

# WHAT'S GROWIN' ON

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

5, 6, 7 May 2009

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

VOL 8 NO. 18

A hundred objective measurements didn't sum the worth of a garden; only the delight of its users did that. Only the use made it mean something.

LOIS MCMASTER BUJOLD,  
A CIVIL CAMPAIGN, 1999



## BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ ENGLISH PEAS (SB) (FB)
- ⌘ NANTES CARROTS (SB) (FB)
- ⌘ ROMAINE LETTUCE (SB) (FB)
- ⌘ YUKON GOLD POTATOES (FB)
- ⌘ ITALIAN ZUCCHINI SQUASH (SB)
- ⌘ MEDITERRANEAN CUCUMBERS (FB)
- ⌘ RED SPRING ONIONS (SB)(FB)
- ⌘ COLLARD GREENS (FB)
- ⌘ FRENCH BREAKFAST OR  
EASTER EGG RADISHES (SB)(FB)
- ⌘ CAMAROSA STRAWBERRIES (SB) (FB)
- ⌘ \* Ojai PIXIE TANGERIENS (SB)

SB= SEEDLING BOX, FB= FAMILY BOX

\*Certified Organic from Other Farms



## ORGANIC ABUNDANCE FOR NEXT DELIVERY

(comes in a separate carton)

ALL PRODUCTS ARE CERTIFIED ORGANIC

### STRAWBERRIES

\$12/ 4- 1 PT. CLAMSHELLS

\$32 / CASE OF 16 CLAMSHELLS

New! ENGLISH PEAS \$12/ 4 LB.

New! \* Jessup's VALENCIA

ORANGES for juicing \$12/ 8 LB.

## DOWN ON THE FARM

I don't know if parents read *Wind in the Willows* with their children anymore, but this spring feels like "Mr. Toad's Wild Ride" to me! Four days of 90 degree weather brought the snap peas to a precipitous end. The next four days we were back to wearing our fleece vests! The first tomatoes have out grown their protective row cover, have been staked, tied up and sport their first blooms. We have planted fifteen thousand eggplants, a like number of sweet peppers, our first melons, five seedlings of squash and four plantings of table tomatoes. We are enjoying the first of our seedless cucumbers with many more to come this summer. Our January seedlings of beets are ready, chard and kale are enjoying this mild spring weather, but still too small for harvesting. Potatoes are spreading over the tops of their beds. Our neighbor, Tom Bursey came to spread compost one day last week. Mr. Willey is doing great work with biological fertility and every living plant on the farm is enjoying it! **We are now looking at this Saturday May 9 for our first and last spring farm tour for CSA members**, (reservations required, 559-674-2642) – *denesse*

## FEATURED RECIPES

**SESAME CHICKEN COUSCOUS SALAD** Adapted from Mary Beth Lind & Cathleen Hockman-Wert's *Simply in Season*

- |                                  |  |
|----------------------------------|--|
| 1 1/2 cups stock                 | 1 cup cooked chicken, chopped (optional) |
| 1 tsp. soy sauce                 | 1/4 cup lemon juice                      |
| 1 tsp. sesame oil                | 2 Tbls. olive oil                        |
| 1 cup uncooked couscous          | 2 tsp. soy sauce                         |
| greens from Spring Onion, sliced | 1/4 tsp. pepper                          |
| 1 bunch Radishes, thinly sliced  | 1 tsp. sesame oil                        |
| 1 cup shelled English Peas       | up to 1/4 cup minced parsley or dill     |
| 1 Carrot, cut into matchsticks   | 1 Tbls. toasted sesame seeds             |

Combine stock, soy sauce and 1 tsp. sesame oil, bring to a boil; pour over couscous in a large bowl, stir. Cover and let stand 5 to 8 minutes, fluff with fork. Stir in onion tops and radishes. Cover and refrigerate. In a steam basket over boiling water, steam carrots for 2 minutes, add peas and steam for 2 min. more. Rinse both in cold water, drain. Stir into couscous with chicken, if using. Whisk together juice, soy sauce, olive oil, pepper and remaining sesame oil. Stir into couscous. Stir in herbs and sesame seeds just before serving at room temperature

**ME AN' JENNY** Recipe courtesy of Forrest Gump

- |                                    |                            |
|------------------------------------|----------------------------|
| 1 to 1-1/2 cup Carrots, diced      | Melted butter              |
| 1 to 1-1/2 cup fresh Peas, shelled | Chopped parsley (optional) |

Steam or parboil peas and carrots separately until just tender. Combine hot vegetables with as much melted butter as you like. Toss with chopped parsley. Season with salt and pepper to taste. For the version we call **Moi et Jenni**: omit butter. Combine the steaming hot vegetables in skillet over medium heat, slowly stir in heavy cream until all the vegetables are coated. Do not allow cream to boil, season with salt and a grating of nutmeg.

**HEALTHY CARROT MUFFIN** From Food Network Kitchens If you're starting to get backed up on carrots, make a batch of good "fast food". Excellent for breakfast on the run and they freeze well.

