

WHAT'S GROWIN' ON

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

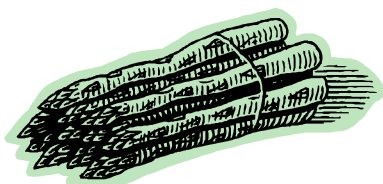
31 Mar. & 1, 2 April 2009

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

VOL 8 NO. 13

The pasture, bleached and cold two weeks ago,
Begins to grow in the spring light and rain;
The new grass trembles in the wind's flow.
The flock, barn-weary, comes to it again,
New to the lambs, a place their mothers know,
Welcoming, bright, and savory in its green,
So fully does the time recover it.
Nibbles of pleasure go all over it.

-Wendell Berry



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ☞ * Couture's ASPARAGUS (SB) (FB)
 - ☞ SWISS CHARD (SB)(FB)
 - ☞ NANTES CARROTS (SB) (FB)
 - ☞ RED OAKLEAF LETTUCE (SB) (FB)
 - ☞ RED LA SODA POTATOES (SB) (FB)
 - ☞ ARUGULA (FB)
 - ☞ CURLY PARSLEY (SB)
 - ☞ GEORGIA BOY SPRING ONIONS (FB)
 - ☞ COLLARD GREENS (FB)
 - ☞ * Shull's CLEMENTINE
TANGERINES (SB)(FB)
 - ☞ * Beck's BLOOD ORANGES (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!* SUGAR SNAP PEAS
\$11 / 3 LB.
- ☞ * Couture's ASPARAGUS
\$14 / 3 LB.
- ☞ * Shull's CLEMENTINE
TANGERINES **\$9/ 3 LB.**

DOWN ON THE FARM

A member of the Lily family, asparagus is found growing all over the Mediterranean in sandy places, dry meadows, on volcanic hillsides, in woods, along riverbanks and on limestone cliffs. Cultivated asparagus is a perennial grown from a large root "crown", transplanted from nursery plot to field, planted deep within the soil. It takes three full years for the plant to establish a strong root system and begin to produce the shoots we eat. Asparagus is one of our very first messengers of spring, the season lasting about six weeks. High in folic acid and a good source of potassium, fiber, Thiamin, and Vitamins B6, A, and C, asparagus contains no fat, no cholesterol, and is low in sodium. Peel tough parts of the edible stem base, removing the fibrous outer layer. If *roasted or grilled*, soak asparagus in cold water while oven or grill is preheating. Pat dry and brush with olive oil and season with salt. If *boiled*, use a large skillet where spears will fit in a single layer, add an inch of water and bring water to a rapid boil. Drop in asparagus, adding the thickest stalks first, wait a minute then add the rest. Cooking time is 3-5 minutes. — *denesse*

FEATURED RECIPES

SPRING CELEBRATION SOUP Adapted from *Simply in Season* by Mary Beth Lind & Cathleen Hockman-Wert

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|---|--------------------------------|
| 1 Tbls. olive oil | 2 cups chicken or veg. stock |
| 2 cloves garlic, minced | 2 Tbls. lemon juice |
| 1/3 cup sliced Spring Onion, (optional) | 1/4 tsp. salt |
| 1 Chard Stalk, finely minced | 1 Chard leaf, coarsely chopped |
| 1/2 bunch Carrots, thinly sliced | 1/8 tsp. ground white pepper |
| 1/2 bunch of Asparagus, chopped | 2 Tbls. chopped fresh Parsley |

Heat olive oil in a soup pot and sauté garlic until golden, about 1 minute. Add onions, if using, carrots and chard stems. Saute about 5 minutes. Add stock, lemon juice, salt and white pepper, bring to a boil. Stir in chard leaves and asparagus. Cook gently until asparagus is just barely tender. Stir in parsley and serve at once. Serves 2 to 4. May garnish with grated Parmesan.

DOUBLE SWISS ROLLS Adapted from foodnetwork.com

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|-----------------------------|--------------------------------------|
| 2 Tbls. olive oil | 4 sheets phyllo dough |
| 1/2 cup sliced spring Onion | 2 Tbls. butter, melted |
| 1 Tbls. chopped garlic | 8 oz. Swiss cheese, coarsely grated |
| 1 bunch Swiss Chard, | Salt and freshly ground black pepper |

Preheat the oven to 375 degrees F. Wash chard, strip leaves from stem. Dice chard stems. Stack the leaves, roll them together and cut into ribbons. Place a large saucepan over medium heat. Coat the bottom of the pan with olive oil; add chard stems, onions and garlic. Cook until lightly browned, 5 to 7 minutes. Add the chard leaves, season with salt and pepper. Turn with tongs until the chard is wilted and tender, 2 to 3 minutes. Place the cooked chard in a strainer and cool in the refrigerator until chilled. Squeeze any excess moisture from the chard before continuing. Lay out 1 sheet of phyllo dough lengthwise left to right and brush lightly with butter then season with salt and pepper. Place another sheet of phyllo on top and repeat this until there are 4 layers. Evenly cover the phyllo with Swiss cheese, leaving 1 inch uncovered at the top and bottom of the sheet. Spread cooled chard across the bottom of the phyllo sheet like you were making a burrito. Carefully pull the phyllo dough up and over the chard, encasing it like a sausage. Fold the ends of the log inward to seal and roll up the remaining dough. Brush the top with butter so it won't dry out. Place the log on a sheet tray and bake for 15 to 20 minutes until golden and crispy. Allow to rest for 5 minutes and then slice using a serrated knife into 2-inch pieces. Serve hot or at room temperature the next day.

ASPARAGUS FRITTATA Adapted from Jack Bishop's *Vegetables Everyday*. Best if made with leftovers.

