



# The Cornucopia

“The Horn Of Plenty”

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

Volume 3, Issue 36

Week of Nov 12, 2007

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

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

- Oranges**—McKellar Farms, Ivanhoe
- Yams & Squash** —KMK Farms\*, Kingsburg
- Tomatoes, Eggplant, Broccoli & Baby Bok Choy** — Frances Romero\*, Reedley
- Grapes & Apples** —ML Farms, Lemon Cove
- Potatoes**—T&D Willey, Madera
- Green Beans**— Emilio Ortiz, Porterville



## What's the difference between yams & sweet potatoes?

### Yams

Yams are closely related to lilies and grasses. Native to Africa and Asia, yams vary in size from that of a small potato to a record 130 pounds (as of 1999). There are over 600 varieties of yams and 95% of these crops are grown in Africa. Compared to sweet potatoes, yams are starchier and drier.

### Sweet Potatoes

The many varieties of sweet potatoes (*Ipomoea batatas*) are members of the morning glory family, Convolvulacea. The skin color can range from white to yellow, red, purple or brown. The flesh also ranges in color from white to yellow, orange, or orange-red. Sweet potato varieties are classified as either 'firm' or 'soft'. When cooked, those in the 'firm' category remain firm, while 'soft' varieties become soft and moist. It is the 'soft' varieties that are often labeled as yams in the United States.

### Why the confusion?

In the United States, firm varieties of sweet potatoes were produced before soft varieties. When soft varieties were first grown commercially, there was a need to differentiate between the two. African slaves had already been calling the 'soft' sweet potatoes 'yams' because they resembled the yams in Africa. Thus, 'soft' sweet potatoes were referred to as 'yams' to distinguish them from the 'firm' varieties.

Today the U.S. Department of Agriculture requires labels with the term 'yam' to be accompanied by the term 'sweet potato.' Unless you specifically search for yams, which are usually found in an international market, **you are probably eating sweet potatoes!**

**From the Library of Congress [www.loc.gov](http://www.loc.gov)**

Summer Sweet Oranges \*

Tomatoes \*

Satsuma Tangerines \*

Radish \*

Fuyu Persimmons \*

Grapes

Broccoli \*

Cherry Tomatoes

Potatoes \*

Yams \*

Cauliflower \*

Fresh Herbs \*

**NOTE:** The asterisk (\*) indicates an item to be placed in the Mini baskets. All items will be in the Light and Family.

If you wish to make changes to your basket please

notify us

**before 8am Friday**

**November 16th**

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)**

Or online:

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

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



The group at Tucoemas were creative with their pumpkins from Family Farm Fresh.

**On the next page of this newsletter is a great list of goodies to serve your crew this Thanksgiving!**

Want to surprise the family with **home baked goodies** this holiday season but a busy schedule has you wondering how you are going to get it all done?



- Pumpkin Pie—\$10.00 each
- Dairy Free Pumpkin Pie—\$10.00 each
- Honey Oat Wheat Dinner Rolls—\$4.25 dzn
- Whole Wheat Chive Crescent Rolls—\$4.25 dzn
- Potato Rolls (can be brown and serve if requested)—\$4.25 dzn
- Crescent Rolls (organic white flour)— \$4.25 dzn

**Please pre-order for Thanksgiving by 5pm Tuesday, November 13**



Daylight savings time is for the birds.

—Pam

Try this easy recipe sent in by Member **Lori Scott** of Visalia.

“ I made a **chinese chicken salad**, and with the exception of a couple of things, everything came from my baskets.”

Torn Lettuce leaves  
Shredded Cabbage  
Grated Carrots  
Shredded Baby Bok Choy  
Satsuma Tangerine Pieces  
Chicken

Kraft Light Asian Salad Dressing  
(Lori usually makes home-made dressing but just happened to have this on hand.)

The salad is beautiful!

“Thank you for providing such a beautiful ‘canvas’ for my healthy cooking!” - Lori



The featured fresh cheese for next week is **St. John** from Fagundes, Hanford

**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.**

## Olives

### California Sunshine

- Garlic stuffed—\$4
- Jalapeno stuffed—\$4
- Cesar Parmesan—\$3
- Roasted Pepper—\$3
- Black Pearls—\$2.50



**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



### California Sun- shine

made with Pearl Olives

- 250 mil—\$10.95
- 500 mil—\$13.95

## 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 1lb-\$4



See newsletter for the weekly  
**Fresh Bread** list



**NEW!**  
**Raw Milk**

**Contact Pam for  
more information.**

## 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



## Summer Sweet Oranges—perfect for juicing

### McKellar Farms

- 5# bag—\$4.00
- 8# bag—\$6.00



## Honey

### Daniels Farms

- 1 lb—\$4.00
- 2 lbs—\$8.00
- Gallon—\$29.00



## Condiments

### Ladybug Gardens

- Bean Salsa 16 oz—\$7.00 (mild)
- Tequila Salsa 16 oz—\$7.00 (medium hot)
- Tiger Sauce 5 oz—\$5.25 (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)

