



The Cornucopia

“The Horn Of Plenty”

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

Volume 4, Issue 7

Week of Apr 28, 2008

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

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



- McKellar Farms, Ivanhoe—Oranges
- KMK Farms, Kingsburg— Fava Beans, Onions, Mandarins & Squash
- Frances Romero, Reedley— Snow Peas
- Couture Farms, Hanford—Asparagus
- Vine Ripe, Hanford—Tomatoes & Radish
- Kouei & Son, Visalia—Strawberries
- Oak Patch, Visalia—Lettuce

Member Appreciation BBQ

Sunday May 4th 1:00p.m.

NO charge to attend!

If you haven't already done so,
please call Pam to RSVP

798-0557 ext 102

Featuring:

* Vegetarian dishes * Petting zoo *

* Live music * Food tasting *

McKellar Farms

32988 Road 164, Ivanhoe

Located 1/2 mile east of Ivanhoe

- Just off Hwy 216 (aka Hwy 245, Millwood Drive & Ave 328)
- 1/4 Mile north on Road 164

You can call Bob's cell phone that day 740-8444
if you need directions

Navel Oranges *
Tomatoes *
Asparagus *
Season ending soon!
Strawberries *
Onions *
Daikon Radish *
Summer Squash *
Lettuce *
Chinese Broccoli
Snow or Sugar Snap Peas
Gold Nugget Mandarins
**** Fava Beans, Scallions & Basil available upon request next week. ****

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 2nd

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

Fava Beans are a tan flat bean which looks like an overgrown lima bean.

Grilled Fava Beans

- Spray whole fava bean pods with cooking spray.
- Place pods directly on hot grill of BBQ.
- Turn fava pods frequently until pods char and begin to burst open (about 7 to 10 minutes).
- Remove from grill and cool pods for 10 minutes.
- Remove fava beans from pod and peel beans by pinching one end of the bean to pop bright green fava bean from it's waxy shell.

Delicious served as an appetizer with slices of fresh Parmesan cheese.

Sautéed Fava Beans

- Remove the fava beans from pods
- Sauté the beans with garlic, olive oil and salt.

The skins come half off and the whole thing can be eaten hot over rice, noodles, as a side dish or as a salad if chilled.

Fresh Baked Goods for the week of 5/5

\$5.95 ea unless otherwise noted

Please note price increase—unfortunately the cost of wheat and flour has doubled in the last 3 months.

WHOLE GRAIN flours:

- Whole Wheat Bread

Customized and special orders are available

ORGANIC UNBLEACHED flour:

- Lemon Poppy Seed Muffins
- Banana Bread Mini Loaves—\$3.50 ea
- Zucchini Bread Mini Loaves—\$3.50 ea



Please contact us before 4pm THURSDAY May 1st to place your order.

Lori will not be baking the week of May 12th.

Lori uses **NO** shortening in her breads, ONLY 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.

Red Radish Cheese Spread from Recipe Zaar

Will be featured at the BBQ this Sunday

- 8 ounces Neufchatel cheese or cream cheese
- 1/2 cup butter or margarine, room temp
- 1 tablespoon prepared horseradish
- 1 teaspoon Worcestershire sauce
- 1 1/2 cups red radishes, finely chopped
- 1/4 cup green onions, thinly sliced
- Salt or celery salt

In a bowl, beat cheese, butter, horseradish & Worcestershire with an electric mixer until smoothly blended. Stir in radishes and onions until well distributed. Season to taste with salt. If Made ahead, cover and refrigerate for up to 4 hours; bring to room temperature before serving. Serve with rye crisp bread and raw vegetables.

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 will no longer force the baskets into ice-chests as this damages them and makes them unusable therefore defeating the purpose of recycling containers.



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.

Produce Storage Tips

- Store the **Oranges & Mandarins** in the refrigerator. They will keep this way for a long, long time.
- **Asparagus**—Do not wash asparagus before storing and never soak it. Trim the ends and stand them upright in a jar with about an inch of water in the bottom. OR wrap the ends in with a damp paper-towel and place in a plastic bag. Store in the refrigerator. Freezes well.
- **Snow Peas**—Do not wash peas before storing. Store in the refrigerator. Also freezes well.
- Inspect the **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. Most people say NOT to put them in the fridge as it robs the tomatoes of their flavor and texture. My personal opinion is: 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.
- Rinse the **Leaf Lettuce**, dry the leaves and wrap it in a paper towel. Place it in a plastic bag and store in the refrigerator.
- Store **Onions** in the fridge also.
- Leave **Fava beans** in their pods and store them in the refrigerator. If you would rather freeze them and save them for another time, they can be blanched, skinned and then frozen.
- **Strawberries**—do not rinse before storing. Wrap completely with newspaper so that no air is allowed into the berry basket. Store in the refrigerator.
- Store **Summer Squash** in the refrigerator. If it is long and green (or yellow), then it’s Zucchini. Small round ones with scalloped edges are called Patty Pan. The dark green round squash is another type of Zucchini.
- **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.

