



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:

KMK Farms, Kingsburg— Peppers, Plums, Onions, Nectarines, Cucumbers & Eggplant

Francis Romero, Reedley — Grapes & Green Beans

McKellar Farms, Ivanhoe—Oranges

Vine Ripe, Hanford—Tomatoes

Oak Patch, Visalia—Lettuce



Member Appreciation BBQ

Sunday October 5th 12:30p.m. Located @ McKellar Farms

32985 Road 164, Ivanhoe

Located 1/2 mile east of Ivanhoe

Just off Hwy 216 (aka Hwy 245, Millwood Drive & Ave 328)

1/4 Mile north on Road 164

From the South:

Hwy 65 to Hwy 198 west

Take the Farmersville Exit

Turn right onto Avenue 296/Mineral King Road

Turn left on Road 168

Turn left on Ave 328

Turn right on Road 164

Gates open at 12:30 pm

1:00 pm—E&M's Reptile Show 2:00 pm—Lunch will be served

Be on time so you don't miss out!

ZZYXZ Mobile DJ Service will provide music

Please call or email Pam by Thursday October 2nd to RSVP

798-0557 ext 102

Call Bob's cell phone that day 740-8444 if you need directions

Volume 4, Issue 29

Week of Sept 29, 2008

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

Summer Sweet Oranges *

Tomatoes *

Arugula *

Cherry Tomatoes *

Grapes *

Napa Cabbage *

Sweet Potatoes *

Pears *

Cucumbers (pending)

Fuji Apples

Gai Lon Broccoli

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 3rd

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

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 •

From Chef Kari of Family Farm Fresh

October's Cooking Event

Sushi

Vegetarian Rolls & California Rolls



In Japanese cuisine, sushi is vinegared rice, usually topped with other ingredients, including fish, various meats, and vegetables. Outside of Japan, sushi is sometimes misunderstood to mean the raw fish itself, or even any fresh raw-seafood dishes.

In Japan, sliced raw fish alone is called sashimi and is distinct from sushi, as sashimi is the raw fish component, not the rice component. The word *sushi* itself comes from an archaic grammatical form of a word that is no longer used in other contexts; literally, "sushi" means "it's sour".

Kari will demonstrate techniques as you participate in preparation and tasting!

Thursday October 16th 6pm

Located at: 32985 Road 164, Ivanhoe

Please R.S.V.P. by Tues Oct 14th

\$15 per person

- Store the **Summer Sweet Oranges** in the refrigerator. They will keep this way for a long, long time.
- 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.
- Store **Plums & Nectarines** at room temperature until fully ripe (keep on your counter out of direct sunlight) then refrigerate.
- Store **Sweet Italian Frying Peppers** in the refrigerator crisper. Use as you would bell peppers.
- Inspect the **Tomatoes**. Find the ones that are just right and plan on using them in the next day or two. 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.
- 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.
- Store **Onions** in the fridge also.
- 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.
- Supermarket **Cucumbers** are often waxed to seal in moisture; fresh, un-waxed cucumbers can be sealed by wrapping them tightly in plastic wrap. Store unwashed in the refrigerator crisper.
- Keep **Green Beans** dry in a perforated plastic bag in the refrigerator.

Fresh Baked Goods for the week of 9/29 & 10/6

For the next two weeks, Lori will be taking some time away from baking to catch up on things around her place.

She will take special orders.

If you would like to place a request, contact Pam.

Due to DEMAND, another class has been scheduled!

NON -TOXIC Cleaning Supplies Class

Tuesday, October 14 @ 7pm

Located at

Meridian Center for Wellness

1105 W. Center Avenue, Visalia

\$10 per person

For more information, call 636-6430



Will have demonstrations!

We're in a transitional month.

As the season is changing the new fall produce is being harvested along with the last of the summer produce. Enjoy the last few weeks of cherry tomatoes and stone fruit.

Sweet potatoes, cabbage and other root vegetables will be our staples in a month or so.



A Note from Luanne of Ladybug Gardens

Thanks for helping!!

This year's harvest has been sold out.

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.

Live music Wednesdays in October at River Ridge Ranch

37794 Balch Park Road, Springville

559-539-0207

No admission, BYO picnic/beverage

Donate directly to the musicians!

Gates open at 6 PM

Music 7-9 PM

October 8 ~ Del Baker & Sierra Country (old time roots music)

October 15 ~ The Stepsons (Blues and such)

October 22 ~ to be announced (want to play?)

October 29 ~ Trey Tosh on acoustic guitar

Fresh beans are classified into two basic categories: edible pod beans and shell beans. **Green beans, otherwise known as snap or string beans, are the most popular edible pod bean in the United States.** The lima bean is the most common shell bean sold in the United States.

Environmental Weekend - Three Rivers Solar Cooking Demonstrations & Native Plant Sale

** Saturday, October 4th, 9:00am - 5:00pm **

Join us Saturday for these **free events** & more:

Located at Three Rivers Arts Center

- Green Options for Your Home & Life
- Exhibit of Yokohl Valley Photographs
- Drawing for Free Door Prizes

** Sunday, October 5th 12:00pm & 1:00pm **

Tour of one Green building & four Green homes in the Valley; rice straw bale, rammed earth, double adobe brick, passive solar with earth berm, solar heating & water heating, radiant slab floors and more

\$15/person or \$25/couple, proceeds benefit the Sierra Nevada Alliance & TCCRG's efforts to save Yokohl Valley

Tour information & reservations:

12:00pm tour—call 561-4676

1:00pm tour—call 561-4149

Eggplant Chili

1 lb ground beef

1 eggplant, peeled and cubed

1/2 cup water

2 tsp sugar (optional)

1 (16 oz) can kidney beans, undrained

1 medium onion, chopped

1 (16 oz) can stewed tomatoes, undrained

2 tbsp chili powder (or to taste)

1 tsp salt (or to taste)

2 garlic cloves, minced

1 (8 oz) can tomato sauce

1 tbsp all-purpose flour

pepper

Add ground beef, onion, and garlic to a large pot; cook over medium heat until meat is no longer pink, stirring to crumble up the meat; drain well. Add all the remaining ingredients except the kidney beans. Stir to combine. Cover and lower heat; simmer for 2 hours. Add in kidney beans; stir. Cover and cook 30 minutes; adjust seasoning to taste.

Baba Ghanouj (Eggplant Dip) from FamilyFun.com Recipe provided by Member Lori Scott of Visalia

1 large eggplant

1 clove garlic, crushed

2 tbsp. tahini (sesame seed paste)

2 tbsp lemon juice

1/2 tsp. salt

2 tbsp olive oil

Remove the eggplant's stem and poke all over with a fork. Place on a cookie sheet and bake at 350 degrees for 45 minutes. Cool thoroughly.

Scoop out the eggplant flesh and put in a food processor or blender with the garlic, tahini, lemon juice, salt and olive oil. Puree until smooth. Use as a dip for pita or spread on vegetarian sandwich.

Makes 2 1/2 cups

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 a 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 (Fahrenheit) 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.