



The Cornucopia

“The Horn Of Plenty”

Volume 4, Issue 4

Week of Apr 7, 2008

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

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



- McKellar Farms, Ivanhoe—Oranges
- KMK Farms, Kingsburg—Lettuce, Radish & Greens
- Frances Romero, Reedley—Peas & Spinach
- Couture Farms, Hanford—Asparagus
- Vine Ripe, Hanford—Tomatoes & Radish
- Lehn Bros, Edison—Potatoes
- Fagundes Farms, Hanford—Kiwis
- Lindcove Ranch, Visalia—Lisbon Lemons

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

Navel Oranges *

Tomatoes *

Asparagus * (season will last through April)

Strawberries * (pending)

Baby Bok Choy *

Snap (or Snow) Peas *

Lemons*

Lettuce *

Borage Flowers

Beets (last time)

Red Potatoes

Coming soon

Berries

Fava Beans

Summer Squash

Stone Fruit

Member Appreciation BBQ

Sunday May 4th 1:00p.m.

Located here @ McKellar Farms in Ivanhoe

Meet
the
Farmers!



Please
join
us!

Please call Pam by

Tuesday April 29th to RSVP

798-0557 ext 102

Directions will be in the newsletter
later in the month.

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

April 11th

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

Sausage, White Bean and Red Russian Kale Soup Adapted from helsingfarmcsa.com

1 tbsp olive oil
1 large onion chopped
1 bunch red Russian Kale
15 oz. can drained white beans
Salt & pepper to taste.

12 oz. kielbasa or linguica sausage cut into thin rounds
2 tbsp freshly chopped dill or parsley
5-6 cups low salt chicken broth
3/4 cup dry white wine

Heat olive oil in a large heavy saucepan over medium heat. Add onion, dill or parsley and sauté until onion is tender, about 7-10 minute. Chop kale into thin slivers. Add to the sausage along with chicken broth. Reduce heat and simmer uncovered 10 minutes. Add beans and wine. Cook until kale is tender, about 10 more minutes. Season with salt and pepper.

- Freeze lemon juice in ice cube trays for later use.
- Add a twist of lemon to the water in ice cube trays for added zip to beverages.
- Use lemons in marinates, especially for chicken and fish. Sprinkle lemon juice on top of your favorite steamed vegetables, seafood, and salads.
- You might drink more water during the day if you add some lemon juice to your water bottle, or a slice to a glass of water.

Oyster Mushrooms

Sun Smiling Valley Farm, Sanger

5oz \$3.29 8 oz \$3.99



Kale and Ricotta Salata Salad

Adapted from epicurious.com

3/4 to 1 lb stems and center ribs discarded
2 tablespoons finely chopped shallot
1 1/2 tablespoons fresh lemon juice
1/4 teaspoon salt
1/4 teaspoon black pepper
4 1/2 tablespoons extra-virgin olive oil
2 oz coarsely grated ricotta salata (1 cup)

Working in batches, cut kale crosswise into very thin slices. Whisk together shallot, lemon juice, salt, and pepper in a small bowl, then add oil in a slow stream, whisking until combined well.

Toss kale and ricotta salata in a large bowl with enough dressing to coat well, then season with salt and pepper

Fresh baked items for the week of 4/14

\$4.25 ea unless otherwise noted.

WHOLE GRAIN flours:

- Multi-grain Bread w/seeds
- Ezekial 4:9 bread

ORGANIC UNBLEACHED flour:

- Sourdough Sandwich Bread
- Sourdough French Bread
- Oatmeal Raisin Cookies

SPECIAL TREAT

- Chocolate Muffins
(wheat free, vegan & Delicious!)



**Please contact us
before 4pm THURSDAY
APRIL 10th
to place your order.**

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.

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** & **Lemons** in the refrigerator. They will keep this way for a long, long time.
- The **Red Potatoes** can be placed on the counter out of direct sunlight in a cool spot.
- **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.
- **Kale, Collars or Mustard Greens**—Store 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. Shake dry and store as previously mentioned.
- **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.
- **Sugar Snap Peas**—Do not wash peas before storing. Store in the refrigerator. Also freezes well.
- **Kiwi**—keep in a cool, dark area until ripe (will yield to slight pressure). Can be stored at room temperature or in the refrigerator when ripe.
- The **Lettuce** has already been cleaned for you. Store in the refrigerator.
- 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.
- Do not wash **Spinach** before storing. Place in a plastic bag and store in the refrigerator. Prior to using, rinse in a bowl of water, pouring it out and refilling repeatedly until no more sand or grit comes off the leaves.
- **Shanghi Bok Choy**—Wrap in a damp paper towel and store in a plastic bag in the refrigerator.

Please rinse all produce with cold water before using

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.

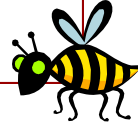
IT'S EASY!

If you don't see something on this list, JUST ASK

Raw Honey

Cornett Farms

16 oz jar —\$4.00



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

Nuts Ladybug Gardens

Pistachios (lightly salted) 1/2 lb-\$3 1lb-\$6
 Raw Almonds 1/2 lb-\$3 lb-\$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 lb-\$6
 Smoked Almonds 1/2 lb-\$3 lb-\$6
 Walnuts 1/2 lb-\$2 lb-\$4



See newsletter for the weekly

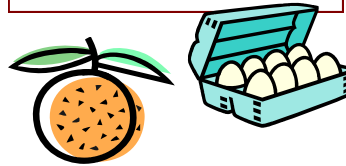
Fresh Bread list



Farm Fresh Eggs

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.

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



Navel Oranges

McKellar Farms

5# bag—\$4.00
 8# bag—\$6.00

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)

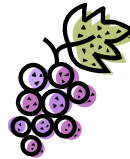
Apple BBQ Sauce 12 oz—\$7.00
 Pineapple Pepper Glaze 10 oz—\$7.00
 Blackberry Salsa 16 oz—\$7.00
 Toasted Pecan Topping 12 oz—\$7.00
 Rum Strawberry Topping 12 oz—\$7.00



100% Organic Grape Juice

Bela Juice, LLC

16 oz bottle—\$2.00



Greens & Herbs

KMK Farms -\$1.50 ea

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

Edible Flowers

KMK Farms -\$1.50 ea

Borage flowers **new** Arugula flowers **new**
 Chamomile flowers **new**