



# The Cornucopia

“The Horn Of Plenty”

P.O. Box 189 Ivanhoe CA 93235 559-798-0557 [www.familyfarmfresh.com](http://www.familyfarmfresh.com)

Volume 3, Issue 28

Week of Sept 17, 2007

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

## THE ULTIMATE INSULT...

This week we had a member say “the produce we get is seconds, stuff they can't sell at the Farmers' Market or the stores”.

## THAT STATEMENT IS NOT TRUE!!!

We suspect that this person has never grown a garden. We suspect her only experience with produce is in the Super Market. Therefore, her opinion and her statement are based on a lack of knowledge and understanding.

Family Farm Fresh farmers raise the fruit and vegetables for our Members, pick it right from their gardens and orchards just prior to delivery. We do not put it through a packing line where only the prettiest make it to the waxer containing the preservation chemicals.

Our produce and fruit come to you, sometimes, with small imperfections because we do not spray with chemicals to kill the bugs.

We are your home garden, your home orchard, within less than an hour's drive from your home and you do not have to pull the weeds.  
**You are invited to visit our farms anytime. Just give us a call and we will arrange it.**

*Farmer Bob for all the Family Farm Fresh farmers*

Yes, you bet, she hurt our feelings!

Summer Sweet Oranges \*

Tomatoes \*

Okra \*

Gailon Broccoli

Armenian Cucumbers

Red Potatoes \*

Squash \*

Grapes \*

Onions

Apples—Fuji or Gala

Peaches \*

Cherry Tomatoes \*

**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

**by 8am Friday**

**September 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](mailto:pam@familyfarmfresh.com)

Or online:

[www.FamilyFarmFresh.com](http://www.FamilyFarmFresh.com)

“This week's basket was lovely! We even got a “bonus” of a baby snail in the raspberries—proof that we're getting real food.” — Member Jeri Bridges of Porterville

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

**Oranges**—McKellar Farms, Ivanhoe

**Peaches, Cherry Tomatoes, & Squash** —KMK Farms\*, Kingsburg

**Tomatoes, Eggplant & Squash**—Francis Romero\*, Reedley

**Apples, Asian Pears & Grapes** —ML Farms, Lemon Cove

**Potatoes & Lettuce**—T&D Willey, Madera

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

**Produce Storage Tips**—please rinse all produce with cold water before using

- 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.
- Rinse the **Leaf Lettuce**, dry the leaves and wrap it in a paper towel. Place it in a plastic bag and put it in the refrigerator.
- Inspect the **Cherry Tomatoes** and **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. The “specialists” say NOT to put them in the fridge as it robs the tomatoes of their flavor and texture. Well, I’m not a specialist. I put it to the test. My personal opinion is this: 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 before using.
- If you received **red Apples** this week, they are Galas. **Green Apples** are Fujis. Put them & the **Asian Pears** in the coldest part of the refrigerator.
- Put the **Peaches** in the fridge now also. This variety of peaches is called **Last Chance**. Named accordingly as they are one of the latest varieties of the season.
- The **American Eggplant** does not need to be washed before storage. Place it in a plastic bag and put it in the fridge.
- The **Summer Squash** is still in abundance as the last plantings are getting mature. If yours is long and green (or yellow), then it’s Zucchini. Small round ones with scalloped edges are called Patty Pan. Crookneck squash is exactly as it sounds, they have a small crook in their neck.
- The **Red Potatoes** can be placed on the counter out of direct sunlight in a cool spot. Not next to the stove.
- Squeeze those **Summer Sweet Oranges** this week and try the Citrus Marinade below. Or stick them in the refrigerator to use later. They will store for a long, long time.

**The Produce storage tips will soon be available ONLINE only. If you do not have access to the internet and you have storage questions, please feel free to contact me. —Pam**

**EXTRA items like cheese, eggs, olive oil, etc. are still available.**

Visit our website [www.FamilyFarmFresh.com](http://www.FamilyFarmFresh.com) to see the complete list.

(in the **Newsletter** section under Extra Items Available in September)

T&D Willey ran out of the **sweet red peppers**. They will contact us when they are available again.

The **daikon radish** wasn’t in your basket this week either as it wasn’t up to standards.

Thank you for your patience.

The featured fresh cheese for the week is **Serena**

From Three Sisters Cheese, Lindsay

If you have a request for a different variety, please contact Pam before Friday.



### **Featured fresh breads for the week— \$4.25**

- Sourdough Bread (loaves only)
- Ezekial 4:9 Bread (loaves, dinner rolls, hamburger buns)
- Blueberry Muffins
- Peanut Butter Cookies

**Customized and Special orders are available.**

**If you would like to place a bread order, please contact us know before 4pm THURS Sept 20th.**

Lori uses **NO** shortening in her breads, **ONLY** Organic Extra Virgin Olive Oil. The amount of olive oil ends up to being approximately 2 Tbsp per loaf. If you are slicing it into 12 slices, you are only getting 1/2 teaspoon per slice.

### **Citrus Marinade**

- |                        |                      |
|------------------------|----------------------|
| 1/4 cup orange juice   | 2 tbsp soy sauce     |
| 1 tbsp olive oil       | 1 tbsp lemon juice   |
| 1 clove garlic, minced | 1/4 tsp black pepper |
| 1/4 tsp salt           |                      |

**Great for tuna, halibut, salmon or chicken**

**Fruit-only & Veggie-only baskets are available.**  
Call or email Pam [pam@familyfarmfresh.com](mailto:pam@familyfarmfresh.com)

**Please note: A Service Fee will be charged on all past due accounts**

***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.***