

WHAT'S GROWIN' ON

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

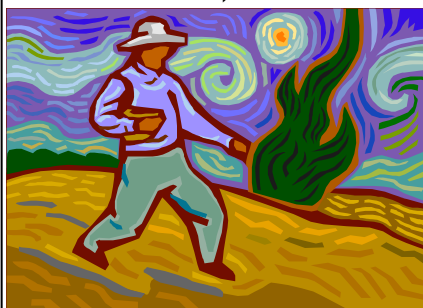
7, 8, 9 April 2009

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

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“Yahweh, what variety you have created arranging everything so wisely: Earth is completely full of things you have made.”

-Psalms 104:24, Jerusalem Bible



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ SUGAR SNAP PEAS (SB) (FB)
 - ⌘ NANTES CARROTS (SB) (FB)
 - ⌘ RED BUTTERHEAD LETTUCE (SB) (FB)
 - ⌘ YUKON GOLD POTATOES (SB) (FB)
 - ⌘ ARUGULA (SB) (FB)
 - ⌘ FRENCH BREAKFAST RADISHES (SB)(FB)
 - ⌘ RED SPRING ONIONS (SB) (FB)
 - ⌘ HEIRLOOM BEETS (FB)
 - ⌘ * France's MURCOTT TANGERINES (SB)(FB)
 - ⌘ * Nolan's KIWI FRUIT (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.
- ⌘ *New!* * France's MURCOTT
TANGERINES \$9.50/ 3 LB.

DOWN ON THE FARM

Nesting birds chatter newfound love in our front yard's arboreal "inn". Upright onions reach for sunlight to thicken and strengthen their tubular leaves. In the potato field, a string of unfurling leaves emerges from the dark crusty soil. White blossoms blanket rows of staked Snap Peas and low beds of strawberries. Under protective blankets, our first tomatoes, squash and cucumbers cast lengthening shadows. The last of our winter spinach has given way to new rows soon to be planted to basil, peppers, and more tomatoes. All this promise of spring requires water. With our new well yet unfinished, the backup well yields a stream diminishing each day. Our neighbor agreed to sell us some of his water, and logistics of moving that precious liquid a thousand feet and across the road has preoccupied Mr. Willey and distracted the well drillers for the better part of a fortnight! – *denesse*

FEATURED RECIPE

CRUNCHY NOODLE SALAD Adapted from foodnetwork.com

- | | |
|--|--------------------------------------|
| 1- 9 oz. package Fresh Asian thin-cut Noodles | 1 tsp. grated fresh ginger |
| 10 to 12 oz. Sugar Snap Peas, strung | 2 Tbls. sesame seeds, toasted |
| 1/3 cup vegetable oil | 1/4 cup smooth peanut butter |
| 2 Tbls. rice vinegar | 1/2 tsp. salt |
| 3 Tbls. soy sauce | 1/2 tsp. freshly ground black pepper |
| 4 tsp. dark sesame oil | 1/2 cup thinly sliced Spring Onion |
| 2 tsp. honey | 1 Tbls. sesame seeds, toasted |
| 1 garlic clove, minced | 1/2 cup sliced Radishes |
| up to 2 cups of shredded Beets, cabbage or Carrots | |

Bring a large pot of salted water to a full rolling boil, and prepare an ice water bath. Add noodles and snap peas to boiling water, cook 3 minutes. Drain and immerse them in ice water bath. Stir to cool completely, allow to drain while you prepare dressing. You may use a bowl and whisk, but a food processor makes mixing easier. Combine vegetable oil, rice vinegar, soy sauce, sesame oil, honey, garlic, ginger, 1 tablespoon sesame seeds, peanut butter, salt, to taste, and the pepper. Combine the noodles, sugar snap peas, and other vegetables in a large bowl. Pour the dressing over the noodle mixture. Add the Spring Onions and remaining sesame seeds, mix again. Serves 4 main course, 6 side dishes.

Look for Beet 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 except Kiwifruit. Grown by the Nolan Family in Marysville, CCOF certified for 17 years. Keep at room temperature until fruits yield to gentle pressure and are easily knife-peeled. **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. Immediately remove and discard carrot tops. Remove tops from radishes, use in a stir-fry or when making stock.** The French call the **Sugar Snap Peas** (*Pisum sativum*) "mange tout", as both pod and pea are sweet, crunchy and deliciously edible. Sugar Snap Peas are a hybrid cross of the English garden pea and the Asian snow pea. Traces of pea varieties have been found dating back to 5000 BC, with snow peas being a newer type developed in China a few thousand years ago. We have been growing Sugar Snap Peas since the early 1980's because, as our daughter once said, they "make mouths happy". The season for sugar snaps is short and highly dependent on mild springtime weather. All peas are excellent sources of Vitamin C (if eaten raw), fiber and potassium. The Sugar Snaps have two tough strings that run the length of the pod. Snap the calyx end and pull down, the strings will follow. Mr. Willey thinks that it is criminal to ever cook snap peas. They are delicious as a snack food or in salads. If cooked, add at the last minute to your dish or stir-fry; their cooking time is 2 to 3 minutes. Only wash peas immediately before using. **Spring Onions** are pulled immature, with their tender green tops attached. Our beloved Italian Red Sweet onion sports a spicy burgundy bulb and mild greens. Quite zesty if used raw, it does mellow when sautéed, the greens are excellent raw on sandwiches and in salads. Merveille des Quatre Saisons Butterhead **Lettuce** is an heirloom variety that, as its name implies, we can grow almost year

