

WHAT'S GROWIN' ON

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

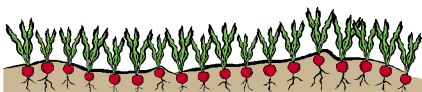
17, 18, 19 March 2009

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

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May there always be work for your hands to do.
 May your purse always hold a coin or two.
 May the sun always shine upon your window pane.
 May a rainbow be certain to follow each rain.
 May the hand of a friend always be near to you and
 May your heart be filled with gladness to cheer you.

TRADITIONAL IRISH BLESSING



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ FRENCH BREAKFAST OR EASTER EGG RADISHES (SB) (FB)
 - ⌘ RED LASODA POTATOES (SB) (FB)
 - ⌘ HEIRLOOM BEETS (SB)(FB)
 - ⌘ NANTES CARROTS (SB) (FB)
 - ⌘ CRIMSON CABBAGE (SB)
 - ⌘ COLLARD GREENS (FB)
 - ⌘ IRISH WHITE CABBAGE (FB)
 - ⌘ LEEKS OF SPRING (FB)
 - ⌘ RED BUTTERHEAD LETTUCE (SB) (FB)
 - ⌘ * Rucker's HONEY TANGERINES(SB)(FB)
 - ⌘ * Villalobos' BLOOD ORANGES (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

- ⌘ *Rucker's HONEY TANGERINES New! \$9/ 3 LB.
- ⌘ *Villalobos' BLOOD ORANGES New! \$10/ 3 LB.

DOWN ON THE FARM

Were planning a farm tour Saturday April 25 so that you may see the first summer vegetable plantings! Under thin floating blankets, the first seedings of crookneck and zucchini squash, our early tomatoes and cucumbers are protected from frosts. We will finish up leeks, and abandon some old patches of spinach this week so that Mr. Willey can prepare ground for the next tomatoes, plus peppers and eggplant. – *dennesse*

FEATURED RECIPES

VEGETARIAN BORSCHT Adapted from Lucy Madden's *The Potato Year*. If you have time, cut the vegetables into lovely matchsticks, otherwise use a box shredder or a food processor.

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|--------------------------------|--------------------------------------|
| 4 small Red Potatoes, scrubbed | 1 cup Carrots |
| 3 1/2 cups vegetable stock | 4 cups shredded Cabbage |
| 3 cups Tomato or V-8 Juice | salt and freshly ground black pepper |
| 1 cup thinly sliced Leeks | 1 Tbls. lemon juice |
| 1 cup Chioggia Beetroot | sour cream |
| 1 cup Golden Beetroot | dusting of paprika |

Bring the stock and juice to a boil, add the vegetables, shredded into julienne strips, together with the seasoning. Cook for about 20 minutes or until veggies are tender. Stir in lemon juice just before serving. Garnish each bowl with a spoonful of sour cream and a dusting of paprika.

BEET & CARROT QUICK SLAW Adapted from foodnetwork.com The borscht will use about half your Beets and Carrots; use the remainder in this salad. I hope you have a bit of parsley from last week.

- | | |
|--------------------------------|--------------------------------------|
| 2 Tbls. Dijon mustard | Cracked black pepper |
| 4 Tbls. apple cider vinegar | 1 cup shredded Chioggia Beets |
| 1 tsp. celery seed | 1 cup shredded Golden Beets |
| 1/2 tsp. each sugar & salt | 1 cup shredded Carrots |
| 2 Tbls. extra-virgin olive oil | 3 Tbls. fresh chopped parsley leaves |

In a small non-reactive bowl whisk together Dijon mustard, vinegar, celery seed, sugar, salt and olive oil. Season with pepper. Place beets, carrots and parsley in large serving bowl, pour dressing over salad, toss to combine. Taste and adjust seasonings.

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. Because they continue to grow, drawing sugar and water from the roots, remove and discard carrot tops right away. Potatoes- Pizarro was the first European to discover Potatoes in the Andes after the Incas had been cultivating them for thousands of years. The Incas made a freeze-dried concoction of their potatoes and were, thus, the first in the new world to process or preserve food. A few decades later Sir Francis Drake brought potatoes home to England where he gave them to Sir Walter Raleigh. Raleigh attempted to woo Queen Elizabeth with this gift from his garden. Her chefs threw out the lumpy looking tubers and served the stems and leaves. As they did not know that potatoes are in the deadly nightshade family, the queen's guests all became deathly ill and Elizabeth remained unmarried for the remainder of her reign. The potato became widely accepted as animal fodder and fit for humans only when everything else was exhausted. In the lean years of the revolutionary war, Abigail Adams penned these patriotic words, "Let us eat potatoes and drink water... rather than submit." We owe the potato's acceptance to a French pharmacist, Antoine-Augustin Parmentier, who championed the potato following a stint as a German prisoner during the Seven Years' War. He was fed almost exclusively on potatoes during his captivity and returned home convinced that the tubers had unplumbed possibilities. To convince the public that potatoes were not only safe, but desirable, he planted a large field and posted sentries to guard the valuable and mysterious crop. Once the potatoes were set and sizing, he sent the sentries home at night. The locals, convinced by this time that there must be something very valuable growing in his field, snuck in to "sample" the goods. Today one cannot graduate from the Cordon Bleu Cooking School until she or he has

