

WHAT'S GROWIN' ON

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

24, 25, 26 March 2009

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

VOL 8 NO. 12

“In India, because it is based on compassion for all species, ecological and organic agriculture is referred to as *ahimsic krishi* or *nonviolent agriculture*.” -Yandana Sriya



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ☞ PARSNIPS (SB) (FB)
 - ☞ YUKON GOLD POTATOES (SB) (FB)
 - ☞ RUBY CHARD (SB)(FB)
 - ☞ NANTES CARROTS (SB) (FB)
 - ☞ BABY ARTICHOKE (SB)
 - ☞ CURLY PARSLEY (FB)
 - ☞ * Couture's ASPARAGUS (FB)
 - ☞ * Foster's RED ONIONS (SB) (FB)
 - ☞ RED LEAF LETTUCE (SB) (FB)
 - ☞ * Shull's CLEMENTINE
 - TANGERINES (SB)(FB)
 - ☞ * Nolan's KIWIFRUIT (SB) (FB)
- SB= SEEDLING BOX, FB= FAMILY BOX
*Certified Organic from Other Farms

FIRST SPRING FARM TOUR
Saturday April 25
One Tour at 10am
Reservations required.



ORGANIC ABUNDANCE
(comes in a separate carton)
FOR NEXT DELIVERY

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ☞ * New! Shull's CLEMENTINE
- TANGERINES \$9/ 3 LB.
- ☞ * New! Couture's ASPARAGUS
- \$14/ 3 LB.
- ☞ New! RED & WHITE Spring
- Onions \$11 / 4 LB.

DOWN ON THE FARM

We are on very tight schedules for transplanting over 100,000 seedlings coming out of Kenny Lucero's greenhouse over the next six weeks. Places where winter crops have grown need to be replanted to summer crops within this time frame. The highly choreographed, rapid transitions of shredding, discing, chiseling, bed forming and mulch-laying are key to the productivity which allows us to employ over 65 people year round on our 75 acres. People, machines and nature in concert feeding you the best! – *denesse*

FEATURED RECIPES

SLOW-COOKED CHARD Adapted from Jack Bishop's *Vegetables Everyday*.

- 1 bunch Swiss Chard, washed
- 3 Tbls. olive oil
- 1 Onion, minced
- 2 cloves garlic, minced
- 1/4 cup veg. stock
- salt and freshly ground black pepper

Remove thick stems and ribs from chard and cut into 1/4-inch dice, set aside. Stack up the leaves, gently roll them up and slice crosswise into 1/2-inch strips, set aside. Heat oil in a large casserole over medium heat. Add onions, cook until translucent, about 5 minutes. Add garlic and cook until fragrant, about 1 minute. Stir in chard stems until well coated with oil. Add stock and seasoning to taste, cover. Reduce heat to medium-low, cook, stirring occasionally, until chard stems start to lose their shape, about 30 minutes. Increase heat and stir in chard leaves, cover and cook over medium heat until leaves are wilted and quite tender, 10 to 12 minutes. Correct seasoning and serve at once. Pairs well with risotto.

MAPLE PARSNIP SOUP From Mary Beth Lind & Cathleen Hockman-Wert's *Simply in Season*

- 2 Tbls. butter
- 3/4 lb. Parsnips, peeled, cored & chopped
- 1 Onion, chopped
- 1 clove garlic, minced
- 4 cups chicken or veg. stock
- 1/8 tsp. ground nutmeg
- 1/2 cup evaporated milk
- 4 Tbls. maple syrup
- 1 Tbls. Dijon mustard
- 1/2 cup shelled pumpkin seeds (pepitas)

Melt butter in a heavy-bottom soup pot until it begins to brown. Add parsnips, onion, and garlic; sauté until onions are translucent but not brown. Add stock and nutmeg, bring to a simmer. Cook until parsnips are soft, 40 minutes. Remove from heat, stir in milk. Puree in batches or use an immersion blender to render soup velvety smooth. Stir in maple syrup, correct seasoning with salt to taste, serve at once. Garnish with pepitas. Serves 4 to 6.

