



The Cornucopia

“The Horn Of Plenty”

Volume 4, Issue 13

Week of June 9, 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

KMK Farms, Kingsburg— Squash, Onions, Cucumbers, & Basil

Francis Romero, Reedley— Eggplant

Vine Ripe, Hanford—Tomatoes

Berry Best Farm, Visalia—Blackberries

Oak Patch, Visalia—Lettuce

LaCoss Farms, Lemon Cove—Peaches

J&S Farms, Ivanhoe —Pluots



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

Navel Oranges *

Tomatoes *

Peaches *

Cherries *

Summer Squash *

Lettuce *

Cherry Tomatoes *

Green Beans *

Pluots

Italian Red Torpedo Onion

Carrots

NO CHERRY TOMATOES THIS WEEK
FARMER KYLE SENDS HIS APOLOGIES
WE'LL TRY AGAIN NEXT WEEK!

Member Amanda Hopson-Walker of Visalia shared this method of cooking **Oyster Mushrooms**. From The Vegetable Book by Colin Spencer.

“Cook them as a dish by themselves, fried in sesame and olive oil, with garlic and baby corn. With a good crusty bread to mop up the juices and a green salad, this makes a marvelous meal.”

She said the 8oz package of Oyster Mushrooms from Sun Smiling Valley Farm, along with the bread and salad made a good meal for two.

From Nourishing Traditions by Sally Fallon

“If you want your children to hate squash, just serve it to them boiled. Nothing could be slimier or more unappetizing. Instead, slice it lengthwise and sauté the slices in butter and olive oil. Finish with sea salt, pepper and a squeeze of lemon juice.”

Yellow Squash Medley

4 small yellow squash	Sea salt
1 medium onion, thinly sliced	2 tbsp crispy pine nuts
1 tbsp finely chopped parsley	4 tbsp extra virgin olive oil
2 medium tomatoes, peeled, seeded and chopped	

Remove ends from squash and use food processor to cut them into a julienne. Sprinkle with sea salt and let sit about 1 hour. Rinse well and squeeze dry with a tea towel. Sauté onion in olive oil until golden. Add squash and tomatoes and sauté a few minutes more, over medium-high heat, stirring constantly. Stir in pine nuts and parsley.

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

June 13th

by calling our automated phone system ANY time of day.

559-798-0557

Press 1 for Family Farm Fresh

Then Press 3 for Changes

Or email:

pam@familyfarmfresh.com

Or online:

www.FamilyFarmFresh.com

Our first review on www.localharvest.org !!



I received an email from Amanda Hopson-Walker of Visalia stating:

“The Sierra Club podcast recently mentioned localharvest.org, which was a site I'd gone to when looking for a CSA to join. So I went there today and posted the first review (5 stars) of Family Farm Fresh. Thought you might like to check out my review and encourage other members to post their own on the Local Harvest site.”

How cool! Thanks Amanda!

I really appreciate that you took the time to write such a nice review about FFF. I love to share this kind of thing with our Farmers. They do what they do for you!

Below is a portion of the review Amanda wrote.

“Family Farm Fresh delivers baskets of fresh local produce grown by family farmers in the Visalia area. They are a collection of farmers so the variety is awesome. The weekly newsletter gives great tips and recipes and lists what the farmers expect to have ready for the next week. They are very accommodating. With a call or email you can modify your order or start and stop delivery without charge. “

“I've been a member for about 9 months and love it. They not only have wonderful produce, but friendly, responsive service. The convenience of front-door delivery means I rarely go to the grocery store. I like that much of the produce is organic and that the farmers welcome visits so you can see where and how your food is grown and meet the farmers that grow it.”

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.

Fresh Baked Goods for the week of 6/16

\$5.95 ea unless otherwise noted

WHOLE GRAIN flours:

- Ezekial 4:9 Bread Whole Wheat Bread
- Whole Wheat Cinnamon Raisin Bread
- Peanut Butter Bars bar cookies—\$7.35 a pan (8 or 9” square)

ORGANIC UNBLEACHED flour:

- Chocolate Zucchini Cupcakes
- Sourdough Sandwich Bread
- Sourdough French Bread



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.

To help keep your produce fresh, please put out an ice-chest that your basket can easily fit into.

If there is an ice-pack in your basket, please return it the following week.



A few members have mentioned they have extra icepack from other items they've purchased—yes we'll take them!

Bela Juice, LLC Organic 100% Grape Juice

Old price

16 oz \$2.00 ea

32 oz \$3.80 ea

Case of 16 oz (24) \$48.00

Try It price

16 oz \$1.50 ea

32 oz \$2.70 ea

Case of 16 oz (24) \$34.00

Produce Storage Tips

- Store the **Oranges** in the refrigerator. They will keep this way for a long, long time.
- Inspect the **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 Zephor.
- Store **Onions** in the fridge also. These fresh onions store for a shorter time because of their sugar content. You may notice they don't burn your eyes as much as the dried and cured onions usually found in the grocery store.
- Store unripe **Pluots** (a mix of a plum and an apricot) and **Peaches** in a paper bag at room temperature away from heat and direct sunlight. Once ripe, usually a day or two, store in the refrigerator.
- 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.
- Store **Eggplant** in the refrigerator.
- Store your **Blackberries** in an air tight container in the refrigerator.

Please rinse all produce with cold water before using

To store **Basil**—pick one of the suggestions below:

- Trim the stems and place in the jar of water. Cover with a plastic baggie to reduce dehydration. Store in the refrigerator and snip off leaves as needed.
- Rinse the basil, pat it dry, and wrap in a lightly dampened paper towel.
- Pinch the leaves from the stems, spread them on cookie sheets and freeze them. Transfer the frozen leaves to plastic containers and put them back into the freezer for use throughout the winter.
- Mix finely chopped fresh basil leaves with just enough olive oil or butter to bind them together, then freeze the mixture in ice cube trays.

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



Add these to your weekly basket.

IT'S EASY!

If you don't see something on this list, JUST ASK

Olive Oil - Extra Virgin

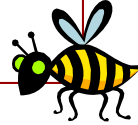
DeLio Olive Co., Inc.

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

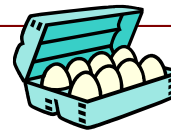


Farm Fresh Eggs

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

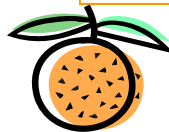
5oz—\$3.29 8 oz—\$3.99



Navel Oranges

McKellar Farms

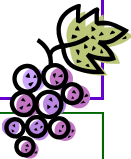
5# bag—\$4.00
 8# bag—\$6.00



100% Organic Grape Juice

Bela Juice, LLC

16 oz bottle—\$2.00



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)

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



Greens & Herbs

KMK Farms -\$1.50 ea

Rosemary	Sorrel
Mint	Chocolate Mint
Broccoli Raab (rapini)	Arugula
Cilantro	Baby Mustard Greens
Mustard Greens	Collard Greens
Nettles	Swiss Chard
Fenugreek	Tarragon
Oregano	Fennel
Italian Parsley	Chives
Garlic Chives	Chamomile

Edible Flowers

KMK Farms -\$1.50 ea

Borage flowers Arugula flowers
 Chamomile flowers