



The Cornucopia

"The Horn Of Plenty"

Volume 5, Issue 4

Week of Mar 30, 2009

P.O. Box 189 Ivanhoe CA 93235

559-798-0557

www.familyfarmfresh.com

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

KMK Farms, Kingsburg—Radish, Kale & Lettuce

Francis Romero, Reedley — Onions & Broccoli

McKellar Farms, Ivanhoe—Navel Oranges & Mandarins

Couture Farms, Hanford—Asparagus

Vine Ripe, Hanford—Tomatoes



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.

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

Navel Oranges *
Lettuce *
Asparagus *
Tangerines * (not mandarins)
Tomatoes *
Apples *
Potatoes *
Onions
Sugar Snap Peas *
Kiwis
Chard

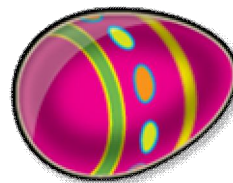
A big thank you to everyone who took the time to answer the questionnaire! Your thoughts and comments help us make improve our service to you.

For example, we had several Members say they would like to know everything in season whether or not it's in the baskets. Exactly the type of thing we need to know! Now, each week we'll have an updated list. For this week's list, please review the last page of your newsletter.

NOTE: Asterisk (*) indicates item to be placed in the Mini. All items will be in the Light and Family.

Did you know eggs are easier to peel when they are older?

The eggs we deliver are just a few days old, the freshest you can get! However, after a week or two, they are quite a bit easier to peel. Yes this sounds strange, but the ones in the store are usually 4-6 weeks old.



The eggs from Ladybug Gardens are brown, green or white. The brown and greens ones don't even need to be dyed! Put some stickers on them and they're done.

Order your eggs for Easter now!!

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

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

before 12pm

Friday March 27th

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 call Pam directly:

559-798-0557 ext 102

Or email:

pam@familyfarmfresh.com

Or online:

www.FamilyFarmFresh.com

Visalia Chamber of Commerce 2008 AgriBusiness of the Year

Proud Member of the: • Exeter Chamber of Commerce • Porterville Chamber of Commerce • Springville Chamber of Commerce • Three Rivers Chamber of Commerce • Tulare Kings Hispanic Chamber of Commerce • Visalia Chamber of Commerce •



BUY LOCAL
FamilyFarmFresh.com
We Deliver!

Help spread the word!

Put one of these really cool **Family Farm Fresh** bumper stickers on your car! It's small, only 3 X 12.

How do you get one?

1. Ask your driver for one (Kari or Luanne)
2. Send an email to Pam (or call)
3. Leave a note in your basket

They're FREE for Members!!

Happy Spring

This is one of my favorite times of the year for several reasons.

1. Gardening—I am an intermediate gardener and can grow most things that do not require a lot of TLC. I used to have a good sized vegetable garden but since I started working at FFF I don't have the desire. Not when they're delivered to my doorstep. I have all that extra room for flowers! I might have to plant tomatoes this year so I can do some canning.....
2. I don't love cold weather—Mildly cool weather is OK. Especially in the mornings snuggled under the blankets. We definitely have 4 distinct seasons here but without the extremes. Yes, our summers are hot but I don't mind that if it doesn't snow.
3. It's not dark when I get home—I don't care how much I think I need to get out for a walk—if it's dark outside it just won't happen! Now there's plenty of time for a bike ride, walk or gardening in the evening.
4. Variety—This is a nice transition period. The root veggies are still around in addition to the tender spring greens and peas. Strawberries are right around the corner too!

— Pam

Please rinse all produce with cold water before using.

- Store the **Oranges** , **Mandarins** & **Lemons** in the refrigerator.
- Rinse the **Lettuce**. Dry the leaves and wrap in a paper towel. Store in a plastic bag in the refrigerator.
- Store **Asparagus** in the refrigerator with the ends wrapped in a damp paper towel, and be sure to place the asparagus in the back of the refrigerator away from any light, since folate is destroyed by exposure to air, heat or light.
- Place unwashed **Kale** in the refrigerator in a plastic bag. You can also blanch the leaves and then freeze them for later use. Prior to using, wash well to remove any sand or soil that may be hidden in the leaves.
- Store unwashed **Broccoli** in an open plastic bag and place in the crisper drawer in the refrigerator.
- Do not store **Tomatoes** in the fridge as it robs them of their flavor and texture.
- Remove the rubber band from the **Green Onions** and store in plastic bags in the crisper section of the refrigerator.
- To store **Radishes**, scrub well. Greens are edible, however if they aren't going to be used discard before storing. Store in a plastic bag (OR put them in a container filled with enough water to cover them) in the refrigerator. Cooking makes the radish bite even milder.

We're on Facebook!
Search for Family Farm Fresh.
You can be a FFF Fan. Share recipes, pictures, etc. with other FFF Members!



5lb bag of lemons—\$4.00
Juice them now and freeze the juice (I use jelly jars) for Lemonade this summer!

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.