BROWNEED BABY ARTICHOKE Adapted from Jack Bishop's *Vegetable Everyday*

- 1 lemon, halved
- 5 Baby Artichokes
- 2 Tbls. olive oil
- 1/3 cup chicken or veg stock
- 10 to 12 oz. Crimini mushrooms, quartered
- 3 cloves garlic, minced

Squeeze half of lemon into a large bowl of cold water, drop the lemon half into the water. Use the other lemon half to rub over the cut surfaces as you prepare the artichokes. With each artichoke, bend back and snap off several layers of leaves, until you reach the blanched portion, and the artichoke has the appearance of a flower bud. Cut off 1/2-inch from the top of the bud. Peel the stem, but leave attached; cut entire artichoke in half, lengthwise and drop into lemony water. Repeat until all the chokes are prepped. Heat oil in a large sauté pan over medium heat. Drain artichokes and pat dry. Place halves, cut side down, in the pan. Cook about 2 minutes, add stock and cover pan loosely. Simmer until all the liquid has evaporated and you hear the chokes sizzling in the oil, about 5 min. Remove cover and lightly brown the chokes, about 1 to 2 minutes. Add mushrooms, garlic, salt and freshly ground black pepper to taste. Cook, stirring occasionally, until mushrooms are nicely browned and artichokes are completely tender, 8 to 10 minutes. Serves 4.

ROASTED ASPARAGUS From Mary Beth Lind & Cathleen Hockman-Wert's *Simply in Season*

- 1 bunch Asparagus
- olive oil
- 3 to 4 cloves garlic, minced
- salt & freshly ground black pepper

Preheat oven to 400 degrees F. Use a vegetable peeler to peel the tougher portion at the base of the spears; lay them in a single layer on a baking sheet. Sprinkle with garlic, then drizzle with oil. Bake in a hot oven, shaking or turning every few minutes until asparagus looks a bit wrinkled and brown in some spots, 6 to 10 minutes. Season to taste with salt and pepper. If desired, serve with a drizzle of balsamic vinegar or lemon juice. Serves 2 to 4.

Look for more Chard or Parsnip recipes at www.TdWilleyFarms.com. From the home page, select RECIPES. Crops are listed by season with a drop down menu of recipes.

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- * Villalobos' **BLOOD ORANGES**
New! \$10/ 3 LB.
- * Jessup's **MINNEOLA TANGELOS** \$10/ 5 LB.
- * Nolan's **KIWIFRUIT** \$12/3 lb.
- * **BABY ARTICHOKEs** \$9/4lb.
- * Jessup's **MARSH RUBY GRAPEFRUIT** \$10 /6 FRUITS
- New! **SPRING RADISHES**
\$8.50/6 bunches
- RUTABAGAS** \$9 /5 lb.
- PARSNIPS** \$9 /5 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
- * **SCIABICA's OLIVE OIL**
\$15/ 12.7 oz. : \$23/ 25.4 oz.
\$35 / 1/2 GALLON (64 oz)
\$60 / 1 GALLON, While they last!
- * **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!

MORE RECIPE AND STORAGE TIPS..