Please rinse all produce with cold water before using

To freeze asparagus: (found this on the internet) Fill up a large pot with water and add about 1 teaspoon of salt. Bring the pot to a boil and place your washed asparagus in the boiling water for about 3 minutes. Remove the asparagus and plunge them into a pot of ice water to quickly cool them. Drain the asparagus and pat dry with some paper towels. Put into freezer bags and into your freezer.

Pam’s way to freeze asparagus—Pop off the ends of the asparagus. Lay single-layer on a cookie sheet and place in the freezer. When frozen place into freezer bags and suck all of the air out. (I have one of those nifty machines).

Farmstead Cheese

\$6.00 each unless otherwise noted—all are approx 1/2 lb

Fagundes Farmstead

St. John
St. Jorge
Farmhouse Cheddar
Hanford Jack
Hanford Jack Jalapeno

Three Sisters

Serena
Serenita

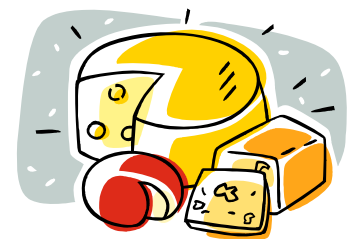
Bravo Farms

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

Organic Pastures

Truly Raw—\$7.50 ea

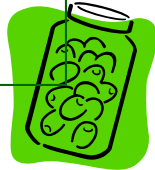
For descriptions of each cheese, please visit our website www.FamilyFarmFresh.com. Click the “Modify Order” page and then click “Other Items Available”. Or call Pam at 798-0557 ext 102



Olives

California Sunshine

Garlic stuffed—\$4.00
 Jalapeno stuffed—\$4.00
 Ceasar Parmesan—\$3.00
 Roasted Pepper—\$3.00
 Black Pearls—\$2.50



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.

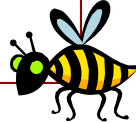
250 mil—\$7.50
 500 mil—\$10.00



Raw Honey

Cornett Farms

16 oz jar —\$4.25



See newsletter for the weekly **Fresh Baked Goods** list



Nuts Ladybug Gardens

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

Pecans 1/2 lb-\$3 1lb-\$6
 Smoked Almonds 1/2 lb-\$3 1lb-\$6
 Walnuts 1/2 lb-\$2.50 1lb-\$5



Condiments & Dressing

Keenan Gardens—\$8.50 each

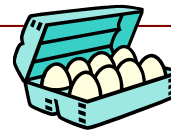
Garlic Tarragon French Dressing 12 oz
 Herb Rub 6 oz
 Stone Ground Mustard 6 oz
 Basil Thai Chili Mustard 6 oz



Farm Fresh Eggs from cage-free chickens

Ladybug Gardens, Visalia

Dozen—\$4.00
 1/2 Dozen—\$2.00



Raw Milk

*Whole Milk 1/2 gal—\$7.60
 *Skim Milk 1/2 gal—\$6.25
 *Super Choco 1/2 gal—\$9.40
 Butter 1lb—\$13.65
 Butter 1/2 lb—\$6.25
 Cream pint—\$11.60
 Quephir pint—\$5.20
 Colostrum—\$11.70
 *Super Light Colostrum 1/2 gal—\$8.45
 * Quarts available also.

Oyster Mushrooms

Sun Smiling Valley Farm, Sanger

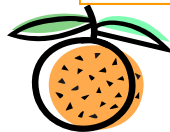
5oz \$3.29 8 oz \$3.99



Navel Oranges

McKellar Farms

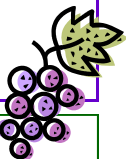
5# bag—\$4.00
 8# bag—\$6.00



100% Organic Grape Juice

Bela Juice, LLC

16 oz bottle—\$2.00

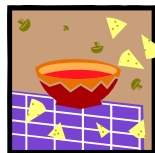


Condiments

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)

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



Edible Flowers

KMK Farms -\$1.50 ea

Borage flowers Arugula flowers
 Chamomile flowers

Greens & Herbs

KMK Farms -\$1.50 ea

Rosemary	Sorrel
Mint	Chocolate Mint
Broccoli Raab (rapini)	Arugula
Cilantro	Baby Mustard Greens
Mustard Greens	Collard Greens
Nettles	Swiss Chard
Fenugreek	Tarragon
Oregano	Fennel
Italian Parsley	Chives
Garlic Chives	Chamomile