Asparagus Tart

1 pound fresh asparagus, trimmed

3 cups water

Pastry for single-crust pie (9 inches)

2/3 cup shredded Gruyere or Swiss cheese, divided

1/2 cup minced fresh flat-leaf parsley

4 eggs, lightly beaten

3/4 cup half-and-half cream

1/2 teaspoon salt

1/8 teaspoon cayenne pepper

1/8 teaspoon ground nutmeg

Cut 2 in. from the top of each asparagus spear; set tops aside. Cut stem ends into 3/4-in. pieces. In a small saucepan, bring water to a boil. Add the 3/4-in. asparagus pieces; cover and boil for 3-4 minutes. Drain and immediately place asparagus in ice water. Drain and pat dry.

On a lightly floured surface, roll out pastry into a 13-in. circle. Press onto the bottom and up the sides of an ungreased 11-in. fluted tart pan with removable bottom; trim edges. Place the blanched asparagus, 1/3 cup cheese and parsley in crust.

In a small bowl, combine the eggs, cream, salt, cayenne and nutmeg; pour into crust. Arrange asparagus tops over egg mixture. Sprinkle with remaining cheese. Place pan on a baking sheet. Bake at 400° for 25-30 minutes or until a knife inserted near the center comes out clean.

Let stand for 10 minutes before cutting. Yield: 8 servings.

Visit our Spring Farm Fest located at
McKellar Farms, Ivanhoe

Featuring the first & only Orange
Tree Maze in the United States!

Fun for the whole family!

Wagon Rides

Food

Carnival booths

Easter Bunny (11th only)

Easter Egg Hunt (11th only)

Pony Rides

Bounce House

April 4, 5, 10 & 11 10-6pm

Painting Exhibition by Artist Gar Denton & Artist Linda Hengst at Arts Visalia

In April, Arts Visalia will feature a solo exhibition of recent paintings by Gar Denton. A prolific and accomplished painter, Denton excels using both oil and acrylic paints. His works demonstrate an eye for capturing the effects of light in nature and an interest in creating the painterly illusion of a landscape one could almost step into.

Art League Member Linda Hengst will be shown in Arts Visalia's Gallery 3 space. Hengst paints still-life and landscapes in a variety of media, including pastel, oil paint and watercolor.
(She's Pam's friend too!)

The exhibitions will run from April 1 – May 2. An opening reception will be held on Friday, April 3 from 6 – 8 p.m. with appetizers generously provided by Jack and Charlie's.

Looking for Art classes for children or adults?

Arts Visalia offers a variety of weekly classes including "Children's Adventures in Art" for ages 5 – 7 and "Beginning and Intermediate Drawing" for ages 8 – 12. Adult classes include Chinese Brush Painting and Calligraphy, Watercolor Painting, Acrylic Painting and Figure Drawing.

Olives

California Sunshine

Garlic stuffed—\$4
 Jalapeno stuffed—\$4
 Pimiento Stuffed—\$4
 Caesar Parmesan—\$3
 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 —\$4.25



Navel Oranges

McKellar Farms

5# bag—\$4.00
 8# bag—\$6.00

Farm Fresh Eggs from cage-free chickens

Ladybug Gardens

Dozen—\$4.25
 1/2 Dozen—\$2.25



King Oyster Mushrooms

Sun Smiling Valley Farm, Sanger

Grown in sterile, climatically controlled environment at their state-of-the-art facility

5oz—\$3.29 8 oz—\$3.99

100% Organic Grape

Juice Bela Juice, LLC

16 oz bottle—\$1.50
 32 oz bottle—\$2.70

Olive Oil - Extra Virgin

California Sunshine Olive Oil

Hand Pressed

250 mil—\$8.95
 500 mil—\$11.95

Raw Milk

Organic Pastures, Madera

Whole Milk 1/2 gal—\$7.60
 Skim Milk 1/2 gal—\$3.40
 Super Choco 1/2 gal—\$9.40
 Butter 1lb—\$13.65
 Butter 1/2 lb—\$6.85
 Cream pint—\$11.60
 Quephir pint—\$5.20
 Colostrum—\$11.70

Quarts are sometimes NOT available.

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.

Nuts

Ladybug Gardens

Pistachios (lightly salted) 1/2 lb-\$3 1lb-\$6
 Pecans 1/2 lb-\$3 lb-\$6
 Raw Almonds 1/2 lb-\$3 lb-\$6
 Smoked Almonds 1/2 lb-\$3 lb-\$6
 Cashews (lightly salted) 1/2 lb-\$3 1lb-\$6
 Walnuts 1/2 lb-\$2.50 lb-\$4.50
 Fruit & Nut Trail Mix 1/2 lb-\$3 1lb-\$6

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

Herbs

KMK Farms \$1.50 each

Sorrel	Fennel
Oregano	Marjoram
Chocolate Mint	Thyme
Mint	Dill
Borage Flowers	Cilantro
Italian Parsley	

What's in season now

Oranges	Lambs Quarters	Beets
Grapefruit	Collard Greens	Carrots
Mandarins	Chard	Potatoes
Lemons	Kale	Sweet Potatoes
Kiwis	Spinach	Green Garlic
Fava Greens	Mustard Greens	Radish
Pea Tendrils	Baby Bok Choy	Daikon Radish
Lettuce	Cabbage	Onions
Arugula	Italian Broccoli	Snow Peas
Asparagus	Turnips	

Coming soon (1-3 weeks away)

Strawberries

Fava Beans (aka Broad Beans)

Sugar Snap Peas

Garlic

Summer Squash