

# Be Wise Ranch Quarterly Newsletter



Organic Produce, Taste the Difference 2007

## IMPORTANT CHANGE TO CANCELLATION POLICY. PLEASE READ!!!!!!

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Cancellations for CSA box deliveries can be made by e-mail at [bill@bewiseranch.com](mailto:bill@bewiseranch.com) or [bewiseranchcsa@yahoo.com](mailto:bewiseranchcsa@yahoo.com)

Or by telephone at (760)746-6006. If it is after hours or the weekend, leave your cancellation request on the answering service. Please spell your last name, give us your phone number, the drop site location, list the cancellation days and please be sure to speak clearly. We will not call you back unless we have questions about the cancellation request.

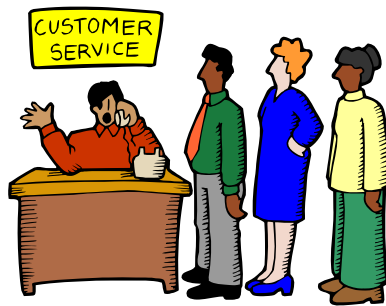
As many of you know we have cut back on staff here in the office. I have been helping out with the CSA cancellations and the daily count of the boxes being delivered. I am shocked at the number of cancellations and account changes that come through the office on a daily basis. We are spending an enormous amount of time and energy trying to keep up with all the account changes and the cancellations. It really has become an issue that is out of hand. In order to maintain the low cost of the csa program **I am implenting a new cancellation policy effective at the start of this new quarter. Effective immediately you will have the opportunity to cancel any deliveries that you do not want when you return your quarterly invoice form along with your payment for the new quarter.**

After that each CSA member will be allowed 2 cancellations per quarter. We only make changes to the box size at the beginning of each new quarter. Our policy for the cancellations will continue to be Sunday by MIDNIGHT; this will accommodate the two (2) box cancellation rule per customer

for each quarter.

I have heard some members say that the e-mails were kicked back. We always send a short response back letting members know we have received their cancellation so if you do not receive a confirmation back in 24 hours then assume that we did not receive your e-mail and call the office, again the new number is (760) 746-6006.

Please do not call the office and say that you forgot to make the cancellation or that the e-mail did not go through, we are providing you with several different options and we plan to enforce the new cancellation policy immediately. **We are hoping to complete the office move in the next two weeks and as soon as we get situated we are going to look into getting a better e-mail program that will help cut down on some of the extra steps that we are having to go through. If anyone has any suggestions or ideas regarding e-mail programs please let us know.**



## Website News

The office continues to receive phone calls regarding the weekly box contents. We post the weekly pick list on our website every Monday morning; visit our website at [www.bewiseranch.com](http://www.bewiseranch.com) and click on the link "weekly pick list" to view what's in your box this week. We will continue to make changes over the next few months to improve our website and make it more user friendly. We have added a recipe page to the

website and we will accept any recipes that csa members would like to share with other members. You can e-mail your recipes to [bewiseranchcsa@yahoo.com](mailto:bewiseranchcsa@yahoo.com)

To find out more information about the web design services provided by Beth Williams you can contact her at:

[Spinneret\\_info@san.rr.com](mailto:Spinneret_info@san.rr.com)

## Roasted Vegetable Medley

Position the rack in the center of the oven and preheat the oven to 450 degrees. Line a rimmed baking sheet with parchment paper for easy clean up. Peel and cut 3 carrots, peel and cut 1 Yukon gold potato, cut 1 small yellow onion and cut 1 small zucchini into equal size pieces. Place all of the vegetables in a large bowl. Add 2 to 3 tablespoons of olive oil, 1 tablespoon fresh thyme leaves, and 1 tablespoon chopped fresh rosemary and a pinch of salt and pepper. Toss to coat all of the vegetables. Spread the vegetables in a single layer on the prepared baking sheet. Bake the vegetables until they are caramelized and tender, about

35 to 40 minutes. Stir the vegetables occasionally so that each piece develops a crisp crust on all sides. Serve immediately.

Usually beets are cooked but for a change, try grating red or stripped chionga beets over a salad. Beet roots have the highest sugar content of any vegetable, but they are high in fiber and vitamin C.