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- * Jessup's **MINNEOLA TANGELOS** \$10/ 5 LB.
- * 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.
- * **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!

prepared potatoes 30 different ways! **Beets** are in the Chenopodiaceae or goosefoot family that includes the Chards and leafy spinaches. The Greeks and Romans ate chard, but only used the beetroot medicinally. By Elizabethan times the beet was highly prized as a versatile food. The heirloom Italian candy-striped **Chioggia Beets** (kee-OJ-yah) were brought to the U.S. with Italian immigrants in the 1840's. Burpee's **Golden Beet** was first introduced to gardeners in the 1940s with a sweet, mild flavor and inviting color. These colorful root vegetables contain powerful nutrient compounds that help protect against heart disease, birth defects and certain cancers, especially colon cancer. **Radishes**, together with peas and turnips, are among the world's oldest cultivated crops. Radishes belong to the great mustard family (Cruciferae), which include cabbages, broccoli, and kale. The Egyptian pharaohs claimed the radish as a divine food. Egyptians also considered it an aphrodisiac, a cure for sexual problems. Most folklore has a germ of truth, perhaps the radish provided a critical mineral or vitamin missing from the usual diet, or its spice stimulated a different palette. For about 20 years, we've known that antioxidants disarm free radicals before they can damage DNA, cell membranes and fat-containing molecules such as cholesterol. New research is revealing that phytonutrients in crucifers, such as **Cabbage and Collard Greens** initiate an intricate dance inside our cells to directly balance dozens of detoxification enzyme partners, each performing its own protective role. The natural synergy that results optimizes our body's ability to disarm free radicals and toxins, including potential carcinogens. This may be why cruciferous vegetables appear to lower our risk of cancer more effectively than any other vegetables or fruits. **Honey Tangerines** are from Rucker Homestead in Thermal in the Coachella Valley, which has been organic for over 50 years, but more recently certified by Guaranteed Organic. **Blood Oranges** are a lovely and delicious treat from Pauma Valley, in northern San Diego County where CCOF certified grower Laney Villalobos farms 21 acres of citrus and stone fruits.

FARTHER AFIELD

A great tree fell in the organic forest this January. At a time in which charlatans and marketeers toy with the integrity of organics, it is right to salute persons who devoted entire working lifetimes to furthering Eco-Agriculture. A consummate curmudgeon the late Charlie Walters was one of those persons, deserving of a place in the organic pantheon alongside Sir Albert Howard and Robert Rodale. If you were not among thousands of American farmers who, haunted by disquieting unease with our chemical revolution in agriculture, turned to the pages of *Acres USA* over the last four decades for nature's alternatives, Charlie Walters would be a stranger to you. Born to a western Kansas farm family of Volga German heritage, Walters earned access to a master's degree in economics by serving in WWII and the Korean conflict. During an early career stint editing the National Farmers Organization's *Reporter*, Walters and like-minded cohorts developed "Raw Materials Economics", arguing when products of photosynthesis (agriculture) and a nation's mineral wealth are interjected into the economy by means of price thievery disaster ensues in human communities and across the natural landscape. Rachel Carson's ground breaking *Silent Spring* brought home to Charlie the role farm chemicals were playing in a devaluation and depopulation of the mid-western countryside he so cherished. "I was too poor to buy a newspaper, so I started one", remarked Walters. Launching *Acres USA* in 1970, Charlie commenced a remarkable relationship with Dr. Wm. A. Albrecht of the University of Missouri, an eminent soil scientist who'd been muscled into retirement for resisting his institution's sell out to chemical agriculture. Walters publicized and published Albrecht's keystone theories on soil mineral balance, emphasizing the primacy of calcium, which have since become the foundation of biological fertility management. I was fortunate to attend one of Charlie's spirited, annual *Acres USA* conferences where bearded and bonneted Midwestern Mennonites vastly outnumbered left coast bearded "back-to-the-landers". Walters subsequently championed the work of a whole stable of outstanding agronomists, catalyzed by Albrecht's brilliant insights, across the pages of his uncompromising journal. Charlie battled fuzzy headed economics and the chemistry of toxic synthesis in his perennially acerbic monthly editorials in *Acres*, published many seminal books on eco-agriculture and authored over two dozen of his own defending the primacy of biological science in agriculture. Charles Walter's voice and pen will be sorely missed in the organic community for some time to come. -Tom Willey

MEMBERSHIP CORNER

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

⊗ Please remember to flatten empty boxes and place in the box holder at your pick-up site. Use care to prevent tearing the flaps. WE CANNOT REUSE THE PAPER, please recycle with your newsprint or use as gift-wrap ⊗ 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. ⊗ To receive late breaking offerings for Additional Organic Abundance OR the Weekend Box Preview, contact denesse@TdwilleyFarms.com.