

# WHAT'S GROWIN' ON

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

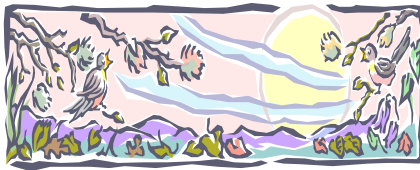
14, 15, 16 April 2009

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

VOL 8 NO. 15

*Thine azure sister of the  
spring shall blow  
Her clarion o'er the  
dreaming earth, and fill  
(Driving sweet buds like  
flocks to feed in air)  
With living hues and  
odours plain and hill:*

*Percy B. Shelley (1792-1822)*



## 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)
- ⌘ RUTABAGAS (SB) (FB)
- ⌘ GEORGIA BOY SPRING ONIONS (SB)(FB)
- ⌘ SWISS CHARD (SB) (FB)
- ⌘ \*Ojai PIXIE 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!* STRAWBERRIES  
\$15/ 4- 1 PT. CLAMSHELLS
- ✧ *New!* SUGAR SNAP PEAS  
\$11/ 3 LB.
- ✧ \* Couture's ASPARAGUS  
\$14 / 3 LB.
- ✧ \* Shull's Seedless CLEMENTINE  
TANGERINES \$9/ 3 LB.
- ✧ *New!* \* Ojai's PIXIE  
TANGERINES \$10/ 3 LB.

## DOWN ON THE FARM

This week Mr. Willey is managing the well drilling, transplanting, compost spreading and seeding from the lovely Blue Ridge Mountains of North Carolina where our son Mike is visiting one the colleges to which he was accepted for next fall. On their way home they plan to drop in on Joel Salatin's Polyface Farm in Virginia. I look forward to hearing about their adventures when they return. - *denesse*

## FEATURED RECIPES

### SPRING PASTA SALAD WITH WALNUTS & FETA CHEESE

- |  |                                      |
|--|--------------------------------------|
| 1/2 cup Chard stalks, sliced                 | 1/2 cup Spring Onions, thinly sliced |
| 1/2 cup Carrots, cut into match-sticks       | 2 Tbls. walnut oil                   |
| 1 cup Sugar Snap Peas                        | 2 Tbls. red wine vinegar             |
| 1/2 pound whole-wheat fusilli or penne pasta | 1 clove of garlic, minced            |
| 1/2 cup walnuts                              | 1/2 tsp. Dijon mustard               |
| 1/2 cup crumbled feta cheese                 | Salt and freshly ground black pepper |

Prepare an ice bath for the vegetables. Bring a large pot of salted water to boil. Add carrots and chard stalks, parboil for 2 minutes, remove with a spider strainer and immerse in ice bath. Return water to boil, blanch snap peas for a half-minute or until bright green; remove and shock in ice bath. Drain vegetables on kitchen towel. Cook the pasta according to the directions on the package. Drain the pasta, rinse it under cold water, and put it in the refrigerator to chill. In a dry sauté pan toast the walnuts over a medium-high flame until they are fragrant, about 2 minutes. Set the walnuts aside to cool then chop them coarsely. In a large bowl, toss together the chilled pasta, walnuts, feta cheese, onion, and vegetables. In a small bowl whisk the oil, vinegar, garlic and mustard. Pour the dressing over the pasta salad and toss to combine. Season with salt and pepper. Serves 4.

### SWISS CHARD FRITTATA This is my "go to" recipe for Chard

- |   |                                       |
|---|---------------------------------------|
| 1 bunch Swiss chard, strip leaves from center stalk | 8 eggs                                |
| 3 Tbs. butter                                       | 1/4 cup milk                          |
| 1 Spring Onion, or leek (in season)                 | 1/4 tsp. cayenne pepper               |
| 4 to 8 oz. mushrooms, sliced (optional)             | 1-cup Swiss or Gruyere cheese, grated |

Preheat broiler. Finely mince chard stalks and coarsely chop leaves. Melt butter in a large heavy ovenproof skillet over medium high heat. Sweat chard stalks along with as much or as little chopped onion/leek as you like, about 3 min., add mushrooms, cook until they render their liquid. Stir in chard leaves, turning to wilt greens evenly. Cook until most of the liquid has been absorbed, up to 8 minutes. Beat eggs together with milk and cayenne pepper. Pour over vegetables, tilting pan to distribute evenly. Reduce heat, cook until top is slightly runny and bottom is set, about 10 min. Sprinkle on cheese and place under broiler about 2 min. until top is set and cheese is golden brown. Can be served at once or at room temperature.

### CARROTS AND RUTABAGA MASH My "go to" recipe for Rutabagas; courtesy Robert Irvine

- |                                     |  |
|-------------------------------------|--|
| 1 pound peeled and chopped Carrots  | 1 tsp. Salt                                  |
| 1 pound peeled and chopped Rutabaga | 1 tsp. freshly ground black pepper           |
| 1/2 stick, 4 Tbls. butter           | 2 Tbls. freshly chopped parsley, for garnish |

Boil carrots and rutabaga together until just soft. Drain and add butter. Smash together using either a hand held potato masher, it shouldn't be too smooth. Season with at least as much pepper as salt. Transfer to a serving dish and garnish with fresh parsley. Serves 4.

