

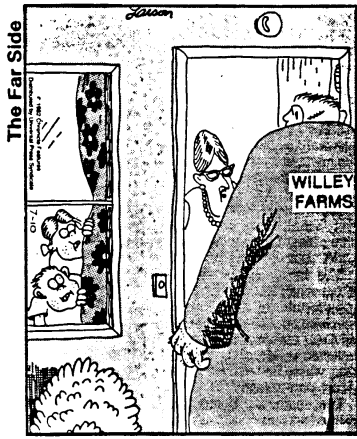
WHAT'S GROWIN' ON

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

30, 31 Oct. & Nov. 1, 2007

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

VOL 6 NO. 44



"Why, yes we do have two children who won't eat their vegetables."

BOX CONTENTS

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ ARUGULA (FB)(SB)
- ⌘ GREEN SNAP BEANS (FB) (SB)
- ⌘ * Stafford's GOLDEN DELICIOUS APPLES (FB)
- ⌘ * Foster's BRAEBURN APPLES (FB)(SB)
- ⌘ ROMAINE, RED BUTTER, OR SUMMER CRISP LETTUCE (FB) (SB)
- ⌘ EMERALD GREEN BROCCOLI (FB)
- ⌘ NANTES CARROTS (FB)
- ⌘ MEDITERRANEAN CUCUMBERS (SB)
- ⌘ MEI QING CHOI (FB)(SB)
- ⌘ ASIAN TURNIPS (FB)(SB)
- ⌘ EASTER EGG OR FRENCH BREAKFAST RADISHES (FB) (SB)
- ⌘ * Foster's WHITE ONIONS (FB)(SB)
- ⌘ * Iwo's HACHIYA PERSIMMONS (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 BRAEBURN APPLES \$10/4 lb.
- ✧ New! * STAFFORD'S GOLDEN DELICIOUS APPLES \$10/4 lb.
- ✧ New! * Iwo's HACHIYA PERSIMMONS, \$10/4 lb.
- ✧ New! * Iwo's FUYU PERSIMMONS \$10/4 lb.

Delivery Schedule for Thanksgiving:

If you normally pick-up at Bentley's, Fitness Express (YLP), or Nature's Nutrients (OK), please pick-up your box on TUES. 11/20. If you normally pick-up at Pelco(PC), Thurs. Old Fig(OF), Thurs. B-Alive(HC), or Armstrong/Bullard(AB), please retrieve your box on WED. 11/21. There are no changes to Tuesday or Wednesday deliveries! Please pick-up your box on time; no site will accommodate LATE PICK-UPS during Thanksgiving week.

DOWN ON THE FARM

The Festival of Samhain (Oct. 31) falls on the cross quarter day between the Autumnal equinox and the Winter solstice. Celtic priests would perform ceremonies to thank and honor the sun; looking backward in thanksgiving for the gathered summer harvest and forward in trepidation to the onset of winter. The enlightened leaders bringing Christian faith to Celtic lands "baptized" many ancient festivals, giving them new meanings steeped in biblical faith. Christians had long celebrated Nov 1st as All Saints (or All Hallows') Day and the preceding evening, dedicated to prayer, became All Hallows' Eve; now shortened to Halloween. The custom of

wearing costumes and frightening masks began in the Middle Ages, to frighten off evil spirits that were thought to inhabit the darkest days of the year, now approaching. -denesse

FEATURED RECIPES

GREEN BEANS IN AIOLI Adapted from Clifford A. Wright's Mediterranean Vegetables

- 1 large egg yolk
- 8 garlic cloves
- 3/4 tsp. salt
- 1 cup extra virgin olive oil
- 1/4 tsp. white pepper
- Juice from 1 lemon
- 1 tsp. water
- 1 lb. Green Beans, trimmed

Pound garlic with salt in a mortar until mushy. Place the egg yolk in the bowl of a food processor with the garlic. Run machine 30 seconds, then, drizzle in olive oil in a slow steady, very thin stream. Add white pepper, lemon juice and water, run machine for a few more seconds. Transfer aioli to a container or bowl and refrigerate for at least 2 hours. Cover with plastic wrap, touching the surface. Bring a large pot of salted water to boil. Add beans and boil about 5 minutes. (they should be dark green but still al dente) Drain, pour out onto a clean kitchen towel to dry and cool. When room temperature, cut into 1 to 2-inch pieces, toss with 1/4 to 1/2 cup aioli and serve on a bed of shredded arugula.

ARUGULA SALAD Adapted from Judy Gorman's Vegetable Cookbook

- 1 bunch Arugula
- 1 bunch Radishes, tops removed
- 8 mushrooms, washed
- 2 Tbls. lemon juice
- 1/4 tsp. dry mustard
- 6 Tbls. olive oil
- Salt & Cayenne pepper to taste
- 1 clove garlic, minced

Slice radishes and mushrooms as thin as possible. Rinse arugula and pat dry with a clean kitchen towel., remove coarse stems. Arrange arugula onto serving plates (4 small or 2 larger). Add sliced radishes and mushrooms in an attractive pattern. Whisk together lemon juice and mustard until mustard is fully dissolved. Add oil, salt and cayenne, whisk until blended. Stir in garlic, pour dressing over salad plates and serve.

