

WHAT'S GROWIN' ON

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

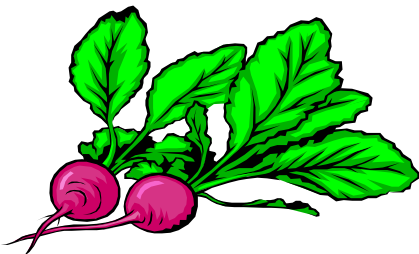
28, 29, 30 April 2009

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

VOL 8 NO. 17

"There are some oligarchs that make me want to bite them just as one crunches into a carrot or a radish!"

~ EVITA PERON



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ RED, GREEN OR RAINBOW CHARD (SB) (FB)
- ⌘ NANTES CARROTS (SB) (FB)
- ⌘ RED BATAVIAN LETTUCE (SB) (FB)
- ⌘ YUKON GOLD POTATOES (SB) (FB)
- ⌘ ITALIAN ZUCCHINI SQUASH (FB)
- ⌘ WHITE SPRING ONIONS (SB) (FB)
- ⌘ BABY DILL (SB)
- ⌘ PARSLEY (SB) (FB)
- ⌘ FRENCH BREAKFAST OR EASTER EGG RADISHES (SB) (FB)
- ⌘ CAMAROSA STRAWBERRIES (SB) (FB)
- ⌘ * Jessup's VALENCIA ORANGES (FB)
- ⌘ * Peixoto's BROCCOLI (FB)

SB= SEEDLING BOX, FB= FAMILY BOX

*Certified Organic from Other Farms

Last chance for the **Spring Farm Tour. This Saturday**
May 2, reservations required
674-2642



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

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ **STRAWBERRIES**
\$12/ 4- 1 PT. CLAMHELLS
- ⌘ *New!* **ENGLISH PEAS** \$12/ 4 LB.
- ⌘ *New!* * Jessup's **VALENCIA ORANGES** for juicing \$12/ 8 LB.
- ⌘ * Ojai's **PIXIE TANGERINES**
\$10/ 3 LB.

DOWN ON THE FARM

"Water, water everywhere" but hardly a drop to slake the thirst of crops suffering an untimely heat wave. Driller, Tony finished the "big dig" late last week as son, Mike and I trod Joel Salatin's rain-fed Appalachian pastures in Swope, Virginia. Four hundred-fifty foot of 16" steel casing, followed by another eighty feet of open hole results in a well twice as deep and double the cost we'd initially intended. Vic Kechichian, master well driller in these parts, gave up his Sunday rest to perforate our casing and blow it out with a massive air compressor. After he'd knifed over a thousand holes through the quarter-inch steel casing, like an old "church key" beer can opener, water rushed in from sand and gravel strata. Vic's compressor blew out a lot of sand and enough water for the sage to predict we had a strong well. Now, Tony's dad, Hollis Jr. has a rip-roaring 500-horse Volvo diesel powering a temporary developer pump from 350 feet throwing an astonishing 3,000 G.P.M. of sand and water with a minimum draw down. This indicates we may have tapped the same legendary water vein that feeds the famed Joe Galliano well less than a mile east. So we're out of the woods, not by a long shot. The new gusher is so dirty it can't be used to water crops through our delicate drip system. Our back up well and that of a neighbor, generously sharing with us, are pumping air and precious little water as are numerous failing pumps in this neighborhood. Drought and flood plague us simultaneously as we struggle to dike up massive quantities of dirty water on the few unplanted acres of the farm. The estimated thirty hours of pumping it will require to clean up this new water stream would inundate one-quarter of the farm (15 football fields) one foot deep. We don't have that space. There are many good heads and hands scrambling over the farm, thinking caps lit, trying to get us through these last days of peril and promise. In all my years of farming, I don't recall having stared ruin in the eye on this scale. We've had to postpone last Saturday's farm tour as muddy water courses across farm roads and over every empty square inch of land. If you want the conclusion to this tale, in greater gory detail, come this Saturday, May 2 on our rescheduled tour. We've come perilously close to sending you back to the supermarket for vegetables but we pray that's not the outcome to be revealed this Saturday. -Tom Willey

FEATURED RECIPES

SPAGHETTI WITH SWISS CHARD Recipe courtesy Giada De Laurentiis

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| 1 Tbls. olive oil | pinch dried crushed red pepper flakes |
| 1 Spring Onion, thinly sliced | Salt and pepper |
| 1 bunch Swiss Chard, washed | 10 ounces whole-wheat spaghetti |
| 1 or 2 garlic cloves, minced | 4 Tbls. pitted kalamata olives, chopped |
| 1 14oz. can diced tomatoes with juices | 2 Tbls. freshly grated Pecorino cheese |
| 2 Tbls. dry white wine | 2 Tbls. toasted pine nuts |

Strip chard leaves from stalks, dice stalks and coarsely chop leaves. Heat oil in a large heavy frying pan over medium heat. Add chard stalks and onions, sauté until tender, about 8 minutes. Add chard leaves, sautéing until wilted, about 2 minutes. Add the garlic, sauté until fragrant, about 1 minute. Stir in the tomatoes with their juices, wine and red pepper flakes. Bring to a simmer. Cover and simmer until the tomatoes begin to break down and the chard is very tender, stirring occasionally, about 5 minutes. Season the chard mixture, to taste, with salt and pepper. Meanwhile, bring a large pot of salted water to a boil. Add the spaghetti and cook until tender but still firm to the bite, stirring frequently, about 8 to 10 minutes. Drain the spaghetti, add to the chard mixture and toss to combine. Divide into two serving bowls. Sprinkle the olives, cheese, and pine nuts and serve.

