



The Cornucopia

"The Horn Of Plenty"

P.O. Box 189 Ivanhoe CA 93235

559-798-0557

www.familyfarmfresh.com

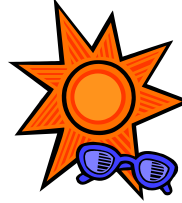
Volume 7, Issue 25

Week of Aug 30, 2010

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

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

- McKellar Farms, Ivanhoe—Oranges
- Francis Romero, Reedley—Eggplant & Okra
- KMK Farms, Kingsburg—Summer squash
- Oak Patch, Visalia—Lettuce
- Lehr Bros, Edison—Yellow Potatoes
- Ciderhouse Foods, Springville —Gala Apples
- J&S Orchards, Ivanhoe—Pluots
- Vine Ripe, Hanford —Tomatoes & Bell Peppers
- Apkarian Family Farms, Reedley—Thomcord Grapes



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.

- Summer Sweet Oranges *
- Lettuce *
- Tomatoes *
- Armenian Cucumber *
- Peaches *
- Asian Pears *
- Grapes *
- Summer Squash *
- Corn *
- Cherry Tomatoes
- Red Onion

Family Farm Fresh Holiday Schedule

Family Farm Fresh will be **CLOSED Monday Sept 6th**

All delivery days will be moved forward one day that week:

<u>Regular Delivery</u>	<u>Will be delivered on:</u>
Monday	Tuesday Sept 7th
Tuesday	Wednesday Sept 8th
Wednesday	Thursday Sept 9th
Thursday	Friday Sept 10th

Grilled Okra

From Member **Laura Berryman** of Lemoore

Clean the Okra. Cut the ends off. Skewer them. Then brush with olive oil & salt/pepper. Grill for about 5mins on each side just until they start to look a little burned. YUM!

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 Sept 3rd

by calling our automated phone system ANY time of day.

Calls or emails after Friday may be charged full delivery price.

To make changes:

Step 1: Call 559-798-0557

Step 2: Press 1 for FFF

Step 3: Press 3 - Changes

Or

559-798-0557 ext 106 Jenna

559-798-0557 ext 102 Pam

Or email:

jenna@familyfarmfresh.com

pam@familyfarmfresh.com

Or online:

www.FamilyFarmFresh.com

Fruit-only and Veggie-only baskets are available.

Visalia Chamber of Commerce 2008 AgriBusiness of the Year

Proud Member of the: • Porterville Chamber of Commerce • Springville Chamber of Commerce • Three Rivers Chamber of Commerce • Visalia Chamber of Commerce •

What's in season and available to purchase

List Changes Weekly

Fruit:

Oranges

Peaches \$1.40 lb

Nectarines \$1.40 lb

Grapes—\$1.75 lb

Seedless Watermelon, Small \$3.00 (purchase only)

Seedless Watermelon, Large \$5.00 (purchase only)

Cantaloupe \$.60 lb (approx \$2-\$2.50 each)



Veggies:

Green Beans \$2.00 lb

Gai Lon Broccoli \$2.00 lb

Baby Bok Choy

Bell Peppers

Italian Frying Peppers \$1.40 lb

Hot Peppers

Cherry Tomatoes \$1.50 pint

Beefsteak Tomatoes \$2.00 lb

Heirloom Tomatoes \$3.50 lb **NEW**

Eggplant \$1.40 lb

Armenian Cucumbers \$1.00 lb

Yellow Potatoes \$.40 lb

Okra \$2.00 lb

Lettuce \$1.50

Acorn Squash \$.70 lb

Butternut Squash \$.70 lb

Spaghetti Squash \$.70 lb

Red Kuri Squash \$.70 lb

Garlic \$.75 each

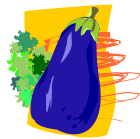
Red Onions \$.50 lb

Corn \$.35

Carrots \$1.25

Lamb's Quarters \$1.50

Summer Squash (zucchini, yellow, scalloped) \$1.20 lb



NO kale or chard for a while. It got TOO hot!!

Please rinse all produce with cold water before using.

