

WHAT'S GROWIN' ON

T&D WILLEY FARMS' CSA NEWSLETTER KEEPING YOU UP-TO-DATE AND IN SEASON.

2, 3, 4 October 2007

13886 ROAD 20, MADERA CA 93637 (559)ORG-ANIC

VOL 6 NO. 40

Autumn is the bite of the harvest apple.

Christina Petrowsky



BOX CONTENTS

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ SWEET 100 CHERRY TOMATOES (FB)
- ⌘ * Silva's NEWTOWN PIPPIN
APPLES(FB)(SB)
- ⌘ *Soghomonian's AUTUMN ROYAL
SEEDLESS GRAPES (FB)
- ⌘ RED BATAVIAN, RED LEAF, OR
SUMMER CRISP LETTUCE (FB) (SB)
- ⌘ SLICING TOMATOES (FB) (SB)
- ⌘ *Mendrin's YELLOW OR
FOSTER'S WHITE ONIONS (FB)(SB)
- ⌘ FRENCH BREAKFAST OR
EASTER EGG RADISHES (FB)(SB)
- ⌘ RED OR YELLOW SWEET SPANISH
PEPPERS (FB)(SB)
- ⌘ COLLARD GREENS (FB)
- ⌘ EMERALD BROCCOLI (SB)
- ⌘ CROOKNECK SQUASH (FB)
- ⌘ ITALIAN ZUCCHINI SQUASH (FB)(SB)

SB= SEEDLING BOX, FB= FAMILY BOX
(Substitutions may be necessary)
* Certified Organic from Other Farms



ORGANIC ABUNDANCE
(COMES IN SEPARATE CARTONS)
FOR NEXT DELIVERY

Following PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ New !*FOSTER'S JONAGOLD
APPLES \$10/4 LB.
- ⌘ New !*SILVA'S NEWTOWN
PIPPIN APPLES \$10/5 LB.
- ⌘ New !EMERALD BROCCOLI
\$10/4 LB
- ⌘ New ! ARUGULA \$9/6 bunches

DOWN ON THE FARM

What a pleasure to lay eyes on the farm again! Green bean plants have tripled in size and are now hung with little green matchsticks, newly planted potatoes mulched with golden straw, black rolls of shade cloth; no longer needed, lie at the ends of the lettuce beds. The cool evenings slowed production enough for a great deal of fieldwork to be accomplished in our absence. Old patches of tomatoes and squash have been completely disassembled and disked into warm brown patches waiting for fresh seedlings. —denesse

FEATURED RECIPES

BROCCOLI WITH ASIAN DRESSING Adapted from Farmer John's Cookbook

- | | |
|----------------------------------|-----------------------------------|
| 1 Broccoli head | 3 Tbls. peanut oil |
| 1 Sweet Spanish Pepper | 2 Tbls. soy sauce |
| 2 to 4 Radishes | 1 tsp. grated fresh ginger |
| 1/2 cup rice wine vinegar | 1/2 tsp. minced garlic |
| 1/2 tsp. toasted sesame seed oil | 1/2 tsp. hot chili oil (optional) |

Separate the broccoli florets from the stalk, break into small florets. Cut the stalk into 1-inch lengths and then into thin strips. Cut radishes and sweet pepper into like size pieces. Place vegetables in a large steamer basket set over 2 inches of boiling water. Cover with a vented lid and steam for 5 minutes. Meanwhile combine the remaining ingredients in a small bowl, mixing well. Transfer steaming vegetables to a serving bowl and pour dressing over all.

MEDITERRANEAN COLLARD GREENS Adapted from Farmer John's Cookbook

- | | |
|------------------------------|-------------------------------|
| 1 Tbls. raisins (optional) | 3 anchovy fillets, mashed |
| 1 Tbls. salt | 1 tsp. capers, rinsed |
| 1 large bunch Collard Greens | 5 or 6 black olives, pitted |
| 2 Tbls. olive oil | 1/8 tsp. hot pepper flakes |
| 1 clove garlic | up to 1/4 cup grated Parmesan |

Soak raisins in hot water until plump. Cut out the center rib from the collard greens. Bring a large pot of water to boil, add salt and greens. Simmer 8 to 10 minutes until tender. Drain greens in a colander and plunge into an ice water bath to arrest cooking. Drain again and pour out onto a kitchen towel, coarsely chop. Heat olive oil in a wide sauté pan over medium heat. Peel and smash the garlic clove, but leave more or less in one piece; add to warm oil. Cook, turning frequently until browned, remove. Add anchovies and capers. Smash them with a fork until combined with the oil. Add the greens to the sauté pan, stirring to coat. Drain raisins, add to the pan with olives and hot pepper flakes; stir and cook until greens are warmed through. Serve, garnished with Parmesan Cheese. Alternately, pour all into the bowl of a food processor and pulse process until finely chopped, but not pureed. Serve on Crostini as an appetizer.

