



# The Cornucopia

"The Horn Of Plenty"

Volume 5, Issue 51

Week of Mar 1, 2010

P.O. Box 189 Ivanhoe CA 93235

559-798-0557

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

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

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

**McKellar Farms, Ivanhoe**—Oranges

**Francis Romero, Reedley**—Napa Cabbage & Beets

**KMK Farms, Kingsburg**—Lettuce, Fennel, Pea Tendrils

**Terry Ranch, Dinuba**—Kale & Turnips

**Knudsen Farms, Visalia**—Avocados

**Fagundes Agribusiness, Hanford**—Kiwi

**Lindcove Ranch, Lindcove**—Lemons



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.

**PEA TENDRILS** (aka pea tips or pea shoots) are the thin, delicately crisp new growth of the pea plant, including the tender uppermost leaves and the tendrils that enable the plant to climb. Pea Tendrils are packed full of carotenes which are strong antioxidants that protect cells from damage and help prevent certain diseases.

- Stir fry in hot oil with a little fresh ginger and sugar or with olive oil and garlic. When they're wilted which should happen within a few seconds, they're done. Season to taste.
- Eat them raw in salads. Dress them with a light vinaigrette.
- Cook them very gently in some butter melted in a pan. The sweetness of the butter brings out the sweetness of the tendrils. Sprinkle with a little salt, and again serve over a delicately prepared fish, or sprinkled over subtle pasta or ravioli.
- Sautee some garlic with a teaspoon or so of brown sugar until garlic is golden and sugar is melted. Pea greens and a little bit of salt, possibly some broth or water if you like, stir until wilted. Season with soy sauce and a smashed cube or two of Chinese fermented tofu. Serve over rice.

It is difficult to believe how the hardy, crunchy often rough looking exterior of raw **beets** can be transformed into something wonderfully soft and buttery once they are cooked. The greens attached to the beet roots are delicious and can be prepared like spinach or Swiss chard.

Don't peel beets until after cooking. When bruised or pierced, beets bleed, losing some of their vibrant color and turning a duller brownish red. Beets' color can be modified during cooking. Adding an acidic ingredient such as lemon juice or vinegar will brighten the color while an alkaline substance such as baking soda will often cause them to turn a deeper purple. Salt will blunt beets' color, so add only at the end of cooking if needed.

Since beet juice can stain your skin, wearing kitchen gloves is a good idea when handling beets. If your hands become stained during the cleaning and cooking process, simply rubbing some lemon juice on them will remove the stain.

Navel Oranges *
Onions *
Carrots *
Mandarins *
Baby Bok Choy *
Avocados *
Lettuce *
Broccolini *
Spinach
Lemons (mini only)
Turnips
Cauliflower

**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 March 5th**

by calling our automated phone system ANY time of day.

**Calls or emails after Friday may be charged full delivery price.**

**To make changes:**

**Step 1:** Call 559-798-0557

**Step 2:** Press 1 for FFF

**Step 3:** Press 3 - Changes

**Or**

559-798-0557 ext 102 Pam

**Or email:**

[pam@familyfarmfresh.com](mailto:pam@familyfarmfresh.com)

**Or online:**

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

**Visalia Chamber of Commerce 2008 AgriBusiness of the Year**

Proud Member of the: • Porterville Chamber of Commerce • Springville Chamber of Commerce • Three Rivers Chamber of Commerce • Visalia Chamber of Commerce •

Member **Mary Ellen Coffelt** of Visalia shared this recipe from [kitchenparade.com](http://kitchenparade.com)

### **LEEK SAUCE for PASTA**

Pasta hugged by a gentle leek sauce

Hands-on time: 30 minutes Time-to-table: 40 minutes

Makes 1 1/2 cups sauce, plenty for 8 ounces of pasta

#### SAUCE

- 3 large leeks, cleaned and trimmed, yielding about 12 oz white and light-green parts
- Zest of a lemon
- 1 tbsp fresh basil (or another fresh herb, the inspiring recipe called for parsley, tarragon would be lovely)
- 2 tbsp good olive oil
- Salt & pepper to taste
- 8 ounces penne pasta (see TIPS)
- 1 ounce grated Parmesan or another good cheese

Use a big pot of well-salted water, enough for leeks and pasta both. Bring the water to a boil.

