

WHAT'S GROWIN' ON

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

10, 11, 12 March 2009

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

VOL 8 NO. 10

**The fresh Earth in
new leaves dressed,
and the starry night.**

-P.B.Skelley



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ ITALIAN PARSLEY (SB) (FB)
- ⌘ YUKON GOLD POTATOES (SB) (FB)
- ⌘ SWISS CHARD (SB) (FB)
- ⌘ NANTES CARROTS (SB) (FB)
- ⌘ RED SCALLIONS (SB) (FB)
- ⌘ COLLARD GREENS (SB)
- ⌘ BRUSSELS SPROUTS (FB)
- ⌘ FRENCH BREAKFAST RADISHES (FB)
- ⌘ RED BUTTERHEAD LETTUCE (SB) (FB)
- ⌘ * Stellar KIWI FRUIT (SB) (FB)
- ⌘ * Taft & Traner MINNEOLA

TANGELOS (SB) (FB)

SB= SEEDLING BOX, FB= FAMILY BOX

*Certified Organic from Other Farms

FREE ORGANIC ABUNDANCE!

For each new member you send us you will receive a certificate for a free Organic Abundance up to \$15 in value. The new member (not just a trial customer) must list you as their referral.



ORGANIC ABUNDANCE

(comes in a separate carton)

FOR NEXT DELIVERY

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ New! **RED & GREEN CABBAGES**
\$10 / 8 TO 10 LB.
- ⌘ *Rucker's **HONEY TANGERINES**
\$12/ 4 LB.
- ⌘ *Jessup's **MINNEOLA**
TANGELOS \$10/ 5 LB.

DOWN ON THE FARM

Our neighbor, Tom Bursey, broadcasts truckload after truckload of dark, earthy compost, driving through fields neatly marked with white paper bags. Next, our tractors work the fresh microbial food into the awakening soil. Flocks of small birds follow the disk, looking for an easy snack. Pallets of cut potato seed pieces wait for their chance at the alchemy of dark moist soil warming under the sun's rays. Mr. Willey has plowed down all the early plantings of spinach, radishes and carrots to make way for tomatoes and eggplant. Juan Jose and his crew finished planting potatoes Monday. - denesse

FEATURED RECIPES

SWISS CHARD AND POTATO ENCHILADAS Adapted from foodnetwork.com FB may double. Add cilantro to sauce if you have some from last week.

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|--|---------------------------------------|
| 1 small bunch Swiss Chard, rinsed | 1 Tbls. minced garlic |
| 2 Tbls. canola oil, more as needed | red pepper flakes |
| salt and freshly ground black pepper | 6 oz. Cojito or Jack cheese, crumbled |
| 1 cup Potatoes, 1/2-inch dice | 12 corn tortillas |
| 1 1/2 cup sliced Scallions (with tops) | 1 28 oz. can green enchilada sauce |

Strip leaves from the stems of the Swiss chard, chop the leaves and finely mince the stems; set aside. In a large skillet over medium high heat, heat 2 Tbls. oil. Add potatoes and cook until golden brown and tender, about 8 minutes. Season with 1/4 teaspoon of salt, and pepper, to taste. Remove from the pan with a slotted spoon, and drain on a paper towel-lined plate. Add the scallion and garlic, and cook until translucent, about 2 minutes. Add the Swiss chard stems, cook until softened, about 4 minutes. Add the leaves, cover, stirring occasionally, until the leaves are wilted, about 5 minutes more. Transfer the mixture to a strainer over a medium bowl, drain off any excess liquid, and cool. Combine the potatoes with 3/4 cup of the cheese and the Swiss chard mixture, correct seasoning with salt and red pepper flakes, set aside. To assemble the enchiladas: Pour enough canola oil into a small skillet so it is about a 1/4-inch deep. Over high heat, warm the tortillas one at a time, until they soften, about 5 seconds. Transfer to a paper towel-lined plate to drain. Preheat the oven to 350 degrees F. Pour about a cup of the enchilada sauce into the bottom of a 13 by 9 inch baking dish. Put 2 heaping tablespoons of the chard-potato mixture in the center of each tortilla and roll them up. Place the tortillas, seam side down, on the sauce laying the enchiladas snugly next to one other. Spoon the remaining sauce over the enchiladas and sprinkle with the remaining cheese. Bake until the enchiladas are heated through and the cheese is softened, about 20 minutes. Serve with sour cream on top, if desired. Serves 4 to 6.

