



The Cornucopia

“The Horn Of Plenty”

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

KMK Farms, Kingsburg— Squash, Onions, Cucumbers, Peaches & Cherry Tomatoes

Francis Romero, Reedley — Butternut Squash

Vine Ripe, Hanford—Tomatoes & Corn

Oak Patch, Visalia—Lettuce

Couture Farms, Hanford—Melons



Volume 4, Issue 18
Week of July 14, 2008

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

Summer Sweet Oranges *
Tomatoes *
Corn *
Okra *
Grapes *
Fortune Plums *
Lettuce *
Summer Squash *
Garlic *
Cherry Tomatoes
Nectarines
Melon

Berries are finished.

Our farmer called last week, said the heat killed them.

Lettuce availability will be sporadic due to the heat also.

Do you have a favorite summer recipe that you would like to share?

Please send in any recipes utilizing the current season's produce to Pam.

NON -TOXIC Cleaning Supplies Class

RESCHEDULED

Tuesday, August 12 @ 7pm

Located at

Meridian Center for Wellness

1105 W. Center Avenue, Visalia

\$10 per person

For more information, call 636-6430



Will have demonstrations!

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 July 18th**

by calling our automated phone system ANY time of day.

[559-798-0557](tel:559-798-0557)

Press 1 for Family Farm Fresh

Then Press 3 for Changes

Or email:

pam@familyfarmfresh.com

Or online:

www.FamilyFarmFresh.com

Entertaining this summer?

Be sure to order extra ears of corn!

\$4.00 per dozen

Check out the back page for salsas, olives, nuts and other condiments to share with your family and friends.



Orange Pull-Aparts

This recipe was listed as “lemon” pull-aparts but I decided to make them orange.

I personally do not like orange-flavored-anything (except actual oranges). These were really good!

Pull-aparts

12 frozen dinner rolls,
thawed but still cold

2 orange rinds, grated

1/2 cup sugar

1/4 cup melted butter



Citrus Glaze

1 cup powdered sugar

1 tablespoon butter, melted

2 tablespoons fresh orange juice

Mix grated rind with sugar. Cut rolls in half and place in a 12-inch deep dish pizza pan or 9-by-13-inch baking pan sprayed with non-stick cooking spray. Drizzle 1/4 cup melted butter over rolls. Sprinkle with rind/sugar mixture, reserving 1/2 mixture to sprinkle on just before baking. Cover with sprayed plastic wrap.

Let rise until double in size. Remove wrap. Sprinkle on remaining mixture. Bake at 350 degrees for 20-25 minutes. Remove immediately from pan and place on cooling rack. Combine powdered sugar, butter and orange juice. Mix well. Drizzle glaze over pull-a-parts.

Fresh Baked Goods for the week of 7/21

\$5.95 ea unless otherwise noted

WHOLE GRAIN flours:

- Whole Wheat Bread
- Peach Oatbran Muffins (wheat free)



ORGANIC UNBLEACHED flour:

- Sourdough sandwich bread

**Lori will NOT be baking the week of 7/28.
Stock up!**

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

Recycle

Fill a milk jug or similar container with water and freeze it. Place the frozen jug in your ice chest to help keep your veggies cool. Make sure there is still room for your basket!

PLEASE NOTE

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

Cancellations/skips must be called in or emailed no later than the Friday before your delivery.

2pm Friday at the latest, preferably before noon.

Sorry, NO exceptions

We can't put veggies back in the ground or milk back in the cow.

We understand things come up last minute. However it is the Member's responsibility to make other arrangements if unable to accept a delivery that has already been scheduled.

Bela Juice, LLC

Organic 100% Grape Juice

Old price

16 oz \$2.00 ea

32 oz \$3.80 ea

Try It price

16 oz \$1.50 ea

32 oz \$2.70 ea

Case of 16 oz (24) \$48.00 Case of 16 oz (24) \$34.00

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.

Produce Storage Tips

- Store the **Oranges** in the refrigerator. They will keep this way for a long, long time.
- Inspect the **Tomatoes** & **Cherry Tomatoes**. Find the ones that are just right and plan on using them in the next day or two. There has been controversy about whether or not to refrigerate tomatoes. Most people say NOT to put them in the fridge as it robs the tomatoes of their flavor and texture. My personal opinion is: the ones that are ready ‘right now’ either get used tonight or put them in the fridge to use in the next day or two. Take them out one-hour before using to allow them to warm up to room temperature.
- Rinse the **Leaf Lettuce**, dry the leaves and wrap it in a paper towel. Place it in a plastic bag and store in the refrigerator.
- Store **Summer Squash** in the refrigerator. If it is long and green (or yellow), then it's Zucchini. Small round ones with scalloped edges are called Patty Pan. The dark green round squash is another type of Zucchini. The half yellow & half green squash is called Zepher.
- Store your **Yellow Cling Peaches** at room temperature until fully ripe (keep on your counter out of direct sunlight) then refrigerate.
- Store **Corn** in the refrigerator with husks left on. Consume as soon as possible as corn loses it's sweetness if stored too long.
- Store **Onions** in the fridge also.
- Store the **Melon** in a cool (45 to 50 degrees F), humid spot away from direct light.
- Supermarket **Cucumbers** are often waxed to seal in moisture; fresh, un-waxed cucumbers can be sealed by wrapping them tightly in plastic wrap. Store unwashed in the refrigerator crisper. Light green cucumbers this week are **Armenian**. The dark green are **Mediterranean**.
- **Butternut Squash** can be stored longer than summer squash because their skin is so hard and thick. Store in a cool dry place for at least a month. If the squash has been cut into pieces, wrap it in a plastic wrap and refrigerate up to 5 days.

Please rinse all produce with cold water before using

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)

Three Sisters

Serena

Serenita

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



For descriptions of each cheese, please visit our website www.FamilyFarmFresh.com. Click the “Modify Order” page and then click “Other Items Available”. Or call Pam at 798-0557 ext 102

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

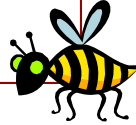
DeLio Olive Co., Inc.

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

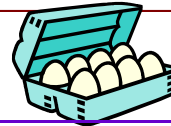
Garlic Tarragon French Dressing 12 oz
 Herb Rub 6 oz
 Stone Ground Mustard 6 oz
 Basil Thai Chili Mustard 6 oz



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.

Oyster Mushrooms

Sun Smiling Valley Farm, Sanger

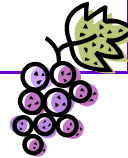
5oz—\$3.29 8 oz—\$3.99



100% Organic Grape Juice

Bela Juice, LLC

16 oz bottle—\$1.50



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