Look for recipes on our website www.TdWilleyFarms.com. From the home page, select RECIPES. Each crop is listed by season with a drop down menu of previous newsletters' recipes.

MORE RECIPE AND STORAGE TIPS...

Refrigerate everything except Tomatoes and Onions. Separate radish bulbs from their tops, use microperf bags for all leafy items Broccoli, and Sweet Spanish Pepper. We welcome the return of **Broccoli** and **Collard Greens**. Both are members of the cancer-fighting cruciferous family; however, always cook broccoli and other members of the cabbage family *UN*covered to avoid the off-putting odors caused by sulfurous compounds. **Broccoli** and **Collard Greens** are loaded with unique health promoting bioactive compounds as well as being rich in vitamins, minerals, fiber and antioxidants. Research suggests that phytochemicals, working together with nutrients found in fruits, vegetables and nuts, may help slow the aging process and reduce the risk of many diseases, including cancer, heart disease, stroke, high blood pressure, cataracts, osteoporosis, and urinary tract infections. Thomas Jefferson called the **Newtown Pippin** "the **Prince of Apples**". The Pippin originated along Newtown Creek, in what is now Queens across the East River from Manhattan, early in the eighteenth century. These heirloom apples are from Gene Silva's CCOF certified farm of 35 acres in Watsonville. Pippins are great for cooking, eating fresh or making caramel apples. **Squash** is notably an American food. The fleshy gourds are colloquially divided into the immature summer squashes, with their soft skin and tender, light colored flesh and the mature winter squashes, sporting hard shells, darker flesh and seeds.

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✘ *Last Chance!* * SOGHOMONIAN'S Seedless **AUTUMN ROYAL OR CRIMSON GRAPES** \$12/4 lb.
- ✘ **RED & YELLOW SWEET SPANISH PEPPERS** \$11 / 4 LB
- ✘ **WHITE GARLIC** \$12/3lb
- ✘ **ITALIAN FRYING PEPPERS** \$11 / 4 LB
- ✘ **SALSA PACK** - ROMA TOMATOES, ONIONS, & CHILIES \$12 (w/ RECIPE)
- ✘ **TABLE TOMATOES** \$10/5 LBS
- ✘ **OKRA** \$13 / 4 lb.
- ✘ **ROMA TOMATOES** \$10/6LB
- ✘ **EGGPLANT SAMPLER** (3 types) \$9/ 4 LB.
- ✘ **SWEET 100 & SUNGOLD CHERRY TOMATO MEDLEY** \$10/4-HALF-PINT CLAMSHELLS
- ✘ **BUNCHED BASIL** \$9/6bunches
- ✘ **RUSSET POTATOES** \$10/8 lb.
- ✘ **YUKON GOLD POTATOES** \$10 / 8 lb.
- ✘ **RED IRISH POTATOES** \$8/8lb
- ✘ *New!* * Braga Farms Pistachios
In the shell \$15/2 x 8 OZ. BAG
Shelled kernels \$18/2 x 8 OZ. BAG
- ✘ * Peterson Franquette
Walnuts in the shell \$9 / 6 lb.
- ✘ THE SALADMEISTER \$10
- ✘ *FULL BELLY FARM'S SHELLED WALNUTS \$9/1lb. BAG OR \$23/3 lb
- ✘ * BATES & SCHMITT World's Best! APPLE JUICE \$14 /2-64oz. bottles \$36 / CASE OF 6 BOTTLES
- ✘ REUSABLE MICROPERF BAGS \$5 / 10 LARGE + 5 SMALL
- ✘ * CAFÉ MAM, WHOLE BEAN, ORGANIC FAIR TRADE COFFEE, FRENCH ROAST \$11 / 12 OZ CAN OR 4 for \$35 OR DECAF ITALIAN BLEND \$12 / 12 OZ CAN OR 4 for \$38
- ✘ *ORGANIC OLIVE OIL from SCIABICA \$20 / 25.4 OZ. SAVE! \$60 / 1 GALLON (128 oz)
- ✘ * SAN JOAQUIN VALLEY DRIED FIGS: BLACK MISSION OR WHITE CONADRIA \$10 / 2- 12 OZ tubs
- ✘ * VICTOR'S ORGANIC RAISINS \$12 / 3-15 oz cans

*Certified Organic from Other Farms
Place Organic Abundance orders at CSA@tdwilleyfarms.com or by phoning 559-ORGANIC, (674-2642)

Friday NOON is the Deadline to order Organic Abundance for the following week.

