



The Cornucopia

"The Horn Of Plenty"

Volume 8, Issue 47

Week of Jan 30, 2012

P.O. Box 189 Ivanhoe CA 93235

559-798-0557

www.familyfarmfresh.com

Expected produce for next week.
Subject to change based on
availability.

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

Francis Romero, Reedley—Cauliflower, Green Onions & Baby Bok Choy

KMK Farms, Kingsburg—Arugula & Salad Turnips

McKellar Farms, Ivanhoe—Navel Oranges & Mandarins

Lindcove Ranch, Lindcove—Lemons

Knudsen Farms, Ivanhoe—Avocados

From time to time we receive inquiries about whether or not our produce is "organic". The short answer is: most is and some is not. Most of the Family Farm Fresh Farmers practice sustainable farming methods and do not use pesticides. All are small, family farms located here in our beautiful valley. Our produce comes to you fresh out of nearby gardens so not much fuel is used.

Sustainable agriculture is a way of raising food that is healthy for consumers and animals, does not harm the environment, is humane for workers, respects animals, provides a fair wage to the farmer, and supports and enhances rural communities.

Navel Oranges *
Murcott Mandarins *
Avocados *
Napa Cabbage *
Chinese Broccoli *
MeloGold Grapefruit *
Turnips *
Carrots
Daikon Radish
Lettuce (pending) *
Tomatoes (pending) *

Salad Turnips are similar to radishes (a bit peppery) and can be eaten raw. They can also be roasted, sautéed, added to stir-fries, grilled, steamed, baked or added to soups.

Kiwifruits owe their name to a bird, native of New Zealand, named "kiwi", and actually in many regions of Europe, North America and South America, kiwi fruits are generally referred to as "kiwi".

Kiwifruits are native to China, where they were called "macaque peach". They were originally known outside of China as **Chinese gooseberry** the fruit was renamed for export marketing reasons in the 1950s.

The importer in the US, Ziel & Co in San Francisco suggested the old name of Chinese gooseberry was unsuitable, recommending instead a short, Maori name. Jack Turner initiated the name "kiwifruit" around 1962 as part of Turners & Growers marketing response to this feedback, and the name became a global brand. The trademark was not registered internationally, however. To distinguish 'Kiwi kiwifruit', the trademark Zespri was registered in 1997.

This fruit consists of a hairy, brown peel containing green flesh, with white pulp in the center, surrounded by black, edible seeds. The fruit has a sweet taste, similar to a mixture of banana, pineapple and strawberry. Nutrition-wise, kiwi fruits contain about as much potassium as bananas, and also contain 1.5 times the DRI for Vitamin C. It is also rich in Vitamins A and E, and its black seeds can be crushed to produce kiwi fruit oil, which is very rich in Alfa-Linoleic Acid (an important Omega-3 essential fatty acid).

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 Feb 3rd

by calling our automated phone system ANY time of day.

559-798-0557

Pam Ext 7010

Jo Ann Ext 7011

Or email:

pam@familyfarmfresh.com

joann@familyfarmfresh.com

Cancellations after Friday may be charged full delivery price.

Make the changes online:

Visit www.FamilyFarmFresh.com

Click on "Current Members Log In"

Username = your email

Password = your account number (can be changed)

Account number is on your statement

**These items are available at
Member Special Pricing for those
who would like to add items to their basket.**

List Changes Weekly

Veggies:

Baby Bok Choy: \$1.40 lb
Cucumbers: \$1.50 lb
Lettuce: \$1.50 ea (weather permitting)
Large Organic Garlic: \$1.40 ea
Carrots: \$1.25 bunch
Daikon Radish: \$1.50 bunch
Broccoli: \$1.40 lb
Radish: \$1.25 bunch
Red Potatoes: \$.50 lb
Yellow Potatoes: \$.50 lb
Sweet Potatoes: \$1.40 lb
Butternut Squash: \$4.20 ea (Large—3-4lbs each)
Kabocha Squash: \$1.50 ea
Cauliflower: \$1.90 ea
Avocados: \$.70 ea
Mustard Greens: \$1.50 bunch
Swiss Chard: \$1.50 bunch (weather permitting)
Kale: \$1.50 bunch
Napa (Chinese) Cabbage: \$1.70 ea
Cabbage (traditional): \$1.50 ea
Green Onions: \$1.40 bunch
Leeks: \$1.40 bunch
Arugula: \$1.40 bunch
Collard Greens: \$1.40 bunch **NEW**
Turnips: \$1.40 bunch **NEW**
Cilantro: \$1.50 bunch **NEW**

Fruit:

Comice Pears: \$1.40 lb
Kiwis: \$.20 each
Navel Oranges: \$.25 ea
Lisbon Lemons: \$.25 ea

Oranges 5lb bag: \$4.00
Oranges 8lb bag: \$6.00
Lemons 5lb bag: \$5.00
Mandarins 5lb bag: \$7.00

Please rinse all produce with cold water before using.

- Squeeze your **Avocado** gently—if it gives a little it is ready to eat. If it's not ready, store it on the counter at room temperature. If you cut into your avocado and it seems rubbery, put it back together, wrap it tightly with saran wrap and leave it on the counter for another day or two. It will finish ripening. Do not put the avocado in the refrigerator until it is ripe—they will not ripen in refrigeration.
- Store the **Oranges, Lemons, & Mandarins** in the refrigerator. They will keep this way for a long time.
- Store unwashed **Broccoli** in an open plastic bag and place in the crisper drawer in the refrigerator.
- Store unwashed **Cauliflower** in a paper or plastic bag in the refrigerator where it will keep for up to a week.
- Wrap **Green Onions** in paper towels and store them in a ziplock baggie or plastic container in the fridge. Save the tips and plant them to grow your own.
- Wrap unwashed **Arugula** in a dry paper towels and store in a plastic bag in the refrigerator.
- Store **Baby Bok Choy** in an unsealed plastic bag in the refrigerator.
- Store **Salad Turnips** in the refrigerator. Greens are edible and should be stored separately from the turnips.
- Wrap unwashed **Spinach** in an unsealed plastic bag and store refrigerator.

Turkey-Spinach Salad w/Honey-Sesame Dressing

Adapted from *Robin to the Rescue*

Salad

1 lb cooked turkey breast, cut into bite-sized pieces
6 cups of lettuce and/or spinach leaves
2 kiwis, peeled and cut into slices
1/2 cup salted dry-roasted cashews

For Dressing, whisk together:

1/2 cup reduced-sodium chicken broth
2 tablespoons honey
2 teaspoons toasted sesame oil
2 teaspoons honey mustard
Salt and freshly ground black pepper to taste

Combine the salad ingredients. Pour the dress over the top of the salad.