



# The Cornucopia

“The Horn Of Plenty”

Volume 4, Issue 33

Week of Oct 27, 2008

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

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

**KMK Farms, Kingsburg**— Pears, Peaches, Eggplant, Turnips & Sweet Potatoes

**Francis Romero, Reedley** — Napa Cabbage, Green Beans, Eggplant & Sweet Potatoes

**McKellar Farms, Ivanhoe**—Oranges

**Vine Ripe, Hanford**—Tomatoes

**Penwell Apple Orchard, Springville**—Fuji Apples

**Don Knudsen, Ivanhoe**—Avocados



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.

**Apples** are a crisp, white-fleshed fruit with a red, yellow or green skin. The apple is actually a member of the rose family, which may seem strange until we remember that roses make rose hips, which are fruits similar to the apple.



According to the latest research, the old saying, "An apple a day keeps the doctor away," is fact, not just folklore. The nutritional stars in apples (fiber, flavonoids, and fructose) translate into apples' ability to keep us healthy.

Apples contain both insoluble and soluble fiber. One medium (5 ounces) unpeeled apple provides over 3 grams of fiber, more than 10% of the daily fiber intake recommended by experts. Even without its peel, a medium apple provides 2.7 grams of fiber. Apple's two types of fiber pack a double punch that can knock down cholesterol levels, reducing your risk of hardening of the arteries, heart attack, and stroke.

A type of pigment in apples that helps provide their color, flavonoids have been extensively researched and found to help prevent heart disease. Researchers in Finland followed over 5,000 Finish men and women for over 20 years. Those who ate the most apples and other flavonoid-rich foods (such as onions and tea), were found to have a 20% lower risk of heart disease than those who ate the least of these foods.

Apples derive almost all of their natural sweetness from fructose, a simple sugar, but one which is broken down slowly, especially when combined with apples' hefty dose of fiber, thus helping to keep blood sugar levels stable.

**Tons more information about apples** can be found at [whfoods.com](http://whfoods.com)

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

Summer Sweet Oranges \*

Tomatoes \*

Lettuce \* (pending)

Grapes \*

Fuyu Persimmons \*

Arugula \*

Daikon Radish \*

Onions \*

Green Beans \* (pending)

Sweet Peppers

Fuji Apples

Bok Choy (not Baby Bok)

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

**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 Oct 31st**

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](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: • 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 •

## Braised Napa Cabbage

3 sliced bacon, minced  
2 purple shallots, minced  
1 tsp white vinegar  
8 cups napa cabbage, shredded  
Salt, Pepper & Sugar to taste



Sauté minced bacon in a large hot skillet until crispy. Add shallots and continue cooking until transparent. Add white vinegar to pan and then add shredded cabbage. Reduce heat and cook until just tender (about 15 min.). Season with salt and pepper to taste and add sugar if cabbage is at all bitter.

## Pears, Green Beans and Bacon (Birnen, Bohnen und Speck)

1 lb. green beans, trimmed and broken into pieces  
6 firm ripe pears, peeled, cored and sliced  
1/2 cup water  
1 thin sliver lemon peel  
1 tsp. salt  
6 slices bacon  
1/4 cup sugar  
2 tbsp. white vinegar  
1 tsp. fresh lemon juice

Place the pear slices in a sauce pan with the water and lemon peel. Bring to a boil, lower the heat, and simmer uncovered for 5 minutes. Then stir in the green beans and salt and continue cooking.

Meanwhile, fry the bacon in a skillet. When the bacon is crisp, remove it to a paper towel to drain. Pour off all but about 2 tablespoons of the fat remaining in the skillet. Add the sugar, vinegar and lemon juice to the bacon fat in the pan. Simmer for 3 minutes. Pour this sauce over the pears and beans and cook until tender. Crumble the bacon and add it to the beans just before serving.

## Oven Roasted Green Beans

1 lbs green beans, stem ends snapped off  
1 tbsp olive oil  
Salt & Pepper

Pre-heat your oven to 450 degrees. Adjust the oven rack to the middle position. Line baking sheet with aluminum foil. Spread beans on baking sheet. Drizzle with oil and use hands to toss green beans to coat the evenly with the oil. Sprinkle with 1/2 teaspoon salt, toss to coat. Distribute in one even layer. Roast 10 minutes.

Remove baking sheet and redistributed beans. Put back in oven and continue baking 10-12 minutes until the beans are dark golden brown in spots and have started to shrivel.

Add salt and pepper to taste.

## A Note From Pam

Occasionally I get a call from a Member asking me to identify one of their basket contents. During a recent conversation with **Member Kathy Bartlett of Porterville**, she was surprised to hear that **Tatsoi** was new to me also. I think most Members assume that I'm a "seasoned vegetable connoisseur". I'm far from it.

I started employment at FFF August 2006. At that time, my person experience with vegetables was corn, carrots, potatoes, and other 'basics'. My extent of produce was bookkeeping for a packinghouse. Hamburger Helper was at least a once-a-week meal. (My poor hubby.)

Fortunately I love to learn new things AND our farmers are **very patient**. At first everything was new to me. Every week our Farmers had to explain something new to me.

- WHAT is that?
- ENUNCIATE that please.
- You EAT that?
- HOW do you cook it?
- HOW do you store it?



(Get the picture?) Then I would scour the internet to find recipes, nutritional information, tips, etc. as much information as I could. Still do.