**SAUCE** After trimming, cut the leeks in half lengthwise. (Check for grit, they might need another rinse.) Drop the leek pieces into the boiling water and cook until soft, about 8 minutes. Remove them from the water with a slotted spoon and rinse quickly under cold water to stop the cooking. Squeeze gently to remove the excess water.

In a food processor, combine the cooked leeks, lemon zest, basil, olive oil until soft and creamy. Season to taste with salt and pepper.

**PASTA** As soon as the leeks are cooked, return the water to a boil. Cook the pasta until about 3/4 done. Scoop about 2 cups of leek water out of the pot, then drain the pasta.

**COMBINE** In the same big pot, combine the leek sauce and partially cooked pasta. Cook on quite high heat, stirring often, until the pasta finishes cooking, adding pasta water, 1/4 cup at a time, when the sauce gets dry. The sauce should coat the pasta but still be slightly liquid since the cheese will thicken it. Add the cheese and cook for just another minute. Serve immediately.

**NUTRITION ESTIMATE** Per Serving: 338 Cal; 11g Protein; 10g Tot Fat; 2g Sat Fat; 23g Carb; 7g Fiber; 132mg Sodium; 6mg Cholesterol; Weight Watchers 6 points This recipe has been 'Alanna-sized'. The nutrition estimate assumes use of the low-carb, low-glycemic pasta from Dreamfields Pasta.

**Please rinse all produce with cold water before using.**

- Store the **Oranges** & **Lemons** in the refrigerator.
- Rinse the **Lettuce** and shake gently. Wrap leaves in a paper towel. Let the towel absorb the water so it is slightly damp but not dripping wet. Store in a plastic bag in the refrigerator.
- Squeeze your **Kiwi gently**—if it gives a little it is ready to eat. If it's not ready, store it on the counter at room temperature, away from exposure to sunlight or heat. Ripe kiwi can be stored either at room temperature or in the refrigerator.
- Store **Turnip greens** should be stored separately from the **turnip root**. Store the greens in the fridge. The roots will keep for a week or two in a cool, dark place.
- 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 **Fennel** in the fridge also.
- Keeping **Cabbage** cold will keep it fresh and help it retain its vitamin C content. Put the whole head in a plastic bag in the crisper of your refrigerator. If you need to store a partial head of cabbage, cover it tightly with plastic wrap and refrigerate.
- Store unwashed **Beets** in the refrigerator crisper. Store the unwashed greens separately as they will pull the moisture away from the root.
- Store **Pea Tendrils** in the refrigerator vegetable bin wrapped in a paper towel in an open plastic bag.

**Apples are available by request only.**

**From Smitten Kitchen**

### **Napa Cabbage Salad with Buttermilk Dressing**

Adapted from Gourmet, Nov 2007

- |  |                   |
|--|-------------------|
| 1/2 cup well-shaken buttermilk               | 2 tbsp mayonnaise |
| 2 tbsp cider vinegar                         | 1 tbsp sugar      |
| 2 tbsp minced green onions                   |                   |
| 3 tbsp finely chopped chives                 |                   |
| 4 cups Napa cabbage, cored and thinly sliced |                   |
| 6 radishes, diced                            |                   |
| 2 celery ribs, thinly sliced diagonally      |                   |

Whisk together buttermilk, mayonnaise, vinegar, onions, sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl until sugar has dissolved, then whisk in chives.

Toss cabbage, radishes, and celery with dressing.

*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.*

**Fagundes Farmstead** www.OldWorldCheese.com \$6.00 each unless otherwise noted—all are approx 1/2 lb

**St. John (Raw Milk)**

Our Queijo St. John is made from 100% Grade-A cow milk fresh from our dairy. This raw milk cheese is aged a minimum of 60 days in lieu of pasteurization, to preserve essential flavor enzymes lost during the high heat treatment. During the aging process it is coated in Extra Virgin Olive Oil to allow our cheese to develop a natural edible rind. St. John is a great table cheese due to its smooth texture and splendid flavor qualities.

