



The Cornucopia

“The Horn Of Plenty”

Volume 4, Issue 22

Week of Aug 11, 2008

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

Visalia Chamber of Commerce 2008 AgriBusiness of the Year

Proud Member of the following:

- 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 •

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

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

Francis Romero, Reedley — Grapes, Eggplant & Okra

Rivendale Orchards, Springville—Apples

JL Faubel, Woodlake—Sinka Plums

McKellar Farms, Ivanhoe—Oranges

Vine Ripe, Hanford—Tomatoes, Cantaloupes & Corn

Oak Patch, Visalia—Lettuce

J&S Orchards, Ivanhoe—Kelsey Plums

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

Summer Sweet Oranges *

Tomatoes *

Daikon Radish *

Squash *

Grapes *

Lettuce * (pending)

Onions *

Gala Apples *

Cucumbers

Lambs Quarters

Corn

Holiday Reminder

Due to the upcoming Labor Day holiday, all deliveries will be delayed one day that week.

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

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

Sent via Visalia Chamber of Commerce

Can Your Kid Cook?

The 2008 Visalia Home Expo will host the first-in-the-valley **Kids' Cook-Off** on Saturday, Sept 20 at the Visalia Convention Center.

Just like the aspiring chefs who vie for the spotlight on the Food Network, the **Kids' Cook-Off** will give local kids the opportunity to spotlight their favorite sandwich and snack recipe in a cooking competition, and the chance to win big prizes.

Recipes may be submitted through August 29. To enter the **Kids' Cook-Off**, visit www.heykidsletscook.com/kidscookoff.htm. Competition to take place on Saturday, Sept 20 from Noon - 4:30PM at the Visalia Convention Center.

For more information about the Visalia Home Expo, visit www.VisaliaHomeShows.com or contact Direct Media at 559-739-1747.



Cancellations/skips made the week of delivery can no longer be honored.

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

before 12pm

FRIDAY Aug 15th

by calling our automated phone system ANY time of day.

559-798-0557

Press 1 for Family Farm Fresh

Then Press 3 for Changes

Or email:

pam@familyfarmfresh.com

Or online:

www.FamilyFarmFresh.com

Historic Seven Sycamore Ranch has been the McKellar Family home for 81 years. Purchased in 1927 by Hugh Agnes McKellar and his wife-to-be, Vernice, and her father, John M. Jordan, the ranch has been one of Ivanhoe's focal points for years and now, still is.

During World War II, it was the site of a U.S. Air Force sponsored volunteer observation tower. It's purpose was to detect low-flying squadrons of Japanese aircraft. It was manned 24-hours non-stop for two years by family, neighbors and Ivanhoe folks. A replica of that tower is on the property today.

Vernice's gardens are almost as lush and beautiful as they were when she tended them; however, now there are more native Central California plants and many have name plates for identification purposes.

The adobe garage, built by hand by Hugh, is now the assembly facility for FFF baskets. The adobe "store room" is now the cooler and the "wash house" is storage for potatoes and onions.

The home and grounds are surrounded by orange and mandarin orchards and farm equipment is on display.

The yard full of chickens, peacocks, cottontail rabbits, humming birds, and other birds add to the farm atmosphere.

Pasta With Fresh Tomato and Garlic Sauce

Shared by **Member Nancy** Jeffrey of Visalia

Serves 3-4

8 oz dried or 12 oz fresh spaghetti
3 large ripe tomatoes, peeled, seeded and coarsely chopped
2 tsp chopped fresh basil
2 tbsp chopped Italian parsley
3 garlic cloves, finely chopped
1/3 cup fruity olive oil
1/2 cup finely grated Mozzarella
1 tbsp chopped chives
salt and freshly ground pepper
freshly grated Parmesan cheese



Combine all ingredients except the Parmesan cheese. Let stand at room temp at least one hour before serving to develop the flavors. Cook pasta. Combine sauce and hot pasta in a warm bowl. Pass Parmesan cheese.

Fresh Baked Goods for the week of 8/18

Sorry, NO baked goods next week.

Fall is just around the corner!

Pears, Figs, and more Greens are coming soon!

Mark your calendar! The next FFF Member Appreciation BBQ will be Sunday October 5th. Please plan on attending!



Jill Decker, a freelance writer, contacted us last week with some questions on food safety from local farmers. Below are some of her questions (in black) and our response (in blue).

What questions could a consumer ask the farmers to put his/her mind at ease over the safety of locally-grown produce?

Ask where he/she farms, how do they farm and ask for the opportunity to visit their farm. All Family Farm Fresh farmers welcome visitors.

Do small farms tend to farm in ways that make outbreaks of e coli. or salmonella less likely?

Not necessarily, but local farmers do the farming themselves on small acreage and, therefore, are perhaps more observant and are in the best position to correct problems when they exist. And, as owners/farmers, they are serious about cleanliness.

You can view the publishes article at http://cookingresources.suite101.com/article.cfm/qa_safe_vegetables

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.

Learn Cooking Techniques!