**A few of the things I've tried for the first time since I started working at FFF:**

Eggplant	Okra	Bok choy
Swiss Chard	Kale	Arugula
Pluots	Fava Beans	Daikon
Borage Flowers	Kohlrabi	Pea Tendrils
Lambs Quarters	Gai Ion Broccoli	

**See what a long list it is?** Can you believe some of the things I never tried before? Sad, I know.

So, when a Member needs help identifying an item, or calls to find out how to cook something, **I really don't mind**. I love sharing the information that I have.

**And I love getting recipes from our Members.** (hint)

***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.***

### An excerpt from MotherEarthNews.com

Even if you don't think you will ever like turnip greens, your palate may be pleasantly surprised by the sprightly flavor of a perfectly grown **raw salad turnip**.

Their mild flavor and crunchy texture come through best when the roots are picked just as they reach golf ball size and are enjoyed raw; peeling is optional. You can cut salad turnips into rounds or sticks to dip into salad dressing, hummus, cream cheese or even peanut butter (try it, you'll like it).

Thinly sliced salad turnips are great on sandwiches, or you can cook and pickle them. For a beautiful presentation, braise baby turnips, with a few leaves still attached, in a little olive oil. When the roots begin to brown, sprinkle on a pinch of salt and another of sugar, then turn off the heat.

### Turnip Apple Slaw

2 tbsp plain yogurt or kefir  
2 tbsp soy or regular mayonnaise  
1/4 tsp freshly grated black pepper  
1 tsp honey  
1 apple, quartered, cored and thinly sliced (use your grater's flat blade)  
2 turnips (3 inches in diameter), peeled and coarsely grated  
1 scallion, finely chopped

Combine the yogurt, mayo, pepper and honey in a large bowl. Mix in the apple, turnips and scallion. Chill before serving as a side dish or slathering onto burgers or sandwiches.

Serves 4.



From Chef Kari of Family Farm Fresh

November's Cooking Event

Poached Pears

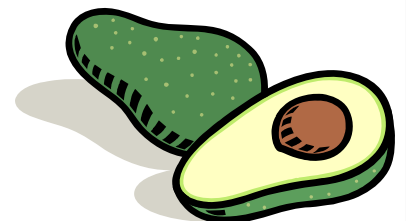
Thursday November 13th 6pm

Located at: 32985 Road 164, Ivanhoe

Please R.S.V.P. by Tues Nov 4th \$10 per person

Please rinse all produce with cold water before using.

- Store the **Summer Sweet Oranges** in the refrigerator. They will keep this way for a long, long time.
- Do not store **Tomatoes** in the fridge as it robs them of their flavor and texture.
- Store **Apples** in the coldest section of your fridge.
- Unlike most fruit, **Pears** ripen best when picked while still firm and stored off the tree. Let pears ripen in a cool, dark place with temperatures between 65 and 70 degrees F. They are ripe when soft to the touch.
- Keeping **Napa 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.
- **Sweet potatoes** should be stored in a cool, dark and well-ventilated place, where they will keep fresh for up to ten days. Ideally, they should be kept out of the refrigerator in a cool, dry, dark place not above 60 degrees, which would fit the characteristics of a root cellar. Yet since most people don't have root cellars, just keep your sweet potatoes loose (not in a plastic bag) and store them in a cool, dark, and well-ventilated cupboard away from sources of excess heat (like the stove).
- Keep **Green Beans** dry in a perforated plastic bag in the refrigerator.
- Store **Eggplant** uncut and unwashed in a plastic bag in the cooler section of the refrigerator. Eggplant may be blanched or steamed then frozen for up to 6 months. Eggplant may be cooked with or without its skin. Unlike many vegetables, eggplant is not harmed by long cooking. An undercooked eggplant can have a chewy texture; but overcooked eggplant is just very soft.
- Store **Peaches** at room temperature until fully ripe (keep on your counter out of direct sunlight) then refrigerate.
- 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.



## Olives

### California Sunshine

Garlic stuffed—\$4.00  
 Jalapeno stuffed—\$4.00  
 Ceasar Parmesan—\$3.00  
 Roasted Pepper—\$3.00  
 Black Pearls—\$2.00  
 Classic Italian—\$3.00  
 Spicy Ranchero—\$3.00  
 Kalamata—\$4.00

**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

## Olive Oil - Extra Virgin

### California Sunshine Olive Oil

#### Hand Pressed

250 mil—\$8.95  
 500 mil—\$11.95

## Raw Honey

### Cornett Farms

16 oz jar —\$4.25



## Nuts Ladybug Gardens

Pistachios (lightly salted) 1/2 lb-\$3 1lb-\$6	Pecans 1/2 lb-\$3 1lb-\$6
Raw Almonds 1/2 lb-\$3 1lb-\$6	Smoked Almonds 1/2 lb-\$3 1lb-\$6
Cashews (lightly salted) 1/2 lb-\$3 1lb-\$6	Walnuts 1/2 lb-\$2.50 1lb-\$5
Fruit & Nut Trail Mix 1/2 lb-\$3 1lb-\$6	

## 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—\$4.25  
 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



## 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—\$7.00 (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)  
 Raspberry Pepper Glaze 10 oz—\$7.00  
 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



## Summer Sweet Oranges

### McKellar Farms

5# bag—\$4.00  
 8# bag—\$6.00



# Happy Fall Y'all!

