



The Cornucopia

“The Horn Of Plenty”

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

Volume 3, Issue 39

Week of Dec 3, 2007

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

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

Oranges—McKellar Farms, Ivanhoe

Lettuce, Cauliflower, Turnips & Squash—KMK Farms*, Kingsburg

Grapes, Carrots, Broccoli, & Green Onions—Frances Romero*, Reedley

Grapefruit & Lemons—Mike LaCoss, Lemon Cove

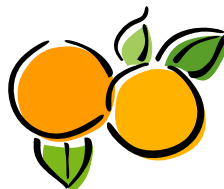
Tomatoes—Vine Ripe*, Hanford

Potatoes—Lehr Bros., Edison



HERE COME THE NEW CROP NAVELS...

You will probably be thrilled to find **navel oranges** in your basket if you are among the many that look forward to America's most popular orange. The **first** from McKellar Farms are in your basket this week.



You will notice the change because the sweet summer oranges, now gone for the year, are (or were) just that-**sweet**. The **navels** are seedless and start out a bit tart gaining sugar every day until they taste like candy.

FYI... the navel orange is **grown only here in California** and predominantly here in the SJ Valley. — *Farmer Bob*

We hope Autumn time is a harvest time of happiness for you.

Chicken Thighs with Onions and Wilted Arugula from CDKitchen.com

2 teaspoons olive oil	1 red onion, halved, sliced
8 chicken thighs, trimmed	1 teaspoon salt
freshly ground pepper	1/4 cup orange juice
3 tablespoons balsamic vinegar	
1 bunch arugula or baby spinach, coarsely chopped	

Heat oil in a large skillet over medium-high heat; add onion slices. Cook until onions begins to soften, about 4 minutes. Remove from skillet; keep warm.

Season chicken with salt and pepper; transfer to skillet. Cook, turning, until brown on both sides, about 4 minutes per side. Pour orange juice and vinegar over chicken. Cover; reduce heat to simmer. Cook until chicken is cooked through, about 20 minutes. Remove chicken from skillet; keep warm. Increase heat to high; add arugula to skillet. Cook, stirring, until it just begins to wilt; about 2 minutes. Remove from heat.

For each serving, place some arugula in a bowl; top with 2 chicken thighs. Top with onions.

Summer Sweet Oranges *

Tomatoes *

Yellow Onions *

Satsuma Tangerines

Potatoes *

Cabbage

Turnips (greens available upon request)

Oro Blanco Grapefruit

Avocados *

Baby Bok Choy *

Grapes *

Lettuce *

NOTE: The 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 5pm Friday

December 7th

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

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

Cheesy Cauliflower Soup

1/2 cup butter - (1 stick)

3 cans chicken broth - (14 oz ea)

1 small onion, diced

1 cup heavy cream - (1/2 pint)

1/2 cup all-purpose flour

1 cauliflower head trimmed and chopped

1 tsp freshly-ground black pepper

3 cups shredded cheddar cheese

In a medium skillet, melt the butter over medium heat. Add the flour and stir until well combined and browned; set aside.

In a soup pot, combine the broth, cauliflower, onions and pepper over high heat; bring to a boil, then reduce the heat to low, cover, and simmer for 25 to 30 minutes, or until the cauliflower is very tender.

Stir in the butter mixture until the soup is thickened. Slowly stir in the heavy cream; mix well.

Add the cheese 1 cup at a time, mixing well after each addition, until the cheese is melted.

Note from one of our Farmers:

Winter has arrived. We endured light frosts all last week and survived, but yesterday's killing frost (11/26/07) put a timely end to all summer crops, 3 days earlier than last year. It is time.

The frost has **sweetened all of our winter crops** and is needed by our **deciduous fruit trees**. Now we need some rain! We hope you all enjoyed your Thanksgiving. — *Kyle and Michele of KMK Farm.*

Fresh baked goodies for the week of 12/10 — \$4.25 each unless otherwise noted.

WHOLE GRAIN flours:

- Challah Bread (braided loaf)
- Honey Oak Wheat Bread

ORGANIC UNBLEACHED flour:

- Challah Bread (braided loaf)
- Sourdough Sandwich Bread
- Sourdough French Bread

- Large plate of goodies (9-10 inch) - \$15.50
- Small plate of goodies (7 inch) - \$10.50

Perfect to take to a dinner party or to give as a gift.

There will be approx 4-8 different items with a mixture of home made candies, cookies and tea loaves.

- White Chocolate popcorn w/mixed nuts
- White Chocolate Chex mix
- Thumbprint Cookies w/Raspberry Jam

If you would like to place an order, please contact us before 4pm THURS December 6th.



The featured fresh cheese for next week is:

Luanne's Pick.

If you have a preference, please let us know.

There are many types of citrus that have traditionally been sold as "tangerines", but most now use the proper name for each variety. **The variety we have been receiving is actually a Satsuma Mandarin. Sorry for the confusion!**

The Satsuma Mandarin is very popular in that it is almost entirely seedless, easy to peel and very sweet.

Did you know?