- |                           |   |
|---------------------------|---|
| 3/4 cup all-purpose flour | 1/2 tsp. baking soda                      |
| 1/2 cup whole wheat flour | 2 large eggs                              |
| 2/3 cup dark brown sugar  | 1/3 cup vegetable oil                     |
| 2 Tbls. wheat germ        | 1 Tbls. pure vanilla extract              |
| 2 tsp. ground cinnamon    | 2 cups Carrots, grated (about 3 medium)   |
| 1 tsp. baking powder      | 1/2 cup canned crushed pineapple, drained |

Preheat the oven to 350 degrees F. Line twelve 1/2-cup muffin cups with paper muffin liners. Whisk the flours with the brown sugar, wheat germ, cinnamon, baking powder, baking soda, and salt in a medium bowl. In another medium bowl lightly whisk the egg, then whisk in the vegetable oil, and vanilla extract. Quickly and lightly fold the wet ingredients into the dry ingredients with a rubber spatula. Stir in the carrots and pineapple just until evenly moist; the batter will be very thick. Divide the batter evenly among the muffin cups. Bake until golden and a toothpick inserted in the centers comes out clean, about 30 minutes. Turn muffins out of the tins and cool on a rack. Serve warm.

**Look for Circular Salad (Peas), Green Potato Hash, or other Collard Green 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 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](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.

## 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. Store vegetables separately from fruits. English Peas lose their sweetness to the pod every hour they stay in the shell. 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 do not need any cooking at all, and can be eaten raw in a salad (especially potato salad) or as a snack food. If you do cook them they only need to be braised briefly. Enjoy the true strawberry flavor of these **Camarosa Strawberries**, but use a bit of sweetener if desired. While the alpine heritage of these berries prefers cool weather, they refuse to sweeten unless temperatures are peaking in the 80s. Keep cold and DRY until immediately before serving. We bid adieu the lovely, diminutive and truly unique **Pixie Tangerine** from a small group of CCOF certified citrus growers in Ojai. You may receive a substitute of **Valencia Oranges** that do not usually peel or section well. However, these sweet Valencias from Bill Jessup's CCOF certified organic farm in Oasis, California are perfect for hand eating, sectioning or even freezing the sweet juice.

## FARTHER AFIELD

Drilling deep into the bowels of the earth, extracting water at great energy expense for irrigated crops, shipped all over the nation, characterizes our farm to some extent, and California agriculture in general. Joel Salatin criticizes our energy intensive model and bemoans the fact that such long distance imports feed his fellow Virginians 95% of all the food they eat. Salatin's Polyface Farm, which my son Mike and I visited on our recent Appalachian sojourn, is a testament to consulting the "genius of place" and some promise of local communities feeding themselves once again. Joel's brilliant "mob stocking" system derives from a discovery that wood bison once roamed hilly grasslands of his region and were managed to some degree by Native Americans employing fire as a tool. Any Appalachian land not intentionally kept clear by humans, quickly reverts to forest thicket predominating the region's thin soils, overlaying its ancient monolithic bedrock. Intruding Europeans soon chased natives and commenced plowing Appalachia's fragile soils, seeding row crops until fertility gave out or washed away. Joel's family purchased their farm in the early 1960's, which had suffered a similar mismanagement, or neglect since the modest home in which Joel now lives was built in 1750. They set about healing a landscape scalped down to bedrock in places, featuring gullies deep enough to bury automobiles. The Salatins learned grass, which today again dominates the region's unforested land, is nature's healer and can be managed, as it was by natives and bison, to be highly productive of meat, milk and eggs. Joel grows his multi-species pasture unbrowsed till peak energy maturity, whence he applies a vast density of cattle to munch it down within 24 hours; removing them, he follows with an army of chickens in mobile coops to quickly regraze and fertilize the grass. This intensive management scheme maintains on natural rainfall and according to Salatin, yields quadruple the food value per acre as do his neighbors' conventionally managed adjacent pastures. Mike and I can testify to a striking visual difference, even in early spring, contrasting lush Polyface acres and those of nearby farms. Joel chooses to sell his meat and eggs exclusively within a local region defined by four hours travel distance from the farm and thusly attracted the attention of *Omnivore's Dilemma* author, Michael Pollan by refusing to air freight him a frozen chicken. Salatin's Polyface Farm, though now quite famous, exudes the qualities of practicality, biointensity and devotion to unvarnished productivity. Farmer Joel, an accomplished speaker and author in his own right, leads by example and longs for the day when East Coast human communities again feed themselves by managing their own ecosystem's potential well, as did our primordial predecessors. -Tom Willey

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

⊗ Don't hesitate to ask for an Organic Abundance item that you don't see or for wholesale quantities of any item. ⊗ Please keep in mind that our sites are also people's homes and places of business, and to show the same respect for these locations, as you would expect of a visitor to your home. Contact the host first if you need to visit the site outside of the normal pick-up day and time. ⊗ 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.