



# The Cornucopia

"The Horn Of Plenty"

Volume 5, Issue 8

Week of Apr 27, 2009

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**—Swiss Chard, Lettuce & Onions

**Francis Romero, Reedley** — Baby Bok Choy & Snow Peas

**McKellar Farms, Ivanhoe**—Oranges

**Kouei & Son, Visalia**—Strawberries

**Couture Farms, Hanford**—Asparagus

**Vine Ripe, Hanford**—Tomatoes

**Sanchez Farms, Lindsay** —Potatoes

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.



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

Navel Oranges *
Lettuce *
Asparagus *
Tomatoes *
Strawberries *
Beets *
Snow Peas *
Kale *
Green Onions
Turnips
Fava Beans

When calling in changes and/or skips, please follow the directions in the box to the right.

Please careful when choosing the extension.



There are other "bodies" in the office, however they are busy handling some of the other businesses.

- **Virginia**—Bookkeeper for FFF, McKellar Farms AND Seven Sycamores Ranch. Plus the new Tree Maze.
- **Kelly**—Manager of Seven Sycamores Ranch. She is busy working with brides, consulting for weddings and running the Farm-Stay.
- **Luanne**—She is not in the office much. She is busy in the packing area, driving and other miscellaneous projects for FFF. SOON she will be in the office more for you to talk to also.

**I enjoy talking to all of our Members.** If I do not answer the phone I am either not in the office or in the middle of a project that requires my undivided attention. Please leave a message and I will return your call as soon as I am able. I know how important it is to you to make sure you reach someone to ask questions or to make sure your order is correct.

**Please allow me the opportunity to respond and give you my undivided attention that you deserve!**

— Pam

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

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

**before 12pm**

**Friday May 1st**

by calling our automated phone system ANY time of day.

**To make changes:**

1. **Call** 559-798-0557
2. **Press 1** for FFF
3. **Press 3** for Changes

**Or**

559-798-0557 ext 102 Pam

559-798-0557 ext 106 Luanne

**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 •

## Contest!!!

Share your food related family tradition with us! We'll post them in the newsletter and online. Members will vote for their favorite the week of May 4th and the winner will receive a copy of Nourishing Traditions by Sally Fallon.

Freeze the juice from your leftover **lemons** in ice-trays. When they're completely frozen, pop out the 'lemon-pops' and store them in the freezer in zip-lock bags.



You'll have 'fresh squeezed' lemon juice for your tea this summer.

### Snow Peas w/ Garlic & Butter

2 cloves garlic, minced  
1 1/2 tbsp unsalted butter  
1 lb snow peas, trimmed  
kosher salt and freshly cracked black pepper

Place a sauté pan over med-high heat. Add butter to pan. Once the butter has melted add the garlic. Sauté garlic for about 30 seconds to minute, stir while cooking to prevent burning.

Next add the snow peas to the pan. Sauté the snow peas for about 3 minutes until crisp tender, but still bright green. Season to taste with kosher salt and freshly cracked black pepper.

### Baby Bok Choy With Garlic

1/8 cup unsalted butter  
5 teaspoons minced (or to taste) garlic  
12-14 baby bok choy leaves (washed thoroughly)  
1 1/2 cups canned low sodium chicken broth

Melt butter in heavy large skillet over moderate heat. Add minced garlic and sauté about 2-3 minutes until barely golden/brown. Add bok choy and chicken broth and simmer until bok choy is tender, turning occasionally, about 8 minutes.

Season with salt and pepper. Use a slotted spoon to serve.

Please rinse all produce with cold water before using.

- Store the **Oranges** in the refrigerator.
- Store **Onions** in the fridge also.
- Rinse the **Lettuce**. Dry the leaves and wrap in a paper towel. Store in a plastic bag in the refrigerator.
- Store **Asparagus** in the refrigerator with the ends wrapped in a damp paper towel, and be sure to place the asparagus in the back of the refrigerator away from any light, since folate is destroyed by exposure to air, heat or light.
- Do not store **Tomatoes** in the fridge as it robs them of their flavor and texture.
- Do not rinse **Strawberries** before storing in the refrigerator. Wrap completely with newspaper so that no air is allowed into the berry basket.
- Store **Swiss Chard** in an airtight container in the coldest part of your refrigerator. To perk up limp leaves, trim the base of their stems and soak for a few minutes in tepid water. You can also blanch the leaves and then freeze them for later use. Prior to using, wash well to remove any sand or soil that may be hidden in the leaves.
- **Snow Peas**—Do not wash peas before storing. Store in the refrigerator. Also freezes well.
- Store **Baby Bok Choy** in the refrigerator in a plastic bag.
- The **Potatoes** can be placed on the counter out of direct sunlight in a cool spot. Not next to the stove.