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|--------------------------------|------------------------------------|
| 1/2 bunch Asparagus | 1 Tbls. fresh Parsley, minced |
| 3 small Red Potatoes | Salt & freshly ground black pepper |
| 6 large eggs | 2 Tbls. olive oil |
| 1/2 cup grated Parmesan cheese | 1/2 cup thinly sliced Spring Onion |

If not using leftover asparagus or potatoes, parboil asparagus in a large amount of boiling salted water and microwave potatoes for 4 or 5 minutes until tender. Drain asparagus, peel and chop potatoes. Beat together eggs, cheese, parsley, and salt and pepper to taste in a medium bowl. Adjust oven rack to the top position and preheat broiler. Heat oil in a 10-inch nonstick skillet with an ovenproof handle. Swirl hot oil to coat pan evenly. Add onions and sauté over medium heat until softened, about 2 min. Add cooked asparagus and potatoes, heat through. Reduce heat to

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✦ *New!* **RED & WHITE Spring Onions \$11 / 4 LB.**
- ✦ *EITHER Villalobos' or Beck's **BLOOD ORANGES \$10/ 3 LB.**
- ✦ *Jessup's **MINNEOLA TANGELOS \$10/ 5 LB.**
- ✦ *Nolan's **KIWIFRUIT \$12/3 lb.**
- ✦ **BABY ARTICHOKE \$9/4lb.**
- ✦ * Jessup's **MARSH RUBY GRAPEFRUIT \$10 /6 FRUITS**
- ✦ **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!

medium-low, pour in egg mixture, stirring to incorporate veggies. Cook until frittata is set on the bottom and still loose on top, about 8 minutes. Place pan directly under broiler and cook just until the top is golden brown and set, 1 to 2 minutes. Slide a spatula around the edges of the pan to loosen, then, slide the frittata onto a large platter, cut into wedges and serve. Can also be served at room temperature. Serves 2 to 4.

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

MORE RECIPE AND STORAGE TIPS...

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

Refrigerate everything. Use microperforated bags for all leafy items and asparagus. Potatoes are physiologically ready to sprout, so refrigerate them unless using within the week; always protect potatoes from light. Immediately remove and discard carrot tops. Asparagus is locally grown in Huron by Steve & Christina Couture who will be Tom's guests on Friday's "Down on the Farm with Tom Willey" at 5 pm, heard on KFCF, 88.1 on your FM dial. Last year Steve became certified organic by CCOF. If you're starting to accumulate a number of Carrots, make a batch of Healthy Carrot Muffins; add carrots sliced into salads, cubed in roasting dishes, or grated into muffin, pancake or waffle batter. The Clementine is a hybrid of tangerine and the Seville or bitter orange developed by a French missionary in 1902 Algeria. The result of this lucky crossing was a seedless mandarin with a looser skin, making it easier to peel. These delicious fruits were grown by Ken and Katie Shull, QAI certified in Rancho Santa Fe. It is traditional to prepare Collard Greens by slowcooking them with a hambone and using cornbread to soak up the collard "likker". Try using grilled Portobello mushrooms instead of the hambone and quickly braising the greens in a bit of diluted V-8 type vegetable juice. Pair Arugula, Blood Oranges and Spring Onions in pungent salad. Use Arugula on a sandwich instead of lettuce or as a delightful seasoning in Pasta or Potato Salad. Blood Oranges hail from Bob and Helene Becks' CCOF certified 30 acres in Fallbrook.

FARTHER AFIELD

Alice Waters, doyenne of "California Cuisine" and the local foods movement has been laboring mightily since the days of a burger-craving Clinton administration to inspire an eating epiphany in the White House. Her efforts and those of many persistent food activists may have just struck pay dirt with the current occupants. First lady, Michelle Obama and a gang of grade school gardeners just broke ground on a brand spankin' new vegetable farm at 1600 Pennsylvania Ave. the likes of which haven't been seen since Eleanor Roosevelt's 1943 victory garden. Just what kind of victory does this born again vegetable plot portend? First family husband, Barak, has purportedly read Michael Pollan's "Open Letter to the Next Farmer in Chief" in its entirety through eyes of a father raising young children. The President has designated "Food Democracy Now" candidate, Kathleen Merrigan, as Deputy Secretary of Agriculture, arguably a more powerful position than Secretary on a day-to-day basis. Merrigan, most recently Director of the Agriculture, Food and Environment Center at Tufts University, is credited with drafting the Organic Foods Production Act of 1990 for Senator Patrick Leahy (D-VT). Secretary Vilsack, characterized by some as a shill for Monsanto's biotech interests, has just "broken pavement" for his own "Peoples Garden" at Department of Agriculture headquarters. What significance these symbolic measures augur for the evolution of our nation's food and agricultural policy is a subject of vigorous debate. Veteran Senator, Tom Harkin, friend of eco-agriculture and chair of the Senate Agriculture Committee warns that farm policy "does not take sharp turns" but bends only slowly to persistent pressure. The last time revolutionary change visited American farm policy was under legendary Secretary Henry Wallace when Eleanor Roosevelt tended vegetables at the White House. Should many of you attempt keeping up with the Obamas, joining a backyard farming craze some claim is about to sweep the nation, Tom's livelihood may be in jeopardy. We truck farmers are onto you and mimicking our AIG brethren, have stealthily inserted golden parachute provisions into some trillion-dollar appropriation bill on the hill. I just can't remember which damn trillion it was. -Tom Willey

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

☼ *Our desire is to deliver only quality, delicious produce. If you are disappointed, so are we. Please let us know promptly if any item does not meet this standard.* ☼ 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.