CARROTS & SPRING ONIONS Adapted from Clifford A. Wright's *Mediterranean Vegetables*

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|-------------------------------|--------------------------|
| Carrots from 1 bunch, sliced | 1/2 tsp. dried oregano |
| 4 tsp. olive oil | Salt to taste |
| 1 clove garlic, minced | 1 tsp. minced fresh dill |
| 1 Spring Onion, thinly sliced | 1 Tbls. lemon juice |

Bring a large saucepan of lightly salted water to boil, add carrots and cook until half tender, about 5 minutes, drain. In a medium saucepan or skillet, heat the olive oil over high heat and cook the carrots, garlic, spring onions, oregano and salt until sizzling vigorously, 1 to 2 minutes. Reduce heat to low and cook until carrots are tender, about 15 minutes. Sprinkle with dill and lemon juice.

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✦ RED SPRING ONIONS \$10/4 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 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. Please specify which service you desire.

APULIAN POTATOES Adapted from Clifford A. Wright's *Mediterranean Vegetables*. Apulia is the southern Italian region we would recognize as the heel of the boot.

- 1 lb. Potatoes, peeled
- 1/2 lb. cremini mushrooms, sliced
- 1 cup crumbled stale French or Italian bread
- 1/2 cup finely chopped Parsley
- 1/2 cup freshly grated pecorino cheese
- 6 Tbls. olive oil

Slice potatoes 1/4-inch thick, placing them on towels to dry. Preheat the oven to 350 degrees F. Arrange about half of the potato slices to cover the bottom of a lightly oiled 8 or 9-inch square baking dish. In a medium bowl, combine mushrooms, crumbled bread, parsley, cheese and salt and freshly ground black pepper to taste. Spread this mixture over the potatoes and then place the remaining potato slices on top. Drizzle entire top with olive oil and bake until golden brown, about 55 to 60 minutes. Serves 4

Look for dozens of DILL, potato or carrot 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 microperf bags for 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. Separate radishes from their tops. Store vegetables separately from fruits. Yukon Gold Potatoes have been stored long enough to make delicious hash browns. Grate the raw potatoes into a dishtowel and squeeze out extra moisture before making a thin layer in some very hot oil. Or use leftover boiled potatoes cut into large pieces and fry them up with Spring Onions. Swiss Chard is rich in Vitamin A, a good source of Vitamin C, and contains calcium, iron and fiber and can be used as you would beet greens or spinach. Chard pairs well with pasta, potatoes, tofu, rice, eggs, lentils, red pepper flakes, garlic, cilantro, lemon, olive oil, and red wine vinegar. Keep Camarosa Strawberries Cold and DRY until immediately before serving. This is a fruit that freezes well, either whole or sliced. Use them in their frozen state for smoothies, YUM! Bill Jessup grows a diversity of citrus fruit on his small CCOF certified organic farm in Oasis, including flavorful and extremely juicy Valencia Oranges. With a thin, tight rind that's hard to peel, the Valencia is traditionally used as a juicing orange, but can be enjoyed sliced into wedges. Our colleague, Dick Peixoto, is harvesting some nice Broccoli just over the hill in Watsonville, and we are waiting on our next patch of English Peas. Peixoto's ranches are QAI certified.

Down on the Farm with Tom Willey- Tom interviews Mark Arax, author and Chief Investigator of California Senate Food & Ag. Committee, Fri. 5pm KFCF, 88.1FM

FARTHER AFIELD

FLAWED FOOD SAFETY BILLS IN CONGRESS: Many of you have contacted us about HR 875, a food safety bill that has been introduced in Congress. Although much of what has circulated the internet is not accurate, HR 875 does pose serious problems for small farmers and their customers. Unfortunately, there are already four other "food safety" bills that also pose serious problems: HR 814, HR 759, S 425, and S 510. Consumers who buy nutrient-dense foods from local, farmers can inquire about the transparency of these food production systems. The same is not necessarily true for the majority who buy their food in grocery stores from mass-production industrialized operations. While Congress faces mounting pressure to improve the safety of that mainstream system, it is critical that the laws not interfere with the right to choose local foods or with our farmers' ability to raise safer, healthier foods. Small farms are fundamentally different from factory farms, and should not be regulated the same way. All of the proposed food safety bills suffer from a "one-size-fits-all" approach. The FDA's and USDA's past actions clearly show that Congress must place strict limitations on these agencies, or they will impose burdensome and unfair regulations and enforcement actions on small farms. We don't know which of these bills will move forward to committee hearings -- or perhaps another bill, not yet filed, will be the one to move forward. So we encourage everyone to send a clear message: Protect our farms from bad regulation. TAKE ACTION: Call your U.S. Representative and Senators Boxer and Feinstein. If you do not know who represents you, you can find out at www.congress.org or by calling the Capitol Switchboard at 202-224-3121. **Ask to speak to the staffer who handles food safety issues.** Speak with the staffer about why you support local foods. Tell them you oppose the five bills listed above. Ask that they support a food safety bill that focuses on the real threats to food safety, such as uninspected imports from China and lax inspections of massive slaughterhouses and other factory food processing, and ask that any new laws treat farmers fairly. Explain that this issue cannot be left to the agencies' discretion, and you want a clear focus on the broken factory food system and not on small farmers.-- www.organicconsumers.org/

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

⊗ Monthly Statements have been mailed. Payments are due May 5. ⊗ 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.