CARROT & RICE CASSEROLE Adapted from John Peterson's *Farmer John's Cookbook*

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|---------------------------|--|
| 3 cups veg. stock | 1/2 tsp. ground nutmeg |
| 1 1/2 cup chopped Carrots | 1/4 tsp. cayenne pepper |
| 3/4 cup heavy cream | 1 cup uncooked short-grain white rice |
| 3/4 cup milk | salt and freshly ground black pepper |
| 2 Tbls. butter | 1 cup sliced Scallions, incl. green tops |
| 3 Tbls. flour | 2 Tbls. freshly chopped Parsley |

Preheat oven to 375 degrees F. Lightly coat a 2-quart baking dish with butter. Bring stock to boil in a medium pot, add carrots, reduce heat to simmer. Cook, uncovered until very tender, 10 to 12 minutes. Drain carrots, reserving stock. Allow carrots to cool about 5 minutes before transferring to a food processor or blender. Add cream and process until very smooth. Scald milk in a small pan, do not boil. Melt butter in a medium pot over low heat. Stir in flour, cook for 2 minutes, stirring constantly. Gradually whisk in hot milk, then reserved stock. Add carrot puree, nutmeg, and cayenne to taste. Increase heat, bring mixture to boil, add rice. Cover, reduce heat to low and cook for 12 minutes. Remove pot from heat. Stir in scallions and parsley, pour into baking dish, correct seasoning with salt and pepper. Bake for 15 minutes, or until rice is tender. Serves 6, pair with Chardy Garbanzos from last week's newsletter to make complete protein.

Look for recipes at www.TdWilleyFarms.com. From the home page, select RECIPES. Crops are listed by season (scroll down to "winter") with a drop down menu of recipes.

MORE RECIPE AND STORAGE TIPS..

<http://whfoods.org/foodstoc.php>

Refrigerate everything. Use microperf bags for all leafy items. The Potatoes are physiologically ready to sprout, so refrigerate them unless using within the week; always protect potatoes from light. Remove and discard carrot tops right away. The combination of

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- * Jessup's **ROYAL MANDARINS** \$11/ 5 LB.
- * Nicholas' **NAVEL ORANGES** \$11 / 5 LB.
- * Nolan's **KIWIFRUIT** \$12/3 lb.
- * **BABY ARTICHOKE** \$9/4lb.
- * Jessup's **MARSH RUBY GRAPEFRUIT** \$10 / 6 FRUITS
- * **BRUSSELS SPROUTS** \$12 / 3 LB.
- * **ROOT RIOT** \$10 / 6 lb.
- * **WINTER SAVOY SPINACH** \$10 / 2 lb
- * **YUKON GOLD POTATOES** \$10 / 6 lb.
- * **RED POTATOES** \$10 / 8 lb
- * **LOVELY LEEKS** \$10 / 4 LB.
- * **NANTES TABLE CARROTS** \$10 / 10 LB.
- * **JUICING CARROTS** \$12/25lb.
- * **LETTUCE** \$10 / 6 HEADS
- * **THE SALADMEISTER** \$10
- * Koda Farms' **NEW HARVEST RICE** SPECIFY WHITE OR BROWN (MED. GRAIN) \$10 / 2- 24 OZ. BAGS
- * Full Belly's **SHELLED WALNUTS** \$12/1 LB. OR \$31/3LB.
- * **BRAGA FARMS PISTACHIOS**
In the shell \$15/2 x 8 OZ. BAG
Shelled kernels \$15/2 x 8OZ. BAG
- * Braga Farms Roasted & Salted **ALMONDS** \$15 / 2 x 8 oz. bag
- * **BATES & SCHMITT** World's Best!
APPLE JUICE \$15 / 2-64oz. bottles
\$38 / CASE OF 6 BOTTLES
- * **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 Next week's CSA deliveries!