- Store the **Oranges** in the refrigerator.
- Rinse the **Lettuce** and shake gently. Wrap leaves in a paper towel. Let the towel absorb the water so it is slightly damp but not dripping wet. Store in a plastic bag in the refrigerator.
- **Tomatoes** - There is always 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.
- 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.
- The **Potatoes** can be placed on the counter out of direct sunlight in a cool spot. Not next to the stove.
- Store your **Apples** in the coldest part of the refrigerator.
- Store **Bell Peppers** in the refrigerator crisper. When cooking with bell peppers, remove the seeds before serving. If you will not be using them this week; core, clean and cut them into smaller sections and store them in the freezer for use later.
- Store **Pluots** in the refrigerator also.
- Store **Summer Squash** in the refrigerator. If it is long and green (or yellow), then it's Zucchini. Small round ones with scalloped edges are called Patty Pan. Round ones (dark green or yellow) are called Eight Balls (type of zucchini.)
- Store **Eggplant** in the refrigerator.
- Refrigerate unwashed, dry **Okra** pods in the vegetable crisper.

Are you interested in Juicing and not sure what to do or where to start?

Nina Bledsoe of Exeter is starting a Juicing Circle

Everyone interested will bring one type of produce to juice. The group will meet at Nina's home (and possibly rotate homes in the future).

It's a great time to chat and learn about all the health benefits of juicing!

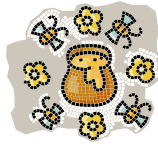
Call Nina @ 559-592-2515

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.

**Fresh Local Honey & Honey Products
from Matthew's Honey of Lindsay**

Honey

8 oz jar \$ 4.00
16 oz jar (1 lb) \$ 6.00
32 oz jar (2 lbs) \$11.00
64 oz jar (4 lbs) \$19.00



Honey Sticks (bundles of 10) \$2.50

Spun Honey 1 lb \$7.00

Honeycomb \$\$7.00

Honeycomb in a jar of honey \$8.00

Fresh Squeezed Orange Juice

Vonnie Cary of Smiling Oranges of Exeter now offers her Natural and Fresh Squeezed Orange Juice through FFF.

16 oz plastic bottle \$3.00 each
32 oz plastic bottle \$5.00 each
64 oz plastic bottle \$7.00 each

Shelf life is approximately 10 days.

Does not freeze well. Some settling may occur.
Shake well before drinking.

This page is going away

We're currently working on upgrading our software program. Members will be able to log in directly to the system and will be able to:

- Make changes to deliveries
- Interrupt service
- Add items such as honey, milk, bread, etc.

The other-items-available list will now be sent via email. If you are not receiving our newsletter **please make sure you sign up online**. Hard copies will still be available, just ask!

Produce storage tips will also be available online for each produce item.

We have SO many things to offer that our newsletter is getting full. I need the room for recipes, tips & facts.

Organic Pastures Products ** UPDATE **

I found out Organic Pastures delivers each week to Watson's in Visalia. Watson's will let us "piggy-back" on their order each week until FFF is able to increase orders to an acceptable amount for Organic Pastures to resume their delivery at our location.

Thank you for your help! —Pam

Money Saving FFF COUPON

This **MONTH'S** Coupon ** **LIMIT ONE per household****

SAVE SAVE

FREE 16 oz Orange Juice from Smiling Oranges

SAVE SAVE

**Smiling Oranges would like YOU to try their Natural,
Fresh squeezed Orange Juice**

During the Month of September, each household will receive ONE 16 OJ to try FREE.

Delivery will be during the week of Sept 7, 13, 20 OR 27 Please be patient!!

