



# The Cornucopia

"The Horn Of Plenty"

Volume 8, Issue 48

Week of Feb 6, 2012

P.O. Box 189 Ivanhoe CA 93235

559-798-0557

[www.familyfarmfresh.com](http://www.familyfarmfresh.com)

Expected produce for next week.  
Subject to change based on  
**availability.**

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

**Francis Romero, Reedley**—Napa Cabbage, Chinese Broccoli, & Carrots

**KMK Farms, Kingsburg**—Turnips, Pears, & Daikon

**McKellar Farms, Ivanhoe**—Navel Oranges & Mandarins

**Knudsen Farms, Ivanhoe**—Avocados & Grapefruit

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.

Sustainable agriculture is a way of raising food that is healthy for consumers and animals, does not harm the environment, is humane for workers, respects animals, provides a fair wage to the farmer, and supports and enhances rural communities.

Navel Oranges *
Cauliflower * orange or spiral
Avocados *
Broccoli *
Mandarins *
Carrots *
Collard Greens *
Kiwi *
Red Potatoes *
Baby Bok Choy
Pears

## Sautéed Radishes

Butter, salted, 1 tbsp

Radishes, 2 cup slices

Dill weed, dried, 1 tbsp

Salt and coarse peper to taste

Melt butter over medium heat. add radishes (tops cut off and trimmed - cut radishes into quarters) - 1/4 tsp salt and 1/8 tsp pepper.

Cook 14-15 minutes or until radishes are fork-tender and lightly browned.

Remove skillet from heat, toss radishes with dill and transfer to serving bowl.

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

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

**before 12pm**

**Friday Feb 10th**

by calling our automated phone system ANY time of day.

559-798-0557

Pam Ext 7010

Jo Ann Ext 7011

**Or email:**

[pam@familyfarmfresh.com](mailto:pam@familyfarmfresh.com)

[joann@familyfarmfresh.com](mailto:joann@familyfarmfresh.com)

**Cancellations after Friday may be charged full delivery price.**

**Make the changes online:**

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

Click on "Current Members Log In"

Username = your email

Password = your account number  
(can be changed)

**Account number is on your statement**

## Juicing Recipes

### Energy Boost

carrots

apples

ginger root (peeled)

My kids and I **juice**, we just toss in whatever we have on hand.

Experiment a little!

**Oranges** and **Kiwis** go well together.

Or try adding in **Apples**, ginger, mint, or even some Napa Cabbage.

— Pam

### Simple Soother

apples

carrots

celery

cucumber

**These items are available at  
Member Special Pricing for those  
who would like to add items to their basket.**

**List Changes Weekly**

**Veggies:**

Baby Bok Choy: \$1.40 lb  
Cucumbers: \$1.50 lb  
Lettuce: \$1.50 ea (weather permitting)  
Carrots: \$1.25 bunch  
Daikon Radish: \$1.50 bunch  
Broccoli: \$1.40 lb  
Radish: \$1.25 bunch  
Red Potatoes: \$.50 lb  
Yellow Potatoes: \$.50 lb  
Sweet Potatoes: \$1.40 lb  
Butternut Squash: \$4.20 ea (Large—3-4lbs each)  
Kabocha Squash: \$1.50 ea  
Acorn Squash: \$1.65 ea  
Cauliflower: \$1.90 ea  
Avocados: \$.70 ea  
Mustard Greens: \$1.50 bunch  
Swiss Chard: \$1.50 bunch (weather permitting)  
Kale: \$1.50 bunch  
Napa (Chinese) Cabbage: \$1.70 ea  
Cabbage (traditional): \$1.50 ea  
Green Onions: \$1.40 bunch  
Arugula: \$1.40 bunch  
Collard Greens: \$1.40 bunch **NEW**  
Turnips: \$1.40 bunch **NEW**  
Cilantro: \$1.50 bunch **NEW**  
Yellow Onions: \$.80 lb **NEW**  
Red Onions: \$1.05 lb **NEW**  
Garlic: \$1.20 bulb **NEW**

**Fruit:**

Comice Pears: \$1.40 lb  
Kiwis: \$.20 each  
Navel Oranges: \$.25 ea  
Lisbon Lemons: \$.25 ea  
MeloGold Grapefruit: \$.50 ea **NEW**  
Oranges 5lb bag: \$4.00  
Oranges 8lb bag: \$6.00  
Lemons 5lb bag: \$5.00  
Mandarins 5lb bag: \$7.00  
Granny Smith Apples: \$1.05 lb **NEW**  
Pink Ladies Apples: \$1.35 lb **NEW**

**Please rinse all produce with cold water before using.**

- 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.
- Store the **Oranges, Grapefruit, & Mandarins** in the refrigerator. They will keep this way for a long time.
- Unlike most fruit, **Pears** ripen best when picked while still firm and stored off the tree. Let pears ripen in a cool, dark place. Gentle thumb pressure near the stem is the best method for checking for ripeness. Keep in mind Bosc pears will give less than other pears as they are more dense.
- Keeping **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.
- The **Potatoes** can be placed on the counter out of direct sunlight in a cool spot. Not next to the stove.
- Wrap **Daikon Radish** tightly in plastic and refrigerate for up to 3 days. Greens are edible, however if they aren't going to be used discard before storing. Cooking makes the radish bite even milder. Many people eat them raw. They can also be roasted, sautéed, added to stir-fries, grilled, steamed, baked, or added to soups.
- 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 **Chinese Broccoli (Gai Lon)** in a plastic bag in the refrigerator.

**Do you drive to Fresno to visit Whole Foods or Trader Joe's to get hard-to-find items?**

Once a month we order from Azure Products (they specialize in quality bulk and natural foods). You'll find the list of items we currently offer on our website (where you log in). If you want a printed copy of what we offer, let us know.

**They have thousands (literally) of items, too many for us to list! So contact us with a "wish list" and we'll see if we can get it.**

- Baking mixes (some gluten free too)
- Dairy alternatives
- Meat substitutes
- Nut butters
- Seasonings and soup mixes
- Soy products
- Sweeteners
- Teas