

# WHAT'S GROWIN' ON

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

21, 22, 23 April 2009

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

VOL 8 NO. 16

Beautiful must be the mountains  
whence ye come,  
And bright in the fruitful valleys  
the streams, where from  
Ye learn your song:  
Where are those starry woods?  
O might I wander there,  
Among the flowers, which in  
that heavenly air  
Bloom the year long!

ROBERT BRIDGES (1844-1930)



## BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ ENGLISH PEAS (SB) (FB)
  - ⌘ NANTES CARROTS (SB) (FB)
  - ⌘ RED LEAF LETTUCE (SB) (FB)
  - ⌘ YUKON GOLD POTATOES (SB) (FB)
  - ⌘ PARSNIPS (SB) (FB)
  - ⌘ RED SPRING ONIONS (SB)(FB)
  - ⌘ BABY DILL (FB)
  - ⌘ FRENCH BREAKFAST OR  
EASTER EGG RADISHES (FB)
  - ⌘ CAMAROSA STRAWBERRIES (SB) (FB)
  - ⌘ \* Ojai PIXIE TANGERINES (FB)
- SB= SEEDLING BOX, FB= FAMILY BOX  
\*Certified Organic from Other Farms



**ORGANIC ABUNDANCE**  
(comes in a separate carton)  
**FOR NEXT DELIVERY**  
ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✘ *New!* STRAWBERRIES  
\$15/ 4- 1 PT. CLAMSHELLS
- ✘ SUGAR SNAP PEAS \$11/ 3 LB.
- ✘ *New!* ENGLISH PEAS \$12/ 4 LB.
- ✘ *New!* \* Jessup's VALENCIA  
ORANGES for juicing \$12/ 8 LB.
- ✘ \* Couture's ASPARAGUS  
\$14 / 3 LB.
- ✘ \* Ojai's PIXIE TANGERINES  
\$10/ 3 LB.

## DOWN ON THE FARM

Now that the season has warmed a bit, we're very excited to show off our early plantings on a farm tour this Saturday at 10 am. We'll be transplanting our basil and 4<sup>th</sup> tomatoes this week. Potatoes and green beans are growing vigorously, and the first blooms are on the squash! If you want "the rest of the story" on our well project, be sure to make a farm tour reservation today, 559-674-2642. Map and directions are on the website...from our home page, select "Fresh & Local" then click on the "Visit Your Farm" link. We look forward to seeing you. – *denesse*

## FEATURED RECIPES

**VEGETARIAN IRISH STEW** Adapted from many sources. Traditional Irish stew is made with Lamb shoulder.

- |                                                                                      |                               |
|--------------------------------------------------------------------------------------|-------------------------------|
| 4 grilled Portobello mushrooms                                                       | 4 cups vegetable stock        |
| 4 Tbls. olive oil                                                                    | 2 cups Guinness Stout         |
| 1 to 2 sliced Spring Onions (including green tops)                                   | 1 cup pearl barley            |
| 1 cup celery, diced                                                                  | 1/2 cup fresh chopped parsley |
| 4 cups combined coarsely chopped Parsnips, Carrots, rutabaga and Potatoes            |                               |
| 1/4 tsp. each dried rosemary, thyme and/or fresh marjoram or a bundle of fresh herbs |                               |
| Salt and pepper to taste                                                             | 1 cup shelled English Peas    |

In a large soup pot or Dutch oven, sauté onions and celery in olive oil until translucent. Add mushrooms and remaining vegetables and cook for a few minutes, stirring to coat the vegetables with oil. Add broth, stout, barley and parsley to pot. Tie together sprigs of fresh herbs with a piece of cooking string and add (or add dried herbs). Bring to a boil, then reduce heat. Simmer for about 40 minutes, or until vegetables are tender and stew has thickened, adding water if necessary. Remove herb bundle, and stir in peas. Season with salt and pepper, divide among plates and serve with piles of bread and butter.

**POTATO, ONION AND PEA CHAMP** Adapted from Emeril Lagasse. If you do not have a food mill and will use a mixer or hand masher, you may peel potatoes before cooking.

- |                                                |                            |
|------------------------------------------------|----------------------------|
| 1 lb. Yukon Gold Potatoes, cubed               | 1/2 cup milk               |
| 1/2 stick Irish butter                         | 1/2 cup fresh English Peas |
| 1 Spring Onion (including green tops), chopped |                            |

Place potatoes in a medium saucepan. Cover with salted water and bring to a boil. Reduce the heat and simmer until the potatoes are tender. Meanwhile, in a small saucepan, melt the butter over medium-high heat. Add spring onions and cook, stirring, until soft and fragrant, about 90 seconds. Remove from the heat. Add peas to milk and scald (steaming, but not boiling), remove from heat and cover. Drain potatoes and run them through a food mill that will hold back the skins. Stir hot milk and peas into mashed potatoes. Stir in half of the hot butter with onions, season with salt and pepper, to taste. Transfer to a serving bowl and drizzle the remaining butter and onions over the top. Serve hot.

