



The Cornucopia

“The Horn Of Plenty”

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

Volume 3, Issue 26

Week of September 3, 2007

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

The **fig** is mentioned frequently in the Bible and is included in the garden of Eden. It is a traditional food in the Jewish Passover celebration.

The early Greeks so highly prized figs that it was considered an honor to bestow the foliage and fruit. In the original Olympic games, winning athletes were crowned with fig wreaths and given figs to eat.

Figs are lusciously sweet and feature a complex texture that combines the chewiness of their flesh, the smoothness of their skin, and the crunchiness of their seeds.



They grow on the Ficus tree (*Ficus carica*), which is a member of the Mulberry family.

Figs range dramatically in color and subtly in texture depending upon the variety. The most popular are:

- Black Mission: blackish-purple skin and pink colored flesh
- Kadota: green skin and purplish flesh

To eat a fig, some people peel the skin back from the stem end to expose the flesh for eating out-of-hand. The more fastidious eater holds the fruit by the stem end, cuts the fruit into quarters from the apex, spreads the sections apart and lifts the flesh from the skin with a knife blade, discarding the stem and skin.

I just found out a tidbit of information! The green Kelsey plums are an heirloom variety. You may know them as **Sugar Plums**. What a rare treat! —*Pam*

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

Oranges—McKellar Farms, Ivanhoe

Eggplant, Cherry Tomatoes & Squash —KMK Farms*, Kingsburg

Gailon Broccoli, Green Beans, Black Eyed Peas & Tomatoes—Francis Romero*, Reedley

Apples, Nectarines & Plums—ML Farms, Lemon Cove

Pears—Karen Dennis, Visalia

Figs—Specialty Crop Co., Madera

Summer Sweet Oranges *

Tomatoes *

Plums *

White Nectarines *

Gala Apples *

Leeks *

Cherry Tomatoes

Grapes *

Raspberries *

Potatoes

Peaches

American Eggplant *

NOTE:

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

If you wish to make changes to your basket please

notify us

by 5pm Friday

September 7th

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:

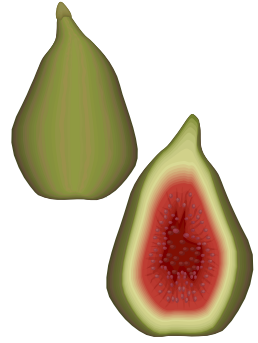
www.FamilyFarmFresh.com

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

Pasta with Figs & Walnuts

2-3 Tbsp. butter
1 lb spaghetti
1 cup fresh figs, coarsely chopped
½ tsp. salt (optional)
1½ cups (6 oz.) crumbled Gorgonzola cheese

1 large onion or 4 shallots sliced
3 Tbsp. of olive oil
½ cup chopped walnuts



Melt butter in large skillet. Add onion/shallots and sauté over medium-high heat for 10-12 minutes, until lightly browned.

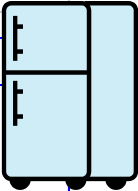
Meanwhile, prepare pasta according to package directions. Drain, toss with olive oil, and set aside.

Stir figs, walnuts, and salt into onions and cook 2 minutes or until heated through.

Pour mixture over pasta. Sprinkle with Gorgonzola and toss gently.

Produce Storage Tips

- **Summer Sweet Oranges**—Keep in the refrigerator. They will store for a long, long time. Summer oranges are the best orange for juicing. The rinds turns a bit green in the hot weather, however this does not effect their sweet taste.
- **Tomatoes & Cherry Tomatoes**—Do not refrigerate as it robs the tomatoes of their flavor and texture. Keep at room temp.
- **Pears & Nectarines**—If not already ripe, ripen at room temperature then refrigerate.
- **Squash**—Do not wash squash before storing. You do not need to peel or remove seeds prior to cooking. Store in the refrigerator.
- **Plums & Figs**—Store in the refrigerator.
- **Eggplant**—Do not wash before storing. Place in a plastic bag and store in the refrigerator.
- **Apples**— Store in the coldest part of the refrigerator, preferably the crisper, or store them in a cool place.
- **Green Beans, Black Eye Peas & Gailon Broccoli**—Store in the refrigerator in a plastic bag



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

Lori is taking a week off. **NO** bread next week.
Sorry for the inconvenience.



Canning pears
Mini Basket full
\$7.50
(approximately 10 Lbs)



The featured fresh cheese next week is **Premium White Cheddar** from Bravo Farms, Travor
www.BravoFarms.com

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.