Three essential oils are obtained from oranges.

1. Oil of orange, obtained from the rind of the fruit and used principally as a flavoring agent.
2. Oil of petigrain, obtained from the leaves and twigs and used in perfumery.
3. Oil of neroli, obtained from the blossoms and used in flavorings and perfumes.



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.

Olives

California Sunshine

- Garlic stuffed—\$4
- Jalapeno stuffed—\$4
- Cesar Parmesan—\$3
- Roasted Pepper—\$3
- 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



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 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 1lb-\$4



See newsletter for the weekly
Fresh Bread list



NEW!
Raw Milk

The order form is available on our website.

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



Honey

Daniels Farms

- 1 lb—\$4.00
- 2 lbs—\$8.00
- Gallon—\$29.00



Condiments

Ladybug Gardens

- Bean Salsa 16 oz—\$7.00 (mild)
- Tequila Salsa 16 oz—\$7.00 (medium hot)
- Tiger Sauce 5 oz—\$5.25 (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)

Mountain Sweet & Sour Dipping Sauce 5 oz—\$5.25

Honey Plum Sauce 5oz—\$5.25

Apple BBQ Sauce 12 oz—\$7.00

Smokey BBQ Sauce 5 oz—\$5.25

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



Farm Fresh Eggs

Tartaglia Farms, Earlimart

Ladybug Gardens, Visalia

- Dozen—\$4.00
- 1/2 Dozen—\$2.00



Greens & Herbs

KMK Farms -\$1.50 ea

- | | |
|---------------------------------|----------------|
| Russian Tarragon | Oregano |
| Rosemary | Thyme |
| Basil (Purple, lime & Genovese) | Sorrel |
| Shallots (Red & Yellow) | Mint |
| Broccoli Raab (rapini) | Chocolate Mint |
| Chives | Arugula |
| Garlic Chives | Cilantro |
| Italian Flat Leaf Parsley | Sage |
| Tarragon | |

Fagundes Farmstead www.OldWorldCheese.com

St. John—Made from 100% Grade-A cow milk fresh from the Fagundes 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 it to develop a natural edible rind.

St. Jorge—This is a Fagundes 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 their sharpest cheese.

Farmhouse Cheddar—Made with their family's Old-World traditions. Their 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—Traditional—The very special high moisture Hanford Jack is unique with its pleasing flavor and smooth texture. One bite of this mouth-watering Jack and your taste buds are going to say more.

Hanford Jack—Jalapeno—Has just the right amount of peppers to give it a great mild-hot flavor.

Hanford Jack—San Joaquin—Flavored with Roasted Garlic, Red Bell Pepper and Cilantro.

Hanford Jack—Santa Fe—Flavored with Cayenne Pepper, Cumin and Roasted Garlic.

Three Sisters www.ThreeSistersCheese.com

Home storage: Unwrap, rub with oil and store in covered food storage container using a small amount of damp paper towel to control humidity. When mold begins to form, wipe it off and rub with oil again.

Serena—Hard Cheese—The product of generations of California dairy family traditions, Serena turns all natural ingredients into a delicious treat. Made from rBST free Jersey cows milk.

Serenita—Semi-Hard Cheese—A young, creamy cheese made by not cooking the curd, similar in texture to a Beaufort, sweet and savory. The natural rind allows subtle qualities in the raw milk to develop gracefully- a surprisingly flavorful well balanced young cheese.



Farmstead Cheese Page

\$6.00 each unless otherwise noted

all are approx 1/2 lb

Please visit these Farmers' websites for recommended food and wine pairings.



Bravo Farms www.BravoFarms.com

Ingredients for the following cheeses: Raw Jersey milk, culture, vegetarian rennet & salt

Premium White Cheddar—Made with the highest quality raw milk, creating a flavorful cheese that becomes exponentially better with age.

Western Sage Cheddar—Raw milk Artisan cheddar, flavored with sage. A traditional combination that for years remained in the shadows, as few are as delicious as Bravo's. A fantastic slicing, melting and eating cheese, great with chicken and vegetables or on a cracker.

Chipotle Cheddar—The original chipotle cheddar, and the only Artisan version made from raw milk, aged over 60 days. Flavored with just the right amount of chipotle, a naturally smoked jalapeño, to ensure the cheddar flavor isn't overpowered.

Queso Bravo—The least aged in their wonderful family of cheeses, resulting in a soft, creamy texture that pairs well with many foods. Contrived from a 500 year old recipe, this timeless cheese has a taste you will love.

Silver Mountain—\$7.50 ea—A bandage-wrapped Cantal Manchego cross; this cheese is nutty, with a hint of citrus and finishes smooth and silky on the tongue. This cheese is aged in their cellar over 9 months, wrapped in cheese cloth and periodically rubbed with olive oil. This process captures the magnificent flavors naturally found in raw milk.

Tulare Cannonball—\$7.50 ea—Made from a 500-year-old Edam recipe, using raw milk and shaped into a traditional round ball. This classic cheese is aged 6 months to capture its creamy texture, spicy aroma and slight saltiness.