**Look for Chard and Potato Enchiladas and other recipes at [www.TdWilleyFarms.com](http://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 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. Store vegetables separately from fruits.** The creamy white bulbs of immature Georgia Boy Spring Onions are pleasantly mild, with their tender green tops attached. These Granex-type onions are similar to Vidalia sweet onions. Use spring onion bulbs and tops in almost any recipe calling for onions. **Sugar Snap Peas** are the *mangetout* pea that revolutionized vegetable gardening in the 1970s. Snap the calyx end of the pea and pull down, the strings will follow; now both pod and pea are ready to eat. The seedless

## MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✦ *New!* **RED & WHITE Spring Onions \$11 / 4 LB.**
- ✦ \*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**
- ✦ **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](mailto: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!**

**Pixie Tangerines** have extraordinary flavor and are easiest to eat when cut into wedges, though asking a small child to peel one is a nice diversion. Developed at U.C. Riverside in 1927, the Pixie has been venerated by Slow Food USA, included in its "Ark of Taste"; meaning that the Pixie provides a unique, pleasurable gastronomic experience, while being produced by small farmers, the variety is at risk of extinction, can be produced sustainably, and is culturally and historically tied to a local community. These Pixies are from Ojai Pixie Tangerine Growers, a group of nearly 40 family-scale tangerine farmers with a total of about 25,000 tangerine trees in southern California's beautiful Ojai Valley. These particular fruits are from Jim Churchill, CCOF certified, you can read about his love of orcharding at [www.tangerineman.com](http://www.tangerineman.com). **Yukon Gold Potatoes** have been stored long enough to make delicious fried potatoes. Using a skilled hand or a mandolin, thinly slice potatoes, lightly salt and allow to drain in a colander for about a half hour. In a large heavy skillet, heat a thin layer of oil until almost smoking; spread the sliced spuds evenly over the hot surface. Cook until tender on the top and crisp on the bottom, turn once and season the cooked side. Remove from pan when the second side is to your liking. **Moro Blood Oranges** are from Helene and Robert Beck's biodynamic grove; employing the best biological practices, such as composting, cover cropping and crop rotation. Biodynamics also includes incorporation of the "whole farm organism", daily integration of planetary and cosmic rhythms, applications of homeopathic field sprays, and the use of herbal compost preparations. The Becks farm in Southern California's Fallbrook and are certified organic by CCOF.

## FARTHER AFIELD

T & D Willey Farms will sponsor the local premiere of an Academy Award nominated film "The Garden" this Saturday, April 18<sup>th</sup>, 1:00 PM as part of Fresno Filmworks' fifth annual Fresno Film Festival at the Tower Theatre. Best Documentary Feature nominee, "The Garden", produced and directed by Scott Hamilton Kennedy, chronicles the struggle of a close-knit group of inner-city *campesinos* to defend this nation's largest urban farm in South Central Los Angeles. I grew up, just east, at San Gabriel Mission, fifty-some years ago in the waning days of Los Angeles County's preeminence as an agricultural powerhouse. My mom and dad motored a few miles into the countryside each Saturday, purchasing the week's eggs at Sweeny's family chicken farm; no more. Legions of Latin American-born former agrarians have been drawn into Los Angeles' asphalt jungle seeking improvement in economic circumstance. Many of these folks mourn a loss of connection to "tierra", a home place soil that sustains body and comforts spirit. Fortuitous circumstances converged in 1994 when a planned waste-to-energy incinerator was scuttled by community opposition, to deliver 14 acres of land in development-limbo into the eager hands of 350 neighborhood families, creating South Central Farm. The urban farmers transformed eyesore acres into a semi-tropical paradise over the ensuing decade, featuring avocado, banana, cactus, guava, sugarcane plus a grand array of vegetables on the myriad of tiny plots, reminiscent of Mexico's communal *ejidos*. But inner-city rural tranquility began to unravel when city politicians, unbeknown to the larger community, resold the farm property to its previous owner-developer Ralph Horowitz in a backroom, sweetheart deal. Our story's requisite "greedy villain" proceeded towards evicting South Central's farmers in 2004. Despite gallant community organizing and legal defense over the subsequent two years, all the king's horses and all the king's men could not put the idyllic garden back together again. For the rest of the story, you'll have to visit the Tower Theatre, Saturday and I suggest you view the film with our own community' evolution in mind. When the "highest and best use" of land is never considered to be growing good food for people, sprawling urbanescapes ensue of which we are ultimately not proud. Intimacy with soil is in our DNA and we are not healthy without plunging our hands into its vitality. *-Tom Willey*

Obtain tickets at: [FresnoFilmworks.org](http://FresnoFilmworks.org) or (559) 221-0755

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

⊗ **PLEASE do NOT ignore a pink sticker on your box, even if you are sure your spouse mailed the payment.** ⊗ It is our policy to confirm all e-mails the same day received, except on the weekend (Monday response). If you send a request via e-mail and do not hear back from us, please be aware that we may NOT have received your inquiry. **IF you do not hear from us, we did not hear from you.** ⊗ To receive late breaking offerings for Additional Organic Abundance OR the Weekend Box Preview, contact [denesse@TdwilleyFarms.com](mailto:denesse@TdwilleyFarms.com). Please specify which service you desire. ⊗ 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](mailto:CSA@TdwilleyFarms.com).