*Look for dozens of DILL recipes or It's a Good Morning Muffins(parsnips) 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. Like sweet corn, English Peas are at their best immediately after harvest, as their sugars rapidly convert to starch, reducing flavor and sweetness. The pod is inedible, but makes a flavorful addition when making stock. It only takes a few minutes to pop the shells open and store the delicious peas in a covered glass container in your refrigerator until ready to use. Inside the shell, the peas are attached to one seam of the pod. Hold a pea pod between your thumbs with that seam down. Apply enough pressure to the top seam to "pop" the pod open. Fresh-shelled peas pair especially well with mushrooms sautéed in butter. Traditional Italian uses include Risi e Bisi or Peas with Shells and Prosciutto. Keep Camarosa Strawberries cold and DRY until immediately before serving. The modern Strawberry was developed by crossing the Virginian descendents of a

## MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

\* **RED Spring Onions \$10/4 LB.**

\* Beck's **BLOOD ORANGES**  
\$10 / 3 LB.

\* Nolan's **KIWIFRUIT \$12/3 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!**

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.

European Alpine berry with a South American strawberry native to both the southern Coastal Plains and Andes of that continent. Marveled for its vigor and size, the South American strawberry produced fruit as large as a hen's egg; while the Alpine strawberry's fame was the rich flavor of its tiny berries. The two were brought together in Europe in the early 1700's; their progeny have since been carried around the globe. Production of Strawberries is limited to those climatic regions that combine adequate cool weather with ample light for their development. In Medieval Europe, where sugar was rare and honey expensive, **Parsnips** served as a common sweetener until the French mastered sugar beet refinement. Before the introduction of the potato, Parsnips were the most important source of starch in Europe; in colonial North America they were more popular than either carrots or potatoes. A good source of potassium, fiber, Vitamin C and folate, parsnips make an excellent 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. The **Pixie Tangerine** was originally developed at the University of California Citrus Research Center in Riverside in 1927. After additional refinement, it was released for commercial trials, which included Ojai's Friends Ranch, in 1965. Though Pixie trees take longer to mature than other varieties (4 years), and once mature (8 years), the trees have a strong tendency to bear fruit heavily one year and lightly the next, a small group of citrus growers in Ojai, decided that the little, easy-to-peel, seedless, and quite tasty fruits might be marketable. As a late season variety, ripening in March or April, Pixies are one of a very few fresh fruits available in springtime. Ojai's warm summer days and relatively cool nights, followed by cool but not freezing winters, combine to develop fruit that are sweeter and juicier than Pixies grown in other areas. These CCOF certified fruits are from Jim Churchill, [www.tangerineman.com](http://www.tangerineman.com).

## FARTHER AFIELD

Most of our planet's human societies are currently over-preoccupied with the dysfunction of their collective pocketbooks. However, climate and ecosystem service disruptions, which a scientific community warns may be fast approaching a tipping point, threaten cataclysm beyond the pale of any previously experienced economic depression. Ancient cyanobacterial (a.k.a. blue-green algae) photosynthesis initially oxygenated Earth's atmosphere once these clever microorganisms learned to harvest both energy and hydrogen by splitting the ubiquitous water molecule. Today's great continental forests, inheritors of this biochemical function, are colloquially referred to as our planet's "lungs" for the oxygen they liberate. Now, a pair of controversial Russian meteorological theorists, Victor Gorshkov and Anastassia Makarieva contend great coastal forests also function as our earth's "heart", pumping water vapor high into the atmosphere where it condenses, causing reduced pressures that draw ocean winds and precipitation deep into continental interiors. The Russians' claim that forest "biotic pumps" control atmospheric circulation above Earth is a dramatic departure from conventional theory, based solely on warm air's rising. The maverick meteorologists argue an undiminished intensity of rainfall deep into interior regions such as the Congo, Amazon, Siberian Arctic and Canada's Mackenzie River basin supports their novel theory. Now, some important voices of support for Makarieva and Gorshkov are just beginning to emerge from the cacophony of collegial criticism of their unorthodox theory. Though forests' role in recycling moisture to the atmosphere has been recognized for some time, a new concept of their playing a major role in atmospheric circulation suggests continued worldwide destruction of timberlands, portends large-scale desertification. The Nobel Peace Prize awarded Wangari Maathai in 2004 for shepherding the "Green Belt Movement" featuring a legion of Kenya's rural women who planted over thirty-million trees might be suggesting humans as potential agents of ecosystem restoration. Could a major forestation effort on California's central coast help alleviate semi-arid conditions in our Central Valley, one hundred miles inland? The ability to rapidly transform our communities and economies into activity more cooperative with natural ecosystems, upon which we depend for survival, must become the focus of current fiscal recovery efforts. Failure of human ingenuity in measuring up to this challenge would belie our claim to membership in a family of intelligent life. —Tom Willey

For more info: [www.newscientist.com/article/mg20227024.400-rainforests-may-pump-winds-worldwide.html?full=true](http://www.newscientist.com/article/mg20227024.400-rainforests-may-pump-winds-worldwide.html?full=true)

## MEMBERSHIP CORNER

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

⊗ **PLEASE INCLUDE US IN YOUR VACATION PLANS!** Please phone or email at least **7 days** before you wish your box to be held. You will receive a credit on your next billing statement. When there are last minute changes in your plans, we encourage you to share your "missed" box with a family member or friend. ⊗ 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). WE CONFIRM ALL E-MAILS.