**St. Jorge (Raw Milk)**

A family recipe for a distinct flavored Portuguese-style cheese. Like the St. Jorge cheese made in the Azores Islands, it has a complex sharp flavor. St. Jorge cheese is a raw milk cheese which is then aged up to three years before it reaches the consumer. This time allows for the cheese to develop the unique flavor that is all its own. It is Fagundes' sharpest cheese produced, but after the initial bite the flavor turns smooth and creamy making it a excellent addition to any hors d'oeuvres tray.

**Hanford Jack (Pasteurized Milk)**

A very special high moisture Hanford Jack is unique with its pleasing flavor and smooth texture. One bite of mouth-watering Jack and your taste buds are going to say more. Hanford Jack comes in traditional or one of these flavored varieties:

**Hanford Jack San Joaquin** is flavored with Roasted Garlic, Red Bell Pepper, and Cilantro.

**Hanford Jack Santa Fe** is flavored with Cayenne Pepper, Cumin, and Roasted Garlic.

**Hanford Jack Jalapeno** has just the right amount of peppers to give it a great mild-hot flavor.

**Hanford Jack Smoked** has a great hickory smoked flavor making it an hors d'oeuvres favorite.



**Organic Pastures** www.OrganicPastures.com \$7.50 each—approx 1/2 lb

**Truly Raw**

A raw cheddar cheese, Truly Raw is never heated above 105 degrees during the cheese making procedure. Aged a minimum of 60 days.

**Bravo Farms** www.BravoFarms.com \$6.00 each unless otherwise noted—all are approx 1/2 lb

**Tulare Cannonball—\$7.50 each**

Made from a 500-year-old Edam recipe, using whole milk and shaped into a traditional round ball. This classic cheese is aged 6 months to create it's creamy texture, spicy aroma and slight saltiness.

**Silver Mountain Clothbound Cheddar—\$7.50**

The Silver Mountain is aged in a cellar for over 9 months, wrapped in cheesecloth and periodically rubbed in olive oil. This process captures the magnificent flavors naturally found in raw milk

**Creamy Pepperjack**

Not just any pepperjack, this cheese is handmade the old fashioned way which creates amazing flavor and a delightfully creamy texture.

**Jalapeno Cheddar**

A white cheddar blended with red & green jalapeno peppers, a great tasting cheese with a spicy finish.

**Original Chipotle Cheddar**

The Original Chipotle Cheddar, and the only Artisan version made from raw milk and aged over 60 days. Flavored with just the right touch of Chipotles, a naturally smoked jalapeno, which ensures the cheddar flavor isn't overpowered.

**Western Sage Cheddar**

The Premium White Cheddar, flavored with sage. A traditional combination that for years remained in the shadows. A fantastic slicing, melting and eating cheese.

**Premium White Cheddar**

Made with the highest quality raw milk, creating a flavorful cheddar that gets exponentially better with age.

**Now available!! Grass Fed Beef from Springville Ranch**

Box #16	Lbs	Total
Ground Beef	6.24	
Stew Meat	1.25	
Rump Roast	2.22	
	<b>9.71</b>	<b>\$70.66</b>

Box #28	Lbs	Total
Ground Beef	2.26	
Porterhouse	3	
Rib Steak	2.05	
	<b>7.31</b>	<b>\$82.93</b>

Box #26	Lbs	Total
Ground Beef	5.49	
Rump Roast	2.27	
	<b>7.76</b>	<b>\$55.87</b>

**This is a partial list.**

**We have a variety available. If you are interested in a box, contact Pam and she will get the complete list to you.**

Box #21	Lbs	Total
Ground Beef	5.09	
Sirloin Tip Roast	2.63	
	<b>7.83</b>	<b>\$58.74</b>

Box #22	Lbs	Total
Ground Beef	5.08	
Sirloin Tip Roast	2.75	
	<b>7.83</b>	<b>\$59.68</b>

### Olives

#### California Sunshine

Garlic stuffed—\$4  
 Jalapeno stuffed—\$4  
 Pimiento Stuffed—\$4  
 Roasted Pepper—\$3  
 Black Pearls—\$2  
 Classic Italian—\$3  
 Spicy Ranchero—\$3  
 Kalamata—\$4