Herbs

KMK Farms \$1.50 each

Sorrel	Sage
Thyme	Marjoram
Chocolate Mint	Rosemary
Peppermint	Spearmint
Stevia	French Tarragon
Italian Oregano	Greek Oregano
Purple Basil	Thai Basil
Basil	Bay Leaves

Olives



California Sunshine

Garlic stuffed—\$4
Jalapeno stuffed—\$4
Pimiento Stuffed—\$4
Black Pearls—\$2
Classic Italian—\$3
Spicy Ranchero—\$3
Kalamata—\$4
Homestyle Green—\$2.00

Fresh Baked Bread

The Bread Fairy
\$7.70 Each

Contact Pam for the List

Raw Honey

Cornett Farms

16 oz jar —\$6.20

Raw Milk

Organic Pastures, Madera

Needs to be stored at 33-34 degrees. Most refrigerators are not cold enough at the 'warehouse recommended' setting. Use a thermometer to find the coldest area of your fridge.

Whole Milk 1/2 gal—\$7.60

Skim Milk 1/2 gal—\$3.40

Butter 1/2 lb—\$6.85

Butter lb—\$11.90

Cream pint—\$11.60

Quephir pint—\$5.20

Colostrum—\$11.70



Farm Fresh Eggs from cage-free chickens



Ladybug Gardens

Dozen—\$5.25

1/2 Dozen—\$2.65

Potatoes

5 lb bag—\$2.00 each

Corn

Dozen Ears—\$3.00

Seedless

Watermelon

Small—\$3

Large—\$5

Nuts Ladybug Gardens

Pistachios 1/2 lb—\$3.25

Pistachios 1lb—\$6.50

Pecans 1/2 lb—\$3.90

Pecans lb—\$7.80

Almonds 1/2 lb—\$3.25

Almonds lb—\$6.50

Walnuts 1/2 lb—\$2.60

Walnuts lb—\$5.20

Fruit & Nut Trail Mix 1/2 lb—\$3.25

Fruit & Nut Trail Mix lb—\$6.50

Condiments

Ciderhouse Foods Apple artisans of the Southern Sierra offering small batch quality specialty foods made in Springville with Springville apples.

Apple Syrup 14 oz

Creamy—\$7

Tangy—\$7

*made with Splenda

No Sugar Added*—\$7

Apple Butter 9 oz

Regular—\$7

No Sugar Added*—\$7

Jam 9 oz

Apple Blueberry Jam—\$7

Apple Almond Raspberry—\$8.50

Granola 1lb bag—\$7 (with raisins)

Apple Cranberry Granola 1 lb bag—\$7

(without raisins)

Condiments

Ladybug Gardens

Bean Salsa 16 oz—\$7 (mild)

Tequila Salsa 16 oz—\$7 (medium hot)

Barn Burner Hot Sauce 12 oz—\$7 (hot)

Chipotle BBQ Sauce 12 oz—\$7 (hot)

Habanero Hot Sauce 12 oz—\$7 (hot hot)

Raspberry Pepper Glaze 10 oz—\$7

Apple BBQ Sauce 12 oz—\$7

Pineapple Pepper Glaze 10 oz—\$7

Blackberry Salsa 16 oz—\$7

Toasted Pecan Topping 12 oz—\$7

Rum Strawberry Topping 12 oz—\$7

Olive Oil - Extra Virgin

California Sunshine Olive Oil

Hand Harvested

250 mil—\$13.00

500 mil—\$17.00

**We have
Gift Baskets
& Gift Certificates!**

Olive Oil - Extra Virgin

DeLio Olive Co., Inc.

250 mil—\$10.00

500 mil—\$15.00

Navel Oranges

McKellar Farms

5# bag—\$4.00 8# bag—\$6.00

Farmstead Cheese

Bravo Farms—\$6.00 ea 1/2 lb block

Creamy Pepperjack

Jalapeno Cheddar

Chipotle Cheddar

Western Sage Cheddar

Premium White Cheddar

Bravo Farms—\$7.50 ea 1/2 lb block

Silver Mountain Clothbound Cheddar

Tulare Cannonball (Edam)

Farmstead Cheese

Fagundes Farmstead—\$6.00 each wedge

St. John

St. Jorge

Hanford Jack

Hanford Jack—Jalapeno (Jalapeno & Bell Pepper)

Hanford Jack—San Joaquin (Roasted Garlic & Bell Pepper)

Hanford Jack—Santa Fe (Cayenne, Roasted Garlic, & Cumin)

Hanford Jack—Smoked