: This oil has not had some of the solids removed. They usually settle to the bottom of the bottle. These oils often have more flavor and are probably an artisanal product produced in small quantities.

Braised Beef With Radish

- 2 lbs beef
- 1 lb daikon radish or regular radish
- 1/3 cup soy sauce
- 1/4 cup chinese rice wine or dry sherry
- 1 green onion, thinly sliced
- 2 garlic cloves, minced
- 1 tablespoon vegetable oil or peanut oil
- 3 slices fresh ginger
- 2 cups water
- 1 tablespoon brown sugar
- Salt & pepper to taste



Cut the beef into cubes about 1 – 1 1/2 inch thick. Peel the radish or turnips and cut into cubes about the same size. (If using regular radishes, peel and thinly slice).

Combine the dark soy sauce, rice wine or sherry and green onion in a small bowl. Set aside.

Heat 1 tablespoon oil in large pot on medium heat. Add the ginger and garlic and then the beef. Cook for 4 – 5 minutes to brown the beef, turning it over at least once.

Stir in the soy sauce mixture and allow to cook for a minute. Add the water and bring to a boil. (Add the pepper at this time if using). Turn down the heat, cover, and simmer for 1 hour (in simmering the temperature is just below the boiling point). Add the radish and stir in the sugar. Simmer, uncovered, for 20 more minutes. Taste and adjust seasoning, add more pepper and/or salt if desired.

Light, heat and oxidation are the enemies of olive oil. Store the oil in a cool, dark place, and keep the bottle cap on tight. Be careful not to store it in a cupboard near the stove or where there is lighting under the cabinet. The heat from the light could harm the oil. Even the light in a supermarket can harm the oil. It's best to buy oil from a market where the oil is quickly sold and not exposed to the light for extended periods.

There are varying opinions on storing olive oil in the refrigerator. Some experts feel it changes the flavor. Others say it is OK, but prefer a cool rather than refrigerated space. If you do store it in the refrigerator, it may turn solid and will need to come to room temperature before use.

Olive oil does not improve with age. The fresher it is the better. If stored properly, it can be kept for two years. After that, it is past its prime and should be used quickly.

Commercial extra virgin olive oil can be used for cooking. Specialty oils, often estate bottled, are best used for salads or to pour over foods after they have been cooked to get the maximum benefit of the flavor.

Extra virgin olive oil should not be used for deep frying. Refined olive oil is better. It has a higher smoke point.

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.

Marinated Radish

Best when made fresh or one day in advance and refrigerated.

1 lb radish, grated or finely chopped

4 chopped green chilies (to taste)

1 teaspoon lemon juice

1/2 teaspoon salt

Mix everything together except salt in a small bowl or jar. Let it marinate, covered, for about 1 hour.

Mix with salt a few minutes before serving.



The **Watermelon Radish** looks just like a watermelon with a green rind and rosy interior. The off-white skin of the watermelon radish is tinted green at the top where the root is exposed to the sun. Slice the vegetable open and the dull exterior is revealed to wrap up a core of brilliant ruby flesh, hence the name watermelon. This radish can also be roasted, added to stir fries, sautéed, added to stews, or even boiled and mashed! The watermelon radish is an heirloom variety of the Daikon.

The **French Breakfast radish** is long and narrow with red shoulders fading to white bottoms. These are an heirloom variety, available for well over a hundred years. Do like the French and eat them for breakfast dipped in butter and kosher salt and eat them with bread and butter for breakfast!



Daikon looks similar to a carrot except that it is white in color. It is quite versatile and can be cooked, pickled, or used raw. Daikon radishes are milder than other radishes and are great to add raw shredded on salads. Cooking makes the radish bite even milder. They can also be roasted, sauteed, added to stir-fries, grilled, steamed, baked, or added to soups.



Isn't it cool how Family Farm Fresh babies look so healthy?



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.
- 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.
- 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 **Peaches** at room temperature until fully ripe (keep on your counter out of direct sunlight) then refrigerate.
- 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.
- Supermarket **Cucumbers** are often waxed to seal in moisture; fresh, un-waxed cucumbers can be sealed by wrapping them tightly in plastic wrap. Store unwashed in the refrigerator crisper.
- Unlike most fruit, **Pears** ripen best when picked while still firm and stored off the tree. Let pears ripen in a cool, dark place with temperatures between 65 and 70 degrees F. They are ripe when soft to the touch.
- Wash your **Endive**, spin or shake it dry and wrap in a damp cloth. Refresh under cold water and blot dry. Never soak.
- 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 Scaloped. The dark green round squash is another type of Zucchini.
- Store **Baby Bok Choy** in an unsealed plastic bag in the refrigerator.

Do not store raw garlic in oil at room temperature.

This is probably the most serious risk associated with garlic. Its sulphurous nature makes it a prime breeding ground for botulism (*Clostridium botulinum*). Botulism is a nasty toxin that can result in major stomach illness sometimes leading to death.

Garlic heads and cloves should also not be stored in your kitchen fridge. If garlic is refrigerated then it is likely to go soft and moldy. The same problem is likely to occur if garlic is stored in a sealed plastic container.

Garlic needs to be stored in a cool place away from direct sunlight in an area where it's allowed to "breathe". An excellent way to store garlic is in a special garlic keeper, These are designed with holes to allow the air to circulate.

This cutie belongs to
Members Wade & Lisa
McKay of Visalia

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

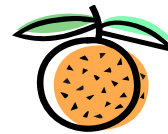
Bean Salsa 16 oz—\$7.00 (mild)
 Tequila Salsa 16 oz—\$7.00 (medium hot)
 Barn Burner Hot Sauce 12 oz—\$7.00 (hot)
 Chipotle BBQ Sauce 12 oz—\$7.00 (hot)
 Chunky Habanero Hot Sauce 12 oz—\$7.00 (hot hot)
 Raspberry Pepper Glaze 10 oz—\$7.00
 Apple BBQ Sauce 12 oz—\$7.00
 Pineapple Pepper Glaze 10 oz—\$7.00
 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!

