



The Cornucopia

“The Horn Of Plenty”

P.O. Box 189 Ivanhoe CA 93235 559-798-0557 www.familyfarmfresh.com

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

Oranges—McKellar Farms, Ivanhoe

Pears, Cherry Tomatoes, Onions, & Squash — KMK Farms*, Kingsburg

Tomatoes & Butternut Squash —Francis Romero*, Reedley

Apples, Plums & Grapes —ML Farms, Lemon Cove

Lettuce —Oak Patch*, Visalia

Red Potatoes—T&D Willey, Madera



Butternut Squash Soup adapted from www.KraftFoods.com

Recipe Rating: ★★★★★

Prep Time: 20 min

Total Time: 45 min

Makes: 8 servings, about 1 cup each

1 Tbsp. olive oil

2 medium butternut squash (about 2 lb. each), peeled, seeded and cut into chunks

1 medium onion, chopped

1 clove garlic, minced

1/2 tsp. ground allspice

2 cans (14-1/2 oz. each) chicken broth

1/2 cup reduced fat or light sour cream 16 Saltine Crackers



HEAT oil in large saucepan on medium heat. Add squash, onion and garlic; cook 5 min. or until crisp-tender, stirring occasionally. Add allspice; cook and stir 1 min.

ADD chicken broth. Bring to boil; cover. Reduce heat to low; simmer 15 min. or until squash is tender. Add, in batches, to food processor container; cover. Blend until smooth. Return to saucepan; cook until heated through, stirring occasionally.

LADLE soup into 8 bowls. Add 1 Tbsp. sour cream to each serving; swirl slightly. Serve with crackers.

Note

For a thinner soup, add more chicken broth or water until of desired consistency.

Variation

Prepared as directed; cool. Refrigerate in airtight container until ready to serve. Serve chilled with crackers as directed.

EXTRA items like cheese, nuts, eggs, olive oil, etc. are available. Visit our website www.FamilyFarmFresh.com to see the complete list. (in the **Newsletter** section under Extra Items Available in September)

Volume 3, Issue 30

Week of Oct 1, 2007

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

Summer Sweet Oranges *

Tomatoes *

Pluots

Chinese Broccoli *

Pears *

Baby Bok Choy *

Squash *

Grapes *

White Nectarines *

Apples *

Onions

Cherry Tomatoes

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

by 8am Friday

October 5th

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

Or online:

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.

Produce Storage Tips—please rinse all produce with cold water before using

- Rinse the **Grapes** under cold running water and cover them with a paper towel or plastic. Stick them in the fridge or freeze them for a cool snack.
- Rinse the **Leaf Lettuce**, dry the leaves and wrap it in a paper towel. Place it in a plastic bag and store in the refrigerator.
- Inspect the **Cherry Tomatoes** and **Tomatoes**. Find the ones that are just right and plan on using them in the next day or two. There has been controversy about whether or not to refrigerate tomatoes. Most people say NOT to put them in the fridge as it robs the tomatoes of their flavor and texture. My personal opinion is: the ones that are ready ‘right now’ either get used tonight or put them in the fridge to use in the next day or two. Take them out one-hour before using to allow them to warm up to room temperature.
- Store your **Apples** in the coldest part of the refrigerator. Store **onion** in the fridge also.
- The **Summer Squash** is still in abundance as the last plantings are getting mature. If yours 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 the **Summer Sweet Oranges** in the refrigerator. They will keep this way for a long, long time.
- **Butternut Squash** can be stored longer than summer squash because their skin is so hard and thick. Store in a cool dry place for at least a month. If the squash has been cut into pieces, wrap it in a plastic wrap and refrigerate up to 5 days. The **Red Potatoes** can be placed on the counter out of direct sunlight in a cool spot.
- **Pears**—If not already ripe, ripen at room temperature then refrigerate.
- The **Flavor Rich Pluots** in your basket will ‘give’ a little when ripe. With their beautiful dark purple color it’s quite a surprise to bite into the unexpected golden flesh.

From Member, Lisa Jordan of Ivanhoe “Here’s a sneaky kid recipe my mom gave me. They are called Zucchini Brownies but have more of a cake-like texture.”

2 c. flour	1 1/2 cup sugar or splenda	1 1/2 tsp baking soda
1 tsp salt	1/4 c cocoa	1 egg
1/4 c oil	2 tsp vanilla	3 cups grated zucchini

Mix all together in one bowl and put in greased 9 X 13 pan. Bake at 350 for 45 minutes max.

Add nuts or chocolate chips if you want to kick it up a notch!

Featured fresh breads for the wk of 10/8 — \$4.25

In honor of Lori’s middle daughter’s B-day; some of HER favorite things

- Country White Bread (loaf, rolls or buns)
- Sourdough Sandwich Bread (loaf only)
- Whole Wheat Cinnamon Bread (with or without raisins) (loaf or rolls)
- Peanut-Butter-Cup Cupcakes (made with no trans-fat, non-hydrogenated organic shortening) 6 unfrosted or 6 frosted for \$6.00

Customized and Special orders are available. If you would like to place a bread order, please contact us know before 4pm THURS Oct 4th.

Lori uses **NO** shortening in her breads, **ONLY** Organic Extra Virgin Olive Oil. The amount of olive oil ends up to being approximately 2 Tbsp per loaf. If you are slicing it into 12 slices, you are only getting 1/2 teaspoon per slice.

Environmental Weekend in Three Rivers

Saturday Oct 13th— 10am-5pm @ Three Rivers Art Center

Free events and more: Solar cooking demonstrations, movies, door prizes, information on green topics

Sunday Oct 14th— tour of 6 environmentally Friendly Three Rivers homes (reservation required) featuring rice-straw bale, rammed earth, insulated concrete forms and more. \$15 per person \$25 per couple. Proceeds benefit Habitat for Humanity

Call 561-4676 for more info

The featured fresh cheese for next week is **Serena** from Three Sisters Dairy in Lindsay

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.