

WHAT'S GROWIN' ON

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

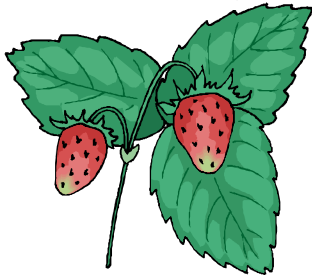
11, 12, 13 May 2009

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

VOL 8 NO. 19

*Rough winds do shake the
darling buds of May,
And summer's lease hath all
too short a date:
Sometimes too hot the eye of
heaven shines,
And often is his gold
complexion dimm'd;*

WM. SHAKESPEARE (1564-1616)



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ ENGLISH PEAS (SB) (FB)
 - ⌘ RED LEAF LETTUCE (SB)(FB)
 - ⌘ RED LASODA POTATOES (SB)(FB)
 - ⌘ CILANTRO (SB)(FB)
 - ⌘ MEDITERRANEAN CUCUMBERS (SB)(FB)
 - ⌘ RED SPRING ONIONS (SB)(FB)
 - ⌘ CROOKNECK SQUASH (FB)
 - ⌘ FRENCH BREAKFAST OR
EASTER EGG RADISHES (FB)
 - ⌘ CAMAROSA STRAWBERRIES (SB) (FB)
 - ⌘ * Nolan's KIWIFRUIT (SB) (FB)
- 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**

\$10/ 4- 1 PT. CLAMSHELLS

\$28 / CASE OF 16 CLAMSHELLS

✘ *New!* **MEDITERRANEAN**

SEEDLESS CUCUMBERS \$11/3 LB.

✘ * Jessup's **VALENCIA**

ORANGES for juicing \$12/ 8 LB.

DOWN ON THE FARM

It was a pleasure to see so many new faces on the farm tour. May will bring some new items along