



The Cornucopia

“The Horn Of Plenty”

Volume 3, Issue 46

Week of Jan 28, 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 & Mandarins

KMK Farms*, Kingsburg— Mustard Greens & Grapefruit

Frances Romero*, Reedley—Butternut Squash, Napa Cabbage, Onions & Turnips

Vine Ripe*, Hanford—Tomatoes

Don Knudsen, Ivanhoe—Avocados

Fagundes, Hanford—Kiwis

Bear Creek Ranch, Springville—Apples



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

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

Navel Oranges *

Tomatoes * (pending)

Cabbage*

Haas Avocados *

Broccolini *

Murcott Mandarins *

Carrots *

Red Delicious Apples *

Onions *

Red Potatoes *

Daikon Radish

Kiwi

There's big news here at Family Farm Fresh!

As of February 12th we will be delivering to the Hanford & Lemoore areas on Mondays.

AND

We already had our first member enroll online for the Hanford area. Welcome to Alison M. of Hanford!

Butternut Squash Bisque

Serves 8–10

From *The Whole Foods Market Cookbook*

It seems butternut squash and carrots make a great couple: sweet soul-satisfying vegetables that compete with one another for beta-carotene content and a sweet, earthy flavor. Appetite-fulfilling without lots of calories, butternut squash makes a creamy soup that is comforting to eat. Try making croutons with cinnamon raisin bread for a unique garnish.

- 2–3 lbs butternut squash, peeled and diced into 1-inch chunks
- 1 tbsp olive oil or butter
- 1 medium onion, chopped
- 2 quarts vegetable stock or cold water
- 1 bunch parsley, chopped
- ground pepper, to taste
- 3 large carrots, chopped
- 1 tbsp minced fresh ginger (1-inch piece)
- 1/8 cup grated orange zest
- pinch of ground nutmeg
- sea salt, to taste

Heat the olive oil or butter over medium heat in a large sauce pot. Sauté the squash, carrots, onion, and ginger for 3 minutes, until they are lightly browned. Add the stock and orange zest, and bring to a boil. Lower to a simmer and cook uncovered for 35 to 40 minutes, until the vegetables are tender. Add the parsley, nutmeg, and salt and pepper. Purée the soup with a hand held immersion blender or in a food processor until smooth and creamy.

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

February 1st

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

NO Fresh baked items for the week of 2/4 Lori is taking the week off.

Sorry I forgot to give notice last week!

A note from Pam:

I've been at Family Farm Fresh for about 18 months now. As time has gone by, I've glanced at the healthy eating path but haven't really made a full commitment. I met with a wonderful lady named Paula Bayard (acupuncturist at Meridian in Visalia) who has gently forced me to **face the facts**.

Poor nutrition is a major factor in so many diseases like diabetes, depression and high blood pressure. I know this. Everyone knows this. However I still continue to eat fast food, boxed food and all sorts of forms of junk food.

Paula gently placed a learning tool into my hands called *Nourishing Traditions* by Sally Fallon. Gently because she knows I really don't want to give up my Diet Pepsi even though I know it's not the healthiest choice in the world. Not even a close second.

The second paragraph of the Preface states:

“The premise of this book is that modern food choices and preparation techniques constitute a radical change from the way man has nourished himself for thousands of years and, from the perspective of history, represent a fad that not only has severely compromised his health and vitality but may well destroy him; and that the culinary traditions of our ancestors, and the food choices and preparation techniques of healthy nonindustrialized peoples, should serve as the model for contemporary eating habits, even and especially during this modern technological age.”

I'm in for some major changes.....

I came to FFF for employment. Little did I know it would lead me down such a different path. As I venture on my journey, I'll keep you posted.

Please visit the Price-Pottenger Nutritional Foundation. It's an excellent source of information about health through nutrition and lifestyle. www.ppnf.org

Kiwi and Mandarin Orange Dressing

Adapted from *The Whole Foods Market Cookbook*

1 tbsp olive oil	1/2 medium onion, chopped	2 cloves garlic, minced (1 tsp)
2 kiwis, peeled & halved	1/2 cup olive oil	2 mandarin oranges, peeled & halved
1/4 cup balsamic vinegar	sea salt, to taste	

Heat the olive oil in a small sauté pan over moderate heat and sauté the onion and garlic for 3 minutes, until tender and lightly browned. Place them in the bowl of a food processor or in a blender.

Add the kiwi pulp and purée for 1 minute, until smooth. With the processor running, gradually add the olive oil to form a smooth and creamy emulsion. Add the juice from the mandarins and the balsamic vinegar, and combine well for a few seconds more. Season with the salt.

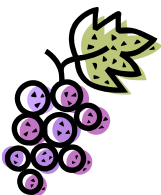
Family Farm Fresh is now offering:

Organic 100% Grape juice

16 oz bottle—\$2ea

From Bela Juice, LLC. Owned by John, Joe and Jerry Coelho Riverdale, CA

Made from premium wine grape and other varietals from the San Joaquin Valley. Bottled in glass.



www.MayoClinic.com states recent studies have suggested that red and purple grape juices may provide the same heart-healthy benefits of red wine. These findings on grape juice are good news for people who want the cardiovascular benefits of red wine without the alcohol!

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.