



# The Cornucopia

“The Horn Of Plenty”

P.O. Box 189 Ivanhoe CA 93235 559-798-0557 [www.familyfarmfresh.com](http://www.familyfarmfresh.com)

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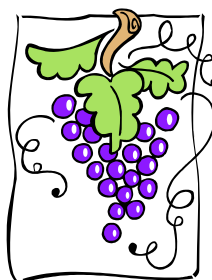
Week of July 23 2007

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

**Grapes** have grown wild since prehistoric times, evidence suggests they were cultivated in Asia as early as 5000 BC. The grape also played a role in numerous biblical stories, being referred to as the "fruit of the vine." Grapes were also pictured in hieroglyphics in ancient Egyptian burial tombs.

During the ancient Greek and Roman civilizations, grapes were revered for their use in winemaking. As European travelers explored the globe, they brought the grape with them. Grapes were first planted in the United States in the early 17th century at a Spanish mission in New Mexico. From there, they quickly spread to the central valley of California where climate, and absence of grape-preying insects, best supported their production.

- Grapes are a wonderful addition to any fruit salad.
- Add grapes to mixed green salads.
- Grapes are great served with cheese as a snack or within a green salad
- Frozen grapes are a wonderful snack and particularly intriguing to children. To freeze grapes, wash and pat them dry, then arrange in a single layer on a cookie sheet and place in freezer. Once frozen, transfer grapes to a heavy plastic bag and return them to the freezer.



Summer Sweet Oranges \*

Tomatoes \*

Cherry Tomatoes

Summer Squash \*

Eggplant

Pluots—Dapple Dandy \*

Peaches \*

Plums

Grapes \*

Corn \*

Basil \*

Carrots

**NOTE:** The asterisk (\*) indicates an item to be placed in the mini baskets.

All items will be in the Light and Family baskets.

## The Following Members earned a Free basket this week!

Kristen De Jong of Porterville for New Member Sharyl De Jong

Rachel Katz of Three Rivers for New Member Rita Pena

Karen Dennis of Visalia for New Member Amber Hayton

See inside for more information

We were not able to get **watermelon** or **corn** this week as we had expected. However, we are still talking to our Farmers. They are helping us search for the best flavored/freshest ones out there.



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

**Oranges, Grapes & Plums**—McKellar Farms, Ivanhoe

**Tomatoes, Cherry Tomatoes, Squash & Bell Peppers** —KMK Farms\*, Kingsburg

**Tomatoes, Onions, & Cucumbers**—Francis Romero\*, Reedley

**Pluots**—Jim Morcom, Ivanhoe

**Peaches**—Van Foeken Farms\*, Ivanhoe

If you wish to make changes to your basket please notify us

**before 8am Friday**

**July 26th**

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](mailto:pam@familyfarmfresh.com)

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

## Charred Red Onion & Balsamic Vinegar White Beans

[www.foodnetwork.com](http://www.foodnetwork.com)

1 large red onion, sliced 1/2-inch thick and grilled  
2 tablespoons olive oil  
Salt  
Freshly ground black pepper  
1/4 cup red wine  
1/4 cup balsamic vinegar  
3 cups white beans, cooked  
2 tablespoons sliced green onions  
1 tablespoon parsley

To a hot, dry sauté pan, add onions and char for 2 minutes. Add olive oil and season with salt and pepper. Continue to sauté for 3 minutes. Deglaze the pan with red wine and balsamic vinegar. Add the white beans and sauté for 5 minutes. Check for seasoning. Finish with green onions and parsley and mix well.

NOTE: Deglaze means: to remove browned bits of food from the bottom of a pan after sautéing. )I didn't know what it meant either. —Pam)



The featured fresh cheese next week is **Premium White Cheddar** from Bravo Farms, Traver  
Price is now \$6.00 each

### FREE BASKETS!!

Our driver, **Luanne**, has a challenge for you! She invites you to share the benefits of Family Farm Fresh with a neighbor! Luanne has enjoyed meeting our Members and keeps telling us about her visits with you.

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Just walk next door (or across the street) and share Family Farm Fresh info with your neighbor!

**Let Luanne know if you need more brochures.**

As a special **thank you** from our farmers, when someone you refer joins, we will notify you and you will receive your next basket **free!!**  
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**This program will end July 31st.**

## YOU DO NOT HAVE TO WORRY ABOUT CHINA!

One of the advantages being a member of Family Farm Fresh is that you know from whom and where your produce comes. It comes from local small farmers whose names you know and whose farms you can visit. We have been reading about the food contamination coming from China and its scary unless you simply do not expose your family to food that comes from elsewhere. **Your baskets contain produce raised locally, picked hours before delivery, using a minimum of energy and delivered to your door.**

One large supermarket has started an advertising campaign urging people to shop at their "farmers market" indoors and not go to the bother of visiting farms. I went to see and the first thing I saw was navel oranges from Australia!

**The Farmers of Family Farm Fresh deliver the farmers market to your door! And, we thank you for the faith you place in us.**

—Farmer Bob for all the Family Farmers

### The featured fresh breads for the week:

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

**7 Grain Cereal Bread**—\$4.00 ea (loaves, dinner rolls or hamburger buns)

**Tollhouse Chocolate Chip Cookies**—\$4.00 dzn

If you would like to give any of these a try, please let us know **before 4pm THURS July 26th**

Customized and  
Special orders  
are available



Lori uses **NO** shortening in her breads, ONLY Organic Extra Virgin Olive Oil. The amount of olive 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.