Dear Family Farm Fresh members:

This is an important letter because it affects you.

There is going to be a small price increase effective September 17th but before we talk about the monetary change there are some other things it would be good for us to discuss.

We now deliver to about 200 homes and offices each week. Our members, for the most part, are people who want to get real fruit and vegetables like those from your own garden that are produced by local family farmers on a sustainable basis.

Some of you are also motivated to support family farmers to be sure they can stay in the business and pay their employees a decent wage. Others like the convenience of delivery. It is our goal to continue to meet your expectations.

We have worked long and hard to upgrade our website and our procedures to the point you now have the ability to make any changes, order any extra items, pay for your service and individualize your baskets all from your home computer.

There is a wonderful movement across the US and, yes, here in Tulare County. It's the Slow Food folks (we are members) and Locavores (folks who will not eat anything that comes from more than 100 miles from home, the news papers and magazines are full of the movement to eat local, eat well and zero in on fruits, vegetables, range-raised chicken, eggs, beef and more.

Members of Family Farm Fresh are in the forefront of this movement locally and it's a great thing. And, we farmers are doing our part to bring families together again at the dinner table.

The farmers who make up this loosely knit group that is Family Farm Fresh believe we are leading the way and we appreciate your support. We also need your financial support now to continue our mission. As you have read, our costs keep going up and to offset those costs, we are increasing Mini-baskets to \$19.75; Light baskets to \$27.75; Family baskets to \$37 and the Large Family to \$47.

This is the first time we have raised our rates for fruits and veggies since we have started, March 2005.

Thank you,
from Farmer Bob and all the Family Fresh Farmers. God Bless!



Please rinse all produce with cold water before using.



Farmstead Cheese \$6.00 each all are approx 1/2 lb

Fagundes Farmstead

St. John St. Jorge
Farmhouse Cheddar Hanford Jack
Hanford Jack—Jalapeno (Jalapeno & Bell Pepper)
Hanford Jack—San Joaquin (Roasted Garlic & Bell Pepper)
Hanford Jack—Santa Fe (Cayenne, Roasted Garlic, & Cumin)

Bravo Farms

Premium White Cheddar Western Sage Cheddar
Chipotle Cheddar Queso Bravo
Silver Mountain—\$7.50 ea Tulare Cannonball—\$7.50 ea

Three Sisters

Serena
Serenita



Olives

California Sunshine

Garlic stuffed—\$4
Jalapeno stuffed—\$4
Ceasar Parmesan—\$3
Roasted Pepper—\$3
Black Pearls—\$2.50



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

Condiments & Dressing



Keenan Gardens—\$7.00 each

Garlic Tarragon French Dressing 12 oz
Herb Rub 6 oz
Stone Ground Mustard 6 oz
Basil Thai Chili Mustard 6 oz

**Add these to your weekly basket. IT'S EASY!
If you don't see something on this list, JUST ASK**

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 1lb-\$4
Fruit & Nut Trail Mix 1/2 lb-\$3 1lb-\$6



Honey

Daniels Farms

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



Condiments

Ladybug Gardens

Bean Salsa 16 oz—\$6.00 (mild)
Tequila Salsa 16 oz—\$6.00 (medium hot)
Tiger Sauce 5 oz—\$4.25 (medium hot)
Barn Burner Hot Sauce 12 oz—\$6.00 (hot)
Chipotle BBQ Sauce 12 oz—\$6.00 (hot)
Chunky Habanero Hot Sauce 12 oz—\$6.00 (hot hot)

Mountain Sweet & Sour Dipping Sauce 5 oz—\$4.25
Honey Plum Sauce 5oz—\$4.25
Apple BBQ Sauce 5 oz—\$4.25
Smokey BBQ Sauce 5 oz—\$4.25
Pineapple Pepper Glaze 10 oz—\$6.00
Blackberry Salsa 16 oz—\$6.00
Toasted Pecan Topping 12 oz—\$6.00
Rum Strawberry Topping 12 oz—\$6.00



Navel Oranges

McKellar Farms

5# bag—\$4.00
8# bag—\$6.00



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 Bay Leaves Thyme
Mint Lemon Thyme Chocolate Mint
Chives Dill Swiss Chard
Basil (Purple, lime & Genovese)
Summer Savory Sorrel Shallots

Hot Peppers: Habanero (hot hot) or Jalapeno (hot)

Mild Peppers: Pablano (mild-medium) or Armenian (mild)