Collard Greens or Brussels Sprouts with Yukon Gold Potatoes and Red Scallions made me think of a large pot of Colcannon. The name is from the Irish, *cál ceannan*, meaning "white headed cabbage". It can be made with kale or cabbage. Those reared on the version made with kale can never understand how the cabbage version can be considered colcannon, and vice versa. The dish is made from mashed potatoes, any of the cabbage family (kale, collards, cabbage or Brussels Sprouts), butter, salt, and pepper. It may contain other ingredients such as milk, cream, leeks, scallions, chives, garlic, boiled ham or Irish bacon. Colcannon at Hallowe'en used to contain a plain gold ring, a sixpence, a thimble or button: finding the ring meant marriage within the year for the person who found it, the sixpence meant wealth, the thimble spinsterhood and the button bachelorhood. **Swiss Chard** is a cousin to spinach and may be used similarly – in soups, lentil stew, with eggs, rice, as braised greens, and in savory tarts. In ancient times, **Parsley** wreaths were used to ward off drunkenness. Today, this fresh-flavored herb is more commonly added to pasta or steamed vegetables and will lend a fresh taste to any dish. Start your day with sliced **French Breakfast Radishes** on buttered French bread. Keep radish roots in a shallow dish of water or in a plastic sandwich bag in your refrigerator. **Kiwifruit** or Chinese Gooseberries should be kept at room temperature until they yield to gentle pressure and are easy to peel. They're best served in sliced rounds as a final fruit course. These are locally grown in Madera County by our friends at Stellar Packing, CCOF certified since 2003. **Minneola Tangelos** from Steve Taft and Norman Traner, are a cross between the Dancy *tangerine* and a *pummelo*. They look like an orange with a "knob" at the stem end and have the flavor of a tangerine with juiciness of a grapefruit. Taft and Traner's Eco Farms, includes 700 acres, GOCA certified, stretching from the San Joaquin Valley to Temecula, and continues to pack and market for many small citrus growers in the Pauma Valley and San Diego regions.

FARTHER AFIELD

What's wrong with me, I can't throw anything away! My Ford 901 "Hi Crop" tractor is the same age as my wife, built in 1957. A unique machine, rather like a lanky water bug on wheels, belly high off the ground for clearing tall plants and deftly powered by its four cylinders' thirty-five horses, it's just perfect for seeding and light cultivation. But the old Ford's in the hospital at Madera Tractor again, in need of a cylinder head transplant and there's a nagging question of how long we can continue resuscitation efforts. Now, my younger tractors are 1963 and 1965 vintages, belonging to John Deere's classic 4020 series, eighty-horse wonder beasts which were only my dream to own for over a decade spent rassing a three-wheeled, belching hulk of a CASE over the old Fresno and Clovis farms. One spring Saturday in the early '90's, I hit my first jackpot at a fevered, Bakersfield farm equipment auction, nervously shouting out the winning bid on a freshly painted JD 4020. I proudly hauled that prize home atop an inadequate trailer, doing a cautious 25 mph crawl, threading back roads of Kern County's oilfields and the south valley's entire east side. Walt King, master mechanic and former Clovis neighbor, kept that baby running like a Swiss watch and farmer Tom perched, beaming from ear to ear, astride the kelly-green tractor of his desire. We struck out for Madera in '95, chased north by land grabbing school districts and developers, hauling all our buckets of bolts, accompanied by an anxious handful of loyal, long-time employees. After some months, I located another wizard mechanic, Brent Gomes, well schooled on the old iron, who tipped me that retiring Madera cotton farmer Rodney Weis, would let go of a John Deere 4010 on the cheap. Brent cared for the twin John Deeres and my Ford 901 as if they were his own until he was lured away by a hydraulic lift firm coveting his native engineering skills. More frequent hospital admissions of my old, wheeled friends reveal their advanced age and the increasing scarcity of parts to repair them. I quite believe all the iron salesmen in Madera ran a wagering pool, speculating on whether any of them could ever sell Tom Willey a new tractor. Earth shook in 2006 when I sprang forty grand on a Kubota 9000 four-wheel-drive "mudder". But I just can't part with the old ones as my young but competent mechanic, Carlos, faithfully combs tractor graveyards seeking needed parts for his two current patients. I need some kind of therapy. – Tom Willey

MEMBERSHIP CORNER

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

☼ **Do NOT ignore a pink sticker on your box!** ☼ To request a vacation hold or electronic statements, order organic abundance, inquire about or make changes to your account use CSA@TdwilleyFarms.com We confirm ALL e-mails. ☼ **If your name is on the sign-off sheet, A BOX HAS BEEN PREPARED AND DELIVERED FOR YOU.** If your box appears to be missing, please contact the host or the Farm immediately, so that we may help you find your produce. ☼ To receive late breaking offerings for Additional Organic Abundance OR the Weekend Box Preview, contact denesse@TdwilleyFarms.com.