



The Cornucopia

"The Horn Of Plenty"

Volume 5, Issue 11

Week of May 18, 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—Spring Onions, Summer Squash & Chard

Francis Romero, Reedley — Carrots

McKellar Farms, Ivanhoe—Oranges

Kouei & Son, Visalia—Strawberries & Garlic

Jackson Farms, Kingsburg—Cherries & Blueberries

Vine Ripe, Hanford—Tomatoes

Oak Patch, Visalia—Lettuce



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 *
Blue Berries *
Tomatoes *
Strawberries *
Cherries *
Summer Squash *
Potatoes *
Onions
Baby Bok Choy
Apricots

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



Holiday Reminder

Due to the upcoming Memorial Day holiday, all deliveries will be delayed one day that week.

I get asked many questions about our produce. The most common one is: "how do I use this?". Personally I am a one-pot-girl. Seriously. I know that is a big disappointment to many of you to find out I am not a gourmet cook. What can I say? I'm a working mom, three kids (two are teenagers), and involved in lots of other things. Just like you I stared at my weekly basket and pondered....

NOW it's easy. A few times a week I stir-fry. My Favorite pan resembles a wok. Below is my normal routine. Of course it's MY preferences, but it gives you an idea.

1. Start with a little bit of oil in the pan over medium heat.
2. Sauté garlic and onions. I use lots of both.
3. Sauté veggies.

Whatever I have in my basket. I'm serious! Kale, chard, bok choy, everything. Dinner is always a surprise.

4. Add meat (usually already cooked and cut up into bite size pieces).

Again, whatever I have in the fridge or freezer. Chicken, turkey, steaks or hamburger meat.

5. Add sauce. Which kind? Depends on my mood.

Mexican style? Use the little cans of green chile verde sauce.

Italian style? Add tomatoes and Italian spices.

Chinese style? Simmer some soy sauce with a thickening agent (cornstarch mixed into water).

6. Serve with rice, beans, noodles, salad, etc.

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

before 12pm

Friday May 22nd

by calling our automated phone system ANY time of day.

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

559-798-0557 ext 106 Luanne

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 •

Very Blueberry Muffins

Blueberry muffins may be the most commonplace muffins out there, but this tender, moist version is well beyond ordinary. Packed full of berries and finished with a sprinkling of sugar for a crunchy, sweet top, these are as well suited to breakfast as they are to an afternoon snack.

Muffins will last up to 3 days when stored at room temperature in an airtight container.



- 1 3/4 cup all-purpose flour
- 2 teaspoons baking powder
- 2 teaspoons kosher salt
- 3/4 cup granulated sugar, plus 2 teaspoons for topping muffins
- 8 tablespoons unsalted butter (1 stick), melted
- 1/2 cup heavy cream
- 2 large eggs
- 1 tablespoon vanilla extract
- 2 cups fresh or frozen blueberries

Heat oven to 400°F and arrange rack in middle. Place cupcake liners in a 12-well muffin pan; alternatively, butter the muffin wells. Set the pan aside.

Whisk together flour, baking powder, and salt in a large bowl to break up lumps and aerate mixture; set aside.

Whisk together 3/4 cup of the sugar, butter, cream, eggs, and vanilla extract in a medium bowl until smooth. Add sugar mixture and blueberries to flour mixture and stir until just evenly mixed (a few lumps will remain), about 30 strokes. (Do not overmix; the batter should be thick, but the ingredients should be evenly incorporated.)

Fill the muffin wells completely and evenly sprinkle remaining 2 teaspoons sugar over top. Bake until a toothpick inserted in the center comes out clean, about 20 minutes. Set the pan on a wire rack and let muffins cool in pan for 5 minutes. Remove muffins from pan and serve. **See more recipes at www.chow.com**

Please rinse all produce with cold water before using.

- Store the **Oranges**, & **Onions** 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.
- Do not store **Tomatoes** in the fridge as it robs them of their flavor and texture.
- Do not rinse **Strawberries** before storing in the refrigerator. Wrap completely with newspaper so that no air is allowed into the berry basket.
- Store **Chard** in an airtight container in the coldest part of your refrigerator. To perk up limp leaves, trim the base of their stems and soak for a few minutes in tepid water. 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.
- Wrap **Carrots** in a damp paper towel and store in a plastic bag in the refrigerator. The peel is where most of the nutrients are stored. Instead of peeling them, try scraping the carrots with a serrated knife to ensure most of the peel remains.
- 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.
- Store unwashed **Blueberries** in the refrigerator. Water on fresh blueberries hastens deterioration.
- Store **Cherries** in the refrigerator.
- Store the **Garlic** on the counter away from the stove.

Blueberries are an excellent candidate for freezing.

After thawing, they are only slightly less bright and juicy as in their original harvest state. Do not wash them before freezing as the water will cause the skins to become tough. Rinse after thawing and before eating.



To freeze for future cooking, place the berries in a rigid covered container with one inch of space for expansion.

If you plan on serving them in the future in their thawed, uncooked state, pack them in a syrup made of 4 cups water plus 3 cups sugar, seal and freeze. For crushed or pureed blueberries, add 1 to 1-1/2 cups sugar for each quart.

It's starting to get warm out. To help keep your produce fresh, please put out an ice-chest.



Please note—your basket must easily fit into the ice chest.

We cannot force the baskets into ice-chests. This damages them and makes them unusable defeating the purpose of recycling containers.

We're on Facebook!

You can be an FFF Fan!

Share recipes, pictures, etc. with other FFF Members! There are pictures of the farm, past BBQs, etc. already on the page.

More to come!

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 an excellent addition to any hors d'oeuvres tray.

Farmhouse Cheddar (Raw Milk)

Made with a family's Old-World traditions. The raw milk cheddar is allowed to develop its unique flavor naturally over a course of three months, and only use traditional natural cheddar coloring to ensure the best product.

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:

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

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

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

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 its 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.

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, Italian	Sage
Oregano, Greek	Marjoram
Chocolate Mint	Thyme
Basil	Dill
Borage Flowers	
Italian Parsley	Chamomile
Rosemary	Tarragon
Peppermint	Spearmint

What's in season and available now

Oranges	Lambs Quarters	Beets
Lemons	Chard	Carrots
Kiwis	Kale	Potatoes
Lettuce	Mustard Greens	Garlic
Arugula	Baby Bok Choy	Radish
Summer Squash	Italian Broccoli	Daikon Radish
Blue Berries	Turnips	Spring Onions
Cherries		Green Onions

Coming soon

Cucumbers—1 to 2 weeks
Sweet Corn—Mid June
Stone fruit—1 to 2 weeks
Grapes—1 to 2 weeks
Raspberries & Blackberries—1 week