



The Cornucopia

“The Horn Of Plenty”

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

Volume 3, Issue 25

Week of August 27, 2007

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

Pears are delicious fruits related to the apple and the quince. There are thousands of varieties of pears with each differing in size, shape, color and taste.

The cultivation of pears has been traced back in western Asia for three thousand years. They were called the "gift of the gods" by Homer in his epic, *The Odyssey*.

The early colonists brought pears to America, and the first pear tree was planted in 1620. Like many other fruit trees, pears were introduced into California and Mexico by missionaries who planted them in their mission gardens.



The color of good quality pears may not be uniform as some may feature russetting where there are brown-speckled patches on the skin; this is an acceptable characteristic and oftentimes reflects a more intense flavor.

Pears should be left at room temperature to ripen. Once their skin yields to gentle pressure, they are ripe and ready to be eaten.

(Note from Pam: This is actually too ripe for me. After a day or two on the counter I'll slice a pear. If it's too ripe I'll leave it there for the next day without any problems.)

If you will not be consuming the pears immediately once they have ripened, you can place them in the refrigerator where they will remain fresh for a few days. If you want to hasten the ripening process, place them in a paper bag, turning them occasionally, and keep them at room temperature.

Adapted from www.whfoods.com

Summer Sweet Oranges *

Tomatoes *

Plums

White Nectarines

Fuji Apples *

Cherry Tomatoes *

Eggplant

Figs *

Pears

Gailon *

Squash *

Carrots*

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

**before 8am Friday
August 31st**

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

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

Oranges—McKellar Farms, Ivanhoe

Onions, Shallots, Bell Peppers & Squash —KMK Farms*, Kingsburg

Eggplant & Tomatoes—Francis Romero*, Reedley

Apples, Pears, Grapes & Plums—ML Farms, Lemon Cove

Potatoes—T&D Willey, Madera

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

Onion Orange Salad

1/3 cup olive or vegetable oil
3 tablespoons vinegar
1 teaspoon minced fresh parsley
dash pepper

1/4 cup orange juice
1 garlic clove, minced
1/4 teaspoon salt

Or use Keenan Gardens' GARLIC TARRAGON DRESSING



8 cups torn spinach or mixed greens
1 cup sliced red onion
1/4 cup slivered almonds, toasted

3 medium oranges, peeled and sliced
1/2 cup crumbled blue cheese

If making your own dressing: In a small bowl, whisk the first seven ingredients.

On a serving platter or individual plates, arrange greens, oranges and onion. On a serving platter or individual plates, arrange greens, oranges and onion. Drizzle with dressing. Sprinkle with cheese and almonds.



The featured fresh cheese next week is **Fresh Mozzarella (packed in water)** from Belfiore Cheese Company, Berkley

Fruit-only baskets are available.

Call or email Pam
pam@familyfarmfresh.com

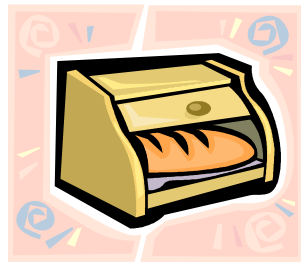
The featured fresh breads for the week:

Whole Wheat Bread—\$4.00 ea (loaves, rolls or buns)

Oatmeal Raisin Cookies—\$4.00 dzn

Blueberry Muffins—\$4.00 dzn

Customized and Special orders are available



If you would like to give any of these a try, please let us know **before 4pm THURS August 30th.**

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

A note from Pam

Now that I've been at Family Farm Fresh for a year, I've finally seen a 'full circle' of seasons in produce. However, I still learn new things everyday.

There is such a large number of varieties of produce available. For example, it's not just an apple. It's a fuji or a gala or a granny smith. Certain varieties are better for baking, etc. It gets confusing.

With that in mind, if you don't know how to cook something or maybe you are not completely sure what an item is, please feel free to call or send an email. If I don't know the answer, I'll find it!

Our farmers are used to me asking a bunch of questions and they don't mind! They love to know that Members are interested in the produce and maybe trying new things for the first time.

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.

The NEW Family Farm Fresh website is complete!

www.FamilyFarmFresh.com

For the past few months we have been working with Eckert Agrimarketing to update our website. After many emails and lots of brain-storming it is finally complete.

Some of the new features include the ability for Members to:

- Make changes online—basket size, address, never sends
- Interrupt service
- View the newsletter—the current week's newsletter will be available each week in addition to past weeks
- Make payments— use your credit card or PayPal account

Also, we've added the capability for new Members to enroll online.

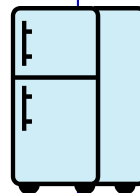


If you have a website and would like to be listed on ours, we would be happy to 'exchange links'. Just contact us!

With our new website, we are able to accommodate the people who choose the convenience of handling business online. Of course, you may still feel free to call or email us directly anytime!

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**—Do not refrigerate as it robs the tomatoes of their flavor and texture. Keep at room temp.
- **Plums & Pears**—Ripen at room temperature (keep on your counter out of direct sunlight) 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.
- **Bell Peppers**—Store in the refrigerator crisper. When cooking with bell peppers, remove the seeds before serving.
- **Grapes**—Wash under cold running water right before consuming or using in a recipe. Grapes tend to spoil and ferment at room temperature. Loosely wrap unwashed grapes in a paper towel and place them in a plastic bag in the refrigerator. Grapes also freeze well (makes a great hot weather snack).
- **Onions & Shallots**—store in a vented plastic bag in the refrigerator.
- **Potatoes**—do not rinse before storing. Keep in a cool, dark place. Do not refrigerate.
- **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.



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
Lacinto Kale Basil (Purple, lime & Genovese)
Summer Savory Sorrel Shallots

Hot Peppers: Habanero (hot hot) or Jalapeno (hot)
Mild Peppers: Pablano (mild-medium) or Armenian (mild)