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

Refrigerate everything except Kiwifruit. Use microperf bags for all leafy items. 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. Parsnip is a root resembling a cream colored carrot, with a sweet, nutty flavor. A good source of vitamin C and fiber, they make a healthy addition to soups and stews. Too fibrous to eat raw, peel parsnips with a vegetable peeler, the larger specimens may have a woody core that should be removed before cooking. Be careful not to overcook them, their flavor is sweetest when just fork tender. Phil Foster grew the spicy **Red Onions** on his CCOF certified ranch in Hollister. **Clementines** are essentially seedless tangerines, originally an accidental hybrid discovered, in the early 1900s by Father Clément Rodier in the garden of his orphanage in Misserghin, Algeria. These delicious fruits were grown by Ken and Katie Shull, QAI certified in Rancho Santa Fe. Native to China, the **Kiwifruit** was known as the Chinese Gooseberry until the 1950s when it was renamed by New Zealand exporters to improve marketing. This latter name comes from the kiwi — a flightless bird and New Zealand's national symbol, and also a colloquial name for the New Zealand people. Grown by the Nolan Family in Marysville, CCOF certified for 17 years, they believe that their proximity to the Yuba River helps to produce exceptional fruit. Keep at room temperature until fruits yield to gentle pressure and are easily knife-peeled. **Artichokes** (*Cynara scolymus*) are the immature flower buds of the thistle plant. Italian immigrants who settled in the early 1900s near Half Moon Bay in California introduced artichokes to American retailers. Italians have been practicing artichoke cultivation for at least two thousand years. We grow a renowned **Baby Artichoke** called Imperial Star, a tender and flavorful thornless annual with edible small hearts. **Asparagus** are locally grown in Huron by Steve Coutré whose daughter shares senior status with our son, Mike at San Joaquin Memorial. Last year Steve became certified organic by CCOF.

FARTHER AFIELD

Denese yet brags on her late Aunt Clarissa who could fetch a clucking member of her western Illinois barnyard flock and transform it into a platter of fried chicken for hungry farmhands at midday table within the hour. Humans began an immensely successful intimacy with a South East Asian Junglefowl (*G. Sonneratii*) some ten millennia ago, probably somewhere in Vietnam. This wild bird's gregarious domesticated descendants now obtain a worldwide population of some 24 billion, eclipsing their human sponsor's by a staggering four to one. There is credible evolutionary evidence to suggest *Homo sapiens'* access to eggs from this avian species and waterfowl provided one of the singular foods that supply several unique brain fatty acids responsible for modern human's exceptional intelligence. Indeed, until approximately fifty years ago, prior to the existence of a concentrated poultry "industry", in this country, small-holding family farms raised chickens almost exclusively for eggs. Meat birds were merely a by-product of this art; "spring chicken" being young, useless males and "stewers", hens past their prime as efficient layers. Thus, the former traditional luxury of Sunday chicken dinners before today's ubiquitous Cornish Cross were bred to power out big-breasted broiler carcasses over an astonishingly brief six weeks of confinement on cheap industrial grain. "Egg money" was an important seasonal source of cash for farm families who customarily sold eggs to any grocer in town at familiar posted prices. Before the 1922 discovery of Vitamin-D and its subsequent synthesis, it was all but impossible to keep chickens thriving and productive through sunless winters, emphasizing the seasonality of poultry products. As a youth, I remember gazing in astonishment, through a knothole in my Aunt Jo's suburban backyard fence, on her Italian neighbors as they routinely dispatched live birds for Sunday feasts. I've since deliberately involved myself in this not altogether pleasant chore and advocate this exercise of responsibility for anyone who savors roast chicken. There's a resurgent "urban hen movement" afoot, aiming to rekindle townsfolk's intimacy with our feathered long time friends. Flock tending might be quite illegal in your neighborhood but if you eschew noisy, unnecessary roosters your hen party will likely go unnoticed and you'll enjoy guerrilla chicken ranching all the more for the stealth of it. Hens on nature's diet of fresh grass and insects in addition to seeds (grain) produce eggs of superior flavor and nutrient content as is well demonstrated by our CSA's old-fashioned egg suppliers, Brian and Christina Bylsma. —Tom Willey For more info: www.wikihow.com/Keep-Chickens-in-a-City

MEMBERSHIP CORNER

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

⊗ **Billing Statements for April and the Second quarter have been mailed, payments must be RECEIVED by April 5th.** ⊗ For your convenience, we accept Visa, Mastercard and Discover. ⊗ To request a vacation hold or electronic statements, order organic abundance, inquire about or make changes to your account OR MAKE A FARM TOUR RESERVATION-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.