Squashes sustained Native Americans for some five thousand years then helped nourish the early European settlers. We grow **Italian Zucchini Squash** and **Yellow Crookneck**, both of which you have enjoyed over the course of the summer season. We will soon carry some of Phil Foster's hard (winter) squashes. The Soghomonian Family is winding down their grape harvest and will soon start pomegranates, watch for them on the Organic Abundance list. These **Autumn Royal Seedless Grapes** from their C.C.O.F certified farm in southwest Fresno are a lovely black, crunchy, and very sweet grape. Mr. Willey says the secret to a long marriage is a well-made pesto; and this will be your last chance to order basil for pesto making, freezing enough for the winter months.

FARTHER AFIELD

Modern agriculture appears to embrace the adage "Out with the old, in with the new" in all its venues with a notable exception. A fierce devotion to age-old, uniquely evolved *Vinefera* grape varieties, responsible for the traditional regional wines of Europe, is without match by cultivators of any other crop in the western world. Enthusiastic but unsuspecting mid 19th century botanical collectors, mimicking Charles Darwin, imported thousands of New World plant species and a troublesome insect "hitchhiker" which would all but destroy the esteemed vines and wines of Europe. As ignorant Farmers had done with previously imported New World maladies, Potato Late Blight (*Phytophthora infestans*) and Powdery Mildew (*oidium*), the *vignerons* of France incriminated everything but the kitchen sink in the strange withering and death of their vines, first observed in 1865. A diligent botanist, Jules Planchon, was commissioned to investigate the malady and exposed forthwith a subterranean aphid or plant louse sucking the very life from roots of afflicted vines. Struggling against the ignorance and indifference of vine-growers and politicians alike, Planchon followed a hunch to the New World. Through a fortuitous collaboration with Charles Riley state entomologist of Missouri, the culprit was identified as the aphid *Phylloxera*, an American native. Over the ensuing two decades Planchon, Riley and fellow investigators successfully demonstrated the co-evolution of *Phylloxera* and native American grapes had conferred a unique aphid immunity in certain species. In Europe all American grapes were anathema, loathed for their "foxy" flavors and outlawed in many regions to prevent spread of the root louse. Planchon and colleagues, so-called "americanistes", arguing a biological solution, battled with "sulferistes" of the chemical camp over a score of years and eventually proved a truce with American vines offered the only ultimate reprieve for the prized *vinefera* varieties of Europe. A tedious reconstruction of European vineyards, employing traditional varieties grafted to resistant American rootstock was not completed until the 1920's, finally alleviating the economic and social chaos unleashed by a tiny immigrant aphid. Modern oenophiles, worshiping their Chardonnays and Cabernet Sauvignons, scarcely imagine but for the determined persistence of several 19th century botanists and entomologists they might have only "foxy" Concords and Catawbas to swill. --Tom Willey

For more info: [The Botanist and the Vintner](#)

"How Wine was Saved for the World" Christy Campbell / Algonquin, 2005

MEMBERSHIP CORNER (PH. 559 ORGANIC, 559-674-2642)

✘ An X next to your name on the sign-off sheet means that we have NOT yet received your payment. ☼ **For your convenience, we accept Visa and MasterCard** ☼ **A follow-up to the op-ed piece on the Rocky Mountain Institute's report for the US Dept. of Defense:** Climate change and energy costs are intimately connected to our work here on the farm. Amory Lovins has been a keynote speaker at the annual Eco-farm conference in Asilomar on more than one occasion, which is how we became familiar with the work of RMI over 30 years ago. **Their website is <http://www.rmi.org>. In addition to working with over a dozen energy companies RMI's client list includes** Carrier Corp., Royal Dutch/ Shell, Monsanto, and the US Navy. ☼ Use CSA@TdwilleyFarms.com or 559 Organic (674-2642) to request a vacation hold (7-day advance notice), order organic abundance (Friday NOON deadline), inquire about or make changes to your account or make a FARM TOUR RESERVATION. We confirm ALL e-mails. ☼ Plan your shopping around the Weekend Box Preview -*SEND an e-mail request to denesse@TdwilleyFarms.com*. This is the only service that should be directed to denesse's email.