FROZEN PERSIMMONS Adapted from Deborah Madison's The Savory Way

Take a perfectly ripe Hachiya persimmon (this variety must be completely soft before being eaten) and freeze it until firm but not hard. Stand it on its base and cut it into 4 sections without going through the base. Gently open the sections, like the petals of a flower, sprinkle with kirsch*, and serve. You will have a persimmon sherbet to enjoy! *(kirsch is a clear brandy distilled from cherry juice and pits)

Look for DENESSE'S PERSIMMON COOKIES and LOTS of Mei Qing 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 onions; use microperf bags for Cucumber, Green Beans, Broccoli all leafy items. Remove and discard tops from carrots. Store vegetables separate from fruits. Turnips are believed to be of European or West Asian origin and have been cultivated

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✦ GREEN BEANS \$12/5 lb.
- ✦ * APPLE MEDLEY \$10/4 lb.
- ✦ GREEN TOMATOES FOR FRYING \$10/6 lb.
- ✦ JUICING CARROTS \$12/25 lb.
- ✦ * RIDER'S GRANNY SMITH APPLES \$10 / 5 LB
- ✦ * SILVA'S NEWTOWN PIPPIN APPLES \$10/5 LB.
- ✦ * RIDER'S FUJI APPLES \$10/4 LB.
- ✦ EMERALD BROCCOLI \$10/4 lb
- ✦ * SILVA'S JONAGOLD APPLES \$10/4 LB.
- ✦ RADISHES \$10/6 bunches
- ✦ ARUGULA \$9/6 bunches
- ✦ SEEDLESS MEDITERRANEAN CUCUMBERS \$12/4 LB.
- ✦ RED & YELLOW SWEET SPANISH PEPPERS \$11 / 4 LB
- ✦ EGGPLANT SAMPLER (3 types) \$9/ 4 LB.
- ✦ RUSSET POTATOES \$10/8 lb.
- ✦ YUKON GOLD POTATOES \$10 / 8 lb.
- ✦ * BRAGA FARMS PISTACHIOS
In the shell \$15/2 x 8 OZ. BAG
Shelled kernels \$18/2 x 8 OZ. BAG
- ✦ 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.

for thousands of years. Our **Asian Turnips** need not be peeled and may be eaten raw or cooked. Shred or julienne raw turnips into salads or soups, cut into French-fries to enjoy with dips. Trim the tasty greens from the roots and add to a stir-fry or soup. The bottoms may be cooked as you would potatoes. Try roasting with meats or other vegetables. Turnips and potatoes pair well mashed or pureed. Use the puree as a base for a cream soup. Combine with **Nantes Carrots and Mei Qing Choi** in a stir-fry with black bean sauce. Persimmons are the national fruit of Japan and traditionally enjoyed at New Years. The first Japanese cultivars were brought to California in the mid 1800s. Of the hundreds of Japanese varieties, the Hachiya and Fuyu are the two most commonly grown persimmons in the U.S. The Hachiya is a large, acorn-shaped fruit of bright orange color that must be fully ripe and very soft to enjoy. Hachiyas are best known as a cooking fruit, but can be eaten raw. Ripen them by leaving at room temperature until soft, for baking they should be as soft as jam. The **Hachiya Persimmons** we feature this week come from Vince Iwo's farm in Reedley. Vince has grown organic persimmons certified by Quality Assured International since 2002. The **Braeburn Apple** is an old-fashioned type with firm texture and both sweet and tart flavor. They hold up well to baking, these and the **White Onions** are from Phil and Catherine Foster's CCOF certified Hollister Ranch. We are near the end of the **Golden Delicious Apple** season and these are super sweet, but still firm. Grown by Gill Stafford on a small 11-acre orchard in Scott's Valley that has been CCOF Certified organic since 1986.

FARTHER AFIELD

Denese and I took a short drive the other day to Ballico, where the land begins to rise and roll, east of Turlock, to look in on our friends Brian and Christina Bylsma of Full Circle Dairy. A decade ago Christina went on a study sojourn to New Zealand and returned lit with a passion for intensive grass farming systems practiced by the Kiwis. Today she and husband Brian operate one of their family's two organic pastured dairies in partnership with Christina's parents, Ward and Rose Burroughs. We have been looking to connect with a high quality producer of pastured organic poultry to supply eggs for members of our CSA. Several in the region have the poultry part down but in our estimation, only Full Circle Dairy are accomplished grass farmers. Their rotational management practice allows the dairy herd only a single day's access per month to each of the many small paddocks of grass into which their 350-acre pasture is divided. These meticulous grass farming methods are unsurpassed by any organic operators we know. Grazing for such a short, optimal period of each three-week growth cycle maintains a pasture in as near perfect nutritional and physical condition as possible. Such quality grass is also constantly available to the Bylsma's flock of layers. This "doubting Thomas" had to see with my own eyes, as too many free-range poultry producers can't seem to reach first base when it comes to growing grass. Chickens on multi-species pasture lay eggs with many nutritional advantages over those conventionally produced or organic eggs from flocks without access to grass. You can review nutritional comparisons in the brochure from Full Circle Dairy included in your box. These eggs are not inexpensive but we believe many CSA members will find them to be a significant value. Christina and Brian's flock is both young and as yet small, so we may not be able to accommodate all members wanting an egg share until they expand production. Denese and I are excited to be in association with a three-generation dairy family, attracting widespread recognition as pioneers of intensive grass farming in the Central Valley. If you don't raise your own hens on the back lawn, these might be just the eggs for you. —Tom Willey

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

☸ A reminder that CSA Subscribers *pay in advance*. The statements that you have just received are due Nov. 5th. Invoices for Organic Abundance boxes are due upon receipt. Thank you. ☸ *Please return your empty box*. In order for the CSA to be sustainable and to control our costs, we rely on you to return your boxes. You are welcome to carry your produce home in the box in which it was packed, but **not returning your box will result in fewer vegetables and fruits for everyone**. Please unfold box and place it in the box rack at your delivery site. Be careful not to tear any of the flaps. When disassembling: pinch flaps to fold them up out of the "lock" position, the box will then collapse easily, and lay flat. We greatly appreciate, and RELY on your cooperation. ☸ **Preview List -JUST SEND** an e-mail to denese@TdwilleyFarms.com.