### Olive Oil - Extra Virgin

#### DeLio Olive Co., Inc.

250 mil—\$7.50  
 500 mil—\$10.00

### Raw Honey

#### Cornett Farms

16 oz jar —\$6.20



### Olive Oil - Extra Virgin

#### California Sunshine Olive Oil

##### Hand Pressed

250 mil—\$8.95  
 500 mil—\$11.95

### Navel Oranges

#### McKellar Farms

5# bag—\$4.00 8# bag—\$6.00

### Bag of Lemons

5# bag—\$4.00



### Bag of Apples

5# bag—\$6.00



### Farm Fresh Eggs from cage-free chickens

#### Ladybug Gardens

Dozen—\$4.25  
 1/2 Dozen—\$2.25



### 100% Organic Grape Juice

#### Bela Juice, LLC

16 oz bottle **no longer available**  
 32 oz bottle—\$2.70

### Nuts

#### Ladybug Gardens

Pistachios 1/2 lb-\$3.25 1lb-\$6.50  
 Pecans 1/2 lb-\$3.90 lb-\$7.80  
 Almonds 1/2 lb-\$3.25 lb-\$6.50  
 Fruit & Nut Trail Mix 1/2 lb-\$3.25 1lb-\$6.50  
 Smoked Almonds **no longer available**  
 Cashews Walnuts **no longer available**

### Herbs

#### KMK Farms \$1.50 each

Sorrel	Oregano
Thyme	Marjoram
Chocolate Mint	Rosemary
Peppermint	Spearmint
Fennel	Cilantro
Italian Parsley	Dill
Fenugreek <b>new</b>	Chamomile <b>new</b>
Curly Parsley <b>new</b>	Borage Flowers <b>new</b>

### Raw Milk

#### Organic Pastures, Madera

Needs to be stored at 33-34 degrees. Most refrigerators are not cold enough at the 'warehouse recommended' setting. Use a thermometer to find the coldest area of your fridge.

Whole Milk 1/2 gal—\$7.60  
 Skim Milk 1/2 gal—\$3.40  
 Super Choco 1/2 gal—\$9.40  
 Butter 1/2 lb—\$6.85  
 Cream pint—\$11.60  
 Quephir pint—\$5.20  
 Colostrum—\$11.70

#### Kombucha Tea

12 oz glass bottle—\$2.70 ea  
 Kombucha is strong stuff, so you should be careful regarding the amount you use initially. As a rule, most people would be best served by limiting intake to 2 oz., 2X daily (4 oz. total) to start.

### Condiments

#### Ladybug Gardens

Bean Salsa 16 oz—\$7 (mild)  
 Tequila Salsa 16 oz—\$7 (medium hot)  
 Barn Burner Hot Sauce 12 oz—\$7 (hot)  
 Chipotle BBQ Sauce 12 oz—\$7 (hot)  
 Chunky Habanero Hot Sauce 12 oz—\$7 (hot hot)  
 Raspberry Pepper Glaze 10 oz—\$7  
 Apple BBQ Sauce 12 oz—\$7  
 Pineapple Pepper Glaze 10 oz—\$7  
 Blackberry Salsa 16 oz—\$7  
 Toasted Pecan Topping 12 oz—\$7  
 Rum Strawberry Topping 12 oz—\$7

### Condiments

**Ciderhouse Foods** Apple artisans of the Southern Sierra offering small batch quality specialty foods made in Springville with Springville apples

<u>Apple Syrup 14 oz</u>	<u>Apple Butter 9 oz</u>	
Creamy—\$7	Regular—\$7	
Tangy—\$7	No Sugar Added*—\$7	*made with Splenda
No Sugar Added*—\$7		

<u>Jam 9 oz</u>	Granola 1lb bag—\$7 (with raisins)
Apple Blueberry Jam—\$7	Apple Cranberry Granola 1 lb bag—\$7
Apple Almond Raspberry—\$8.50	(without raisins)

### What's in season and available to purchase

Oranges	Baby Bok Choy	Carrots	Tomatoes	Cauliflower	Daikon Radish	Fennel
Turnip Greens	Lettuce	Garlic	Kohlrabi	Napa Cabbage	Radishes	Avocados
Turnips	Arugula	Green Onions	Lemons	Cabbage	Broccolini	Kabucha Squash
Kiwi	Fuji Apples	Broccoli Raab	Collard Greens	Kale	Mustard Greens	