Mountain Sweet & Sour Dipping Sauce 5 oz—\$5.25

Honey Plum Sauce 5oz—\$5.25

Apple BBQ Sauce 12 oz—\$7.00

Smokey BBQ Sauce 5 oz—\$5.25

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



## 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

- |                                      |                           |
|--------------------------------------|---------------------------|
| Russian Tarragon                     | Oregano                   |
| Rosemary                             | Thyme                     |
| Basil (Purple, lime & Genovese)      | Sorrel                    |
| Shallots (Red & Yellow)              | Mint <b>new</b>           |
| Broccoli Raab (rapini)               | Chocolate Mint <b>new</b> |
| Chives                               | Arugula <b>new</b>        |
| Garlic Chives                        | Cilantro <b>new</b>       |
| Italian Flat Leaf Parsley <b>new</b> | Sage <b>new</b>           |
| Tarragon <b>new</b>                  |                           |

## Fagundes Farmstead [www.OldWorldCheese.com](http://www.OldWorldCheese.com)

**St. John**—Made from 100% Grade-A cow milk fresh from the Fagundes 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 it to develop a natural edible rind.

**St. Jorge**—This is a Fagundes 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 their sharpest cheese.

**Farmhouse Cheddar**—Made with their family's Old-World traditions. Their 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—Traditional**—The very special high moisture Hanford Jack is unique with its pleasing flavor and smooth texture. One bite of this mouth-watering Jack and your taste buds are going to say more.

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

**Hanford Jack—San Joaquin**—Flavored with Roasted Garlic, Red Bell Pepper and Cilantro.

**Hanford Jack—Santa Fe**—Flavored with Cayenne Pepper, Cumin and Roasted Garlic.

## Three Sisters [www.ThreeSistersCheese.com](http://www.ThreeSistersCheese.com)

Home storage: Unwrap, rub with oil and store in covered food storage container using a small amount of damp paper towel to control humidity. When mold begins to form, wipe it off and rub with oil again.

**Serena—Hard Cheese**—The product of generations of California dairy family traditions, Serena turns all natural ingredients into a delicious treat. Made from rBST free Jersey cows milk.

**Serenita—Semi-Hard Cheese**—A young, creamy cheese made by not cooking the curd, similar in texture to a Beaufort, sweet and savory. The natural rind allows subtle qualities in the raw milk to develop gracefully- a surprisingly flavorful well balanced young cheese.

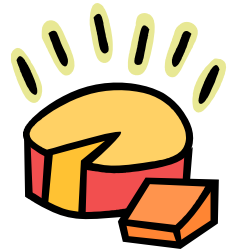


## Farmstead Cheese Page

**\$6.00 each unless otherwise noted**

**all are approx 1/2 lb**

Please visit these Farmers' websites for recommended food and wine pairings.



## Bravo Farms [www.BravoFarms.com](http://www.BravoFarms.com)

Ingredients for the following cheeses: Raw Jersey milk, culture, vegetarian rennet & salt

**Premium White Cheddar**—Made with the highest quality raw milk, creating a flavorful cheese that becomes exponentially better with age.

**Western Sage Cheddar**—Raw milk Artisan cheddar, flavored with sage. A traditional combination that for years remained in the shadows, as few are as delicious as Bravo's. A fantastic slicing, melting and eating cheese, great with chicken and vegetables or on a cracker.

**Chipotle Cheddar**—The original chipotle cheddar, and the only Artisan version made from raw milk, aged over 60 days. Flavored with just the right amount of chipotle, a naturally smoked jalapeño, to ensure the cheddar flavor isn't overpowered.

**Queso Bravo**—The least aged in their wonderful family of cheeses, resulting in a soft, creamy texture that pairs well with many foods. Contrived from a 500 year old recipe, this timeless cheese has a taste you will love.

**Silver Mountain—\$7.50 ea**—A bandage-wrapped Cantal Manchego cross; this cheese is nutty, with a hint of citrus and finishes smooth and silky on the tongue. This cheese is aged in their cellar over 9 months, wrapped in cheese cloth and periodically rubbed with olive oil. This process captures the magnificent flavors naturally found in raw milk.

**Tulare Cannonball—\$7.50 ea**—Made from a 500-year-old Edam recipe, using raw milk and shaped into a traditional round ball. This classic cheese is aged 6 months to capture its creamy texture, spicy aroma and slight saltiness.