## BUY LOCAL

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

We Deliver!

**Help spread the word!**

Put one of these really cool **Family Farm Fresh** bumper stickers on your car! It's small, only 3 X 12.

[How do you get one?](#)

1. Ask your driver for one (Kari or Luanne)
2. Send an email to Pam (or call)
3. Leave a note in your basket

**They're FREE for Members!!**

*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.*

It's starting to get warm out. To help keep your produce fresh, please put out an ice-chest.



**Please note—your basket must easily fit into the ice chest.**

We cannot force the baskets into ice-chests. This damages them and makes them unusable defeating the purpose of recycling containers.

**We're on Facebook!**

**You can be an FFF Fan!**

**Share recipes, pictures, etc. with other FFF Members! There are pictures of the farm, past BBQs, etc. already on the page.**

**More to come!**

**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 an 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 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 its 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  
 Jalapeno stuffed—\$4  
 Pimiento Stuffed—\$4  
 Caesar Parmesan—\$3  
 Roasted Pepper—\$3  
 Black Pearls—\$2  
 Classic Italian—\$3  
 Spicy Ranchero—\$3  
 Kalamata—\$4

## Olive Oil - Extra Virgin

### DeLio Olive Co., Inc.

250 mil—\$7.50  
 500 mil—\$10.00

## Raw Honey

### Cornett Farms

16 oz jar —\$4.25



## Navel Oranges

### McKellar Farms

5# bag—\$4.00  
 8# bag—\$6.00

## Farm Fresh Eggs from cage-free chickens

### Ladybug Gardens

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

## Olive Oil - Extra Virgin

### California Sunshine Olive Oil Hand Pressed

250 mil—\$8.95  
 500 mil—\$11.95

## Raw Milk

### Organic Pastures, Madera

Whole Milk 1/2 gal—\$7.60  
 Skim Milk 1/2 gal—\$3.40  
 Super Choco 1/2 gal—\$9.40  
 Butter 1lb—\$13.65  
 Butter 1/2 lb—\$6.85  
 Cream pint—\$11.60  
 Quephir pint—\$5.20  
 Colostrum—\$11.70

**Quarts are sometimes NOT available.**

### 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.

## Nuts

### Ladybug Gardens

Pistachios (lightly salted) 1/2 lb-\$3 1lb-\$6  
 Pecans 1/2 lb-\$3 lb-\$6  
 Raw Almonds 1/2 lb-\$3 lb-\$6  
 Smoked Almonds 1/2 lb-\$3 lb-\$6  
 Cashews (lightly salted) 1/2 lb-\$3 1lb-\$6  
 Walnuts 1/2 lb-\$2.50 lb-\$4.50  
 Fruit & Nut Trail Mix 1/2 lb-\$3 1lb-\$6

## Condiments

### Ladybug Gardens

Bean Salsa 16 oz—\$7 (mild)  
 Tequila Salsa 16 oz—\$7 (medium hot)  
 Barn Burner Hot Sauce 12 oz—\$7 (hot)  
 Chipotle BBQ Sauce 12 oz—\$7 (hot)  
 Chunky Habanero Hot Sauce 12 oz—\$7 (hot hot)  
 Raspberry Pepper Glaze 10 oz—\$7  
 Apple BBQ Sauce 12 oz—\$7  
 Pineapple Pepper Glaze 10 oz—\$7  
 Blackberry Salsa 16 oz—\$7  
 Toasted Pecan Topping 12 oz—\$7  
 Rum Strawberry Topping 12 oz—\$7

## Herbs

### KMK Farms \$1.50 each

Sorrel	Fennel
Oregano	Marjoram
Chocolate Mint	Thyme
Mint	Dill
Borage Flowers	Cilantro
Italian Parsley	Chamomile

## What's in season and available now

<b>Oranges</b>	<b>Lambs Quarters</b>	<b>Beets</b>
<b>Grapefruit</b>	<b>Collard Greens</b>	<b>Carrots</b>
<b>Lemons</b>	<b>Chard</b>	<b>Potatoes</b>
<b>Kiwis</b>	<b>Kale</b>	<b>Sweet Potatoes</b>
<b>Fava Greens</b>	<b>Spinach</b>	<b>Green Garlic</b>
<b>Pea Tendrils</b>	<b>Mustard Greens</b>	<b>Radish</b>
<b>Lettuce</b>	<b>Baby Bok Choy</b>	<b>Daikon Radish</b>
<b>Arugula</b>	<b>Cabbage</b>	<b>Onions</b>
<b>Asparagus</b>	<b>Italian Broccoli</b>	<b>Snow Peas</b>
<b>Summer Squash</b>	<b>Turnips</b>	

## Coming soon (1-3 weeks away)

**Cucumbers**  
**Sweet Corn**  
**Basil**