**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.**

## Member **Amy Dolcourt-McElroy** of Three Rivers shared pictures and information about their visit to KMK Farms in Kingsburg.

On July 9 our family took a field trip to visit Kyle and Michelle at KMK Farms. Coming from Three Rivers, we are Amy (mom), Kalinda (10), Liam (7), Zafina (7), Alea, (2), and cousin Jeremy (10).



Liam the egg-napper?

Jeremy says, "The farm was pretty good. I liked that we got samples of the fruit they were growing there.

Kyle showed me how to shoot out watermelon seeds with the fingers. Their dog Jacko was playful and followed me around. I was excited to see the roosters because it's been two years since I saw one. They were nice because they let Liam and I keep the sticks we found."

Kalinda states, "They let us search for chicken eggs and they let us take some home. They gave us a really nice tour and let us pick some of their food. I especially liked picking the purple basil and putting it in my hair. If my dad had been able to come he would have loved going into the avocado orchard because the trees were tall and shady and pretty.

While we were eating watermelon my mom told how her grandmother always won watermelon-seed-spitting contests because when nobody was looking she shot them from her fingers instead of her mouth. So Kyle showed us how to shoot seeds from in between our fingers. We had ice water with lemon and had a wonderful time giving attention to the dogs Jocko, Claire, and Rocky."

Liam reports, "I don't know why, but there's a quarter embedded in the cement. The basil leaves smelled good and tasted good. On the way to the corn, Jeremy and I found some sticks. We stick-fighted at the farm.

Michelle showed us to some nectarines. She said we could taste some ripe ones. We ate red and yellow watermelons, and Kyle showed us how to shoot seeds from our fingers."

Zafina: "Michelle let me check for chicken eggs. We found a pink one in the first section but the hens and roosters were blocking us from entering the second section. Michelle said that they'd peck us if we went in. She kept the pink egg but gave us a carton of different colored eggs instead. We saw icicle radishes, tomatoes of all different colors, peaches, purple basil, oranges, striped eggplant, corn, avocados, and watermelon."

Alea says, "The farm lady picked me up and then handed my Zafina the basket, and then the farm lady put the chicken egg in the basket. And then him [Kyle] got the watermelon and the farm lady cut the watermelon."



Alea and a yummy nectarine

### Produce Storage Tips

- **Navel Oranges**—Keep in the refrigerator. They will store for a long, long time.
- **Tomatoes & Cherry Tomatoes**—Do not refrigerate as it robs the tomatoes of their flavor and texture. Keep at room temp.
- **Plums, Peaches & Pluots**—Ripen at room temperature (keep on your counter out of direct sunlight) then refrigerate.
- **Cucumbers**—Fresh unpeeled cucumber can be stored in the refrigerator for about a week. The longer you store it the less crisp it will be.
- **Squash**—Do not wash squash before storing. You do not need to peel or remove seeds prior to cooking. Store in the refrigerator. Call or email Pam by Friday July 27th by 12pm and there will be something extra in your basket.
- **Eggplant**—Do not wash before storing. Place in a plastic bag and store in the refrigerator.
- **Onions**—Store in a vented plastic bag in the refrigerator.
- **Bell Peppers**—Store in the refrigerator crisper. When cooking with bell peppers, remove the seeds before serving. **Member Connie Jordan of Porterville** said bell peppers freeze very well. She keeps chopped or sliced bell peppers in a zip lock bag in the freezer for pizza, soups or stews for up to 2 months.
- **Grapes** - Wash under cold running water right before consuming or using in a recipe. Grapes tend to spoil and ferment at room temperature, they should always be stored in the refrigerator. Loosely wrap unwashed grapes in a paper towel and place them in a plastic bag. This way, they'll keep fresh in the refrigerator for several days.

Please rinse all produce with cold water before using.



**Add these to your weekly basket. IT'S EASY!**  
**If you don't see something on this list, JUST ASK**

**Farmstead Cheese**

**Fagundes Farmstead-** \$6.00 each

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**—\$5.00 each

Premium White Cheddar	Western Sage Cheddar
Chipotle Cheddar	Queso Bravo
Silver Mountain—\$6.50 ea	Tulare Cannonball—\$6.50 ea

**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.**

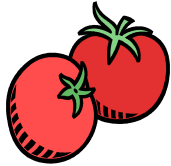
250 mil—\$7.50  
 500 mil—\$10.00



**California Sunshine**

made with Pearl Olives  
 250 mil—\$10.95  
 500 mil—\$13.95

**Tomatoes** \$3.00 Lb Vine Ripe  
 Basil \$1.50 bunch



**Bell Peppers** **new**  
 KMK Farms \$2.00 lb



**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



**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
Chocolate Covered Peanuts 1/2 lb-\$2.50 1lb-\$5	Fruit & Nut Trail Mix 1/2 lb-\$3 1lb-\$6



**Honey**

**Cornett Farms**

2 lbs—\$4.00  
 Quart—\$9.00  
 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 5 oz—\$4.25 (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

Collards	Dandelions	Scallions
Borage Flowers	Russian Tarragon	Oregano
Rosemary	Bay Leaves	Thyme
Mint	Lemon Thyme	Arugula
Chocolate Mint	Chives	Fennel
Dill	Lambs Quarter	Swiss Chard
Lacinto Kale	Red Russian Kale	Shallots
Chamomile	Basil (Purple, lime & Genovese)	
Summer Savory		