Our very own, **Kari Black** (aka Luanne's daughter and FFF Driver), graduated from an intense culinary training program at the Institute of Technology in Clovis.

Afterwards, she worked at the Marriott in Visalia for about a year. And now we have her!

[She is very interested in sharing techniques, ideas and recipes with our Members!](#)



We need some ideas.

From basic to advanced, which techniques or dishes would you be interested in seeing?

Please email your ideas to pam@familyfarmfresh.com

Plums taste best when consumed fresh from the tree but also provide a fine nutritional snack in its dried form (prunes) as well.

About 90 percent of the plums consumed in the United States are grown in California, much of them in the San Joaquin Valley.



Outside of the United States, Chile is the dominated producer of both Japanese and European plum varieties. A large percentage of their output is exported to the United States. (Comment from Pam – “YUCK!”)

Plums are best picked mature but not fully ripe. Store the plums at room temperature until fully ripened and ready to eat. They are ripe and ready to eat when they give off a sweet plum aroma and are soft to the touch. Once ripened, store the plums in the refrigerator until eaten but keep them away from ethylene producing fruit so they do not become over ripe.

Even though plums are mostly consumed fresh, they are delicious sautéed or baked as a side dish for poultry and pork. They are also delicious in stuffing, jams, chutney, tarts, sauces and soups. Chefs often prepare plums with cinnamon, nutmeg, cloves, lemon, orange, orange liqueurs, brandy and ports.

In your basket this week:

Simka - a very large heart shaped purple plum with a firm pleasantly sweet, golden color, flesh.

Kelsey - a green skinned plum that turns yellow with red highlights. This aromatic plum offers a rich flavor when ripe.

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

Hanford Jack Santa Fe (Cayenne Pepper, Cumin & Roasted Garlic)

Hanford Jack San Joaquin (Roasted Garlic, Red Bell Pepper & Cilantro)



Bravo Farms

Premium White Cheddar

Western Sage Cheddar

Chipotle Cheddar

Queso Bravo

Silver Mountain—\$7.50 ea

Tulare Cannonball—\$7.50 ea

PepperJack

Organic Pastures

Truly Raw—\$7.50 ea

Olives

California Sunshine

Garlic stuffed—\$4.00
 Jalapeno stuffed—\$4.00
 Ceasar Parmesan—\$3.00
 Roasted Pepper—\$3.00
 Black Pearls—\$2.00
 Classic Italian—\$3.00 **new**
 Spicy Ranchero—\$3.00 **new**
 Kalamata—\$4.00 **new**

Add these to your weekly basket.

IT'S EASY!

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

Olive Oil - Extra Virgin

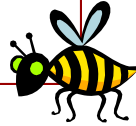
DeLio Olive Co., Inc.

250 mil—\$7.50
 500 mil—\$10.00

Raw Honey

Cornett Farms

16 oz jar —\$4.25



Olive Oil - Extra Virgin

California Sunshine Olive Oil

250 mil—\$8.95
 500 mil—\$11.95



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

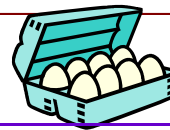
Garlic Tarragon French Dressing 12 oz
 Herb Rub 6 oz
 Stone Ground Mustard 6 oz
 Basil Thai Chili Mustard 6 oz



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 are sometimes NOT available.

King Oyster Mushrooms

Sun Smiling Valley Farm, Sanger

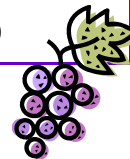
Grown in sterile, climatically controlled environment at their state-of-the-art facility
 5oz—\$3.29 8 oz—\$3.99



100% Organic Grape Juice

Bela Juice, LLC

16 oz bottle—\$1.50
 32 oz bottle—\$2.70



Condiments Ladybug Gardens

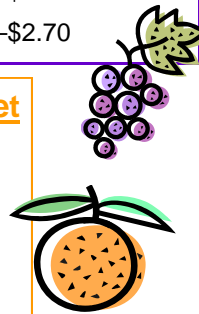
Bean Salsa 16 oz—\$7.00 (mild)
 Tequila Salsa 16 oz—\$7.00 (medium hot)
 Barn Burner Hot Sauce 12 oz—\$7.00 (hot)
 Chipotle BBQ Sauce 12 oz—\$7.00 (hot)
 Chunky Habanero Hot Sauce 12 oz—\$7.00 (hot hot)
 Raspberry Pepper Glaze 10 oz—\$7.00 **new**
 Apple BBQ Sauce 12 oz—\$7.00
 Pineapple Pepper Glaze 10 oz—\$7.00
 Blackberry Salsa 16 oz—\$7.00
 Toasted Pecan Topping 12 oz—\$7.00
 Rum Strawberry Topping 12 oz—\$7.00



Summer Sweet Oranges

McKellar Farms

5# bag—\$4.00
 8# bag—\$6.00



See inside this newsletter for the weekly

Fresh Bread list



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
 Tarragon Oregano
 Basil (Lime, Purple & Sweet) Chives
 Garlic Chives Lambs Quarters **new**

Hope your summer is as bright and warm as the world around you.