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.**
- ✧ *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**
- ✧ **T&D WILLEY FARMS CANVAS SHOPPING BAG - 100% ORGANIC & USA MADE \$15**
- ✧ *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!

round. **Arugula** (*Eruca sativa*), also called *rocket*, *roquette*, *rocket salad*, and *rucola* is an aromatic green with a peppery flavor often used in salads. Mr. Willey prefers it on a sandwich in place of lettuce. Try it minced, as a seasoning, in potato or pasta salads. Like all greens, arugula is grown in soil and may contain some when it gets to your home; thoroughly wash just before using. Completely immerse leaves in cold water and allow the dirt to settle to the bottom of a deep basin. Drain on kitchen towels or in a salad spinner. In Roman times arugula was grown for both its leaves and the seed, which was used for flavoring oils. Part of a typical Roman meal was to offer a salad of greens, frequently arugula, romaine, chicory, mallow and lavender, seasoned with a "cheese sauce for lettuce" which we presume to be the precursor of our modern day Cesar dressing. In not so ancient history, this "weed" was the first edible green to spring up after the German bombing of English cities during WW II. Thus you will often hear this tender tasty green called "London Rocket". **Radishes** (*Raphanus sativus*) are native to China. In Greece, radishes were so highly valued that images of them were made of gold. Radishes love the cool weather and grow from seeding to harvest in about 20-30 days and provide a good source of vitamin C. The market garden heirloom **French Breakfast Radish** shows off a beautiful bright scarlet oblong body graduating to a white tip. Sliced on buttered bread, Parisians are known to prefer these to any other breakfast fare. A unique addition grated or sliced in salads, soups and stir-fries. Use them to brighten an antipasto tray, or munch them as you put away your box contents each week. Once only grown in South America, Florida and Mexico, John France raised these **Murcotts** in nearby Porterville, where his ranch is C.C.O.F certified. Another tangerine-orange cross, the Murcott is a small fruit with a lovely aroma, some seeds, rosy flesh with honey sweet juice.

FARTHER AFIELD

Friend and author, Mark Arax in his soon to be published (4/15/09) *West of the West*, a book featuring deeply human stories characterizing our Golden State, narrates in one, his own vacationer's tale of encounter with the semi-shadowed agricultural economy overwhelming California's far north coast. Today's bizarre "herbscape" barely existed during a late 1960's summer when a buddy and I bummed around the then, fishing and lumber dominated Emerald Triangle region, stumbling onto some early and more conventional farm experiences. Mark's "Highlands of Humboldt" describes the remote landscape now crawling with a small army of half-legitimate cannabis cultivators, farming a legal gray zone between California's tolerance and federal prohibition. Arcata's neighborhoods are peppered, visually similar to the foreclosure eyesores in ours, with shell homes, identified by telltale "whirling dervish" electric meters, functioning as grow houses for the forty-nine permitted "medicinal" marijuana plants which yield an enterprising herbalist up to a quarter-million dollar gross income but little social respectability. Closer to home, Mark's "The Summer of the Death of Hilario Guzman", chronicles one Oaxacan family's fatal travails amidst Fresno County's bountiful vineyards to which they'd illegally sojourned, gambling escape from a straight jacket of poverty and oppression in their southern Mexico homeland. Rarely are we allowed such a nuanced glimpse into an often-desperate world of these Native American refugees living with and amongst us. Arax, likened to Saroyan or Didion by Publisher's Weekly, deftly exposes people's stories like contents of a tin, as if wielding a Boy Scout's blade, spilling all the beans. Down the road apiece at Organic Pastures Dairy, west of Fresno, "The Great Microbe Hunt" recounts raw milk apostle Mark McAfee's knife's edge dance between producing the best that live, pastured milk has to offer our immuno-deficient public and its nightmare worst, if serious mistakes are made. The McAfee clan owns a rich history tilting at conventional windmills, eagerly explored by Arax. More tangentially agricultural is Mark's stunning "The Agent" detailing the strange and ultimately ill-fated odyssey of one Lodi immigrant, erstwhile fruit packer, Hamid Hayat, ensnared in a web of post 9/11 security hysteria spun by a duplicitous fellow Pakistani émigré FBI provocateur. Arax uncannily inhabits the skin of his subjects like few authors I've read. Go, grab a copy of *West of the West*, but be forewarned, it will grab you back. —Tom Willey

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

☼ **A BIG THANK YOU to all who have paid on time!** ☼ The paper that lines your boxes may be recycled with your newspapers. We cannot reuse this paper once it has left the farm. Some creative people save the paper and turn it into gift-wrap with lovely homemade printing. **Do not leave paper or un-flattened boxes at the pick up location.** ☼ To receive late breaking offerings for Additional Organic Abundance *OR* the Weekend Box Preview, contact denesse@TdWilleyFarms.com. ☼ 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.**