*Confused about your new invoice? Please remember that if you made any cancellations after 8/22/07, this may not be reflected on your bill. We already printed most of the new quarter invoices but members were still calling with cancellations. Don't panic the cancellation was made in the computer but it just doesn't show up on the bill..*

If you are not going to renew your csa subscription, please notify us by calling the office at (760) 746-6006 or e-mail us at

[bewiseranchcsa@yahoo.com](mailto:bewiseranchcsa@yahoo.com)

or [bill@bewiseranch.com](mailto:bill@bewiseranch.com)



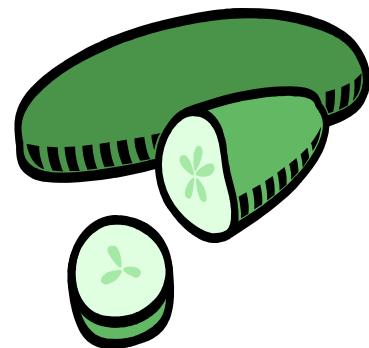
## Nutrition News/ Our very own csa member Donna Wolf R.D. Still Going Strong! Check out her class schedule at [www.healthydirectionspoway.com](http://www.healthydirectionspoway.com)

Donna Wolf a long time CSA member is a registered dietitian with over 30 years experience in the dietetics field. She has achieved additional certification in weight management from the American Dietetic Association and has been conducting the Healthy Directions of Poway program since 2005. She has been involved in teaching gourmet cooking classes for the Poway Unified School District and is an organic gardener. Donna has also worked with the San Diego Chapter of the Arthritis Foundation leading their self help course. Donna has published numerous

articles on popular nutrition topics. She has been featured in recent newspaper articles highlighting her private practice at Healthy Directions of Poway. Donna conducts healthy gourmet cooking classes where she uses organic produce from Be Wise Ranch. In addition, she conducts classes on long term weight management and lifestyle modification programs. To find out more about how Healthy Directions can benefit you and to check out the new calendar of classes e-mail Donna Wolf at:

[donnawolfrd@cox.net](mailto:donnawolfrd@cox.net)

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



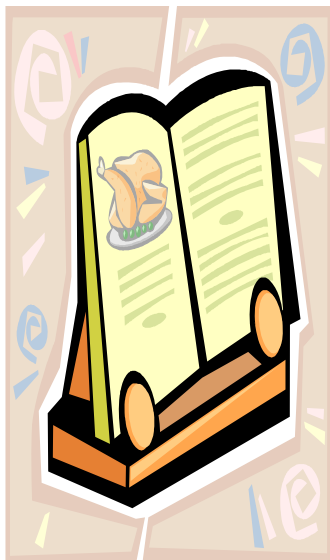
## Recipe Suggestion

### Fresh Cucumber Salad

3 Tablespoons white wine vinegar  
 ½ teaspoon coarse (kosher) salt, or more to taste  
 ¼ teaspoon sugar, or more to taste  
 1 cucumber, peeled and seeded, cut into 1/8 inch- thick slices  
 ½ red onion, cut in half through the stem end and sliced very thinly crosswise

Place the vinegar, salt and sugar in a medium size bowl and stir until the salt and sugar dissolve. Taste for seasoning, adding more salt and or sugar as needed. Add the cucumber and onion to the vinegar mixture and toss to coat. If you are not planning on eating the salad right away it can be refrigerated covered up to 3 days.

Recipe adapted from The Earthbound Farm Organic Cookbook 2006



# Crop News by Bill Brammer

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Please return your new quarter invoices promptly so that we may process the payments in a timely manner. **Customers that send their payments in at the last minute risk not receiving a delivery.** If you do not plan to renew your membership please call the office at (760) 746-6006 or send us an e-mail at [bill@bewiseranch.com](mailto:bill@bewiseranch.com) or [bewiseranchcsa@yahoo.com](mailto:bewiseranchcsa@yahoo.com)

We have received many inquiries regarding fruit in the csa boxes. There are many reasons why we do not plant more fruit trees but mainly it is because of the problems with deer, ground squirrels, and birds. We have been working closely with a friend and fellow organic farmer in Julian at Bailey Creek Farms and because of this we have been able to provide members with peaches for the past several weeks. It looks like we will have peaches for the next five weeks, then we will have 3 different varieties of pears to offer and then moving into apples. This delicious fruit should go until November which will give us some great tasting varieties. The fruit may not always look perfect but it sure does taste good. Additionally, you will be happy to know that we have once again started back with the wonderful salad mix that so many of you have

called about.

We had some problems from the freeze in the avocados and the oranges and we saw a huge drop in fruit. We are trying to make up for that with the peaches, pears and apples. If you were lucky enough to get some of the bing cherries, you had a real treat. We continue to farm in the San Pasqual Valley, which is much more challenging than farming on the coastal side. The heat in San Pasqual has shortened the harvest period for squash and cucumbers and we have had some problems with germination in the carrot plantings. We have slicing tomatoes and heirloom tomatoes planted to last until the first frost. Cucumbers and squash are being planted now and should go through November. Our plan is to plant strawberries during the first few weeks of October. We will begin to plant beans for the Thanksgiving Holiday and next up after that will be sugar snap peas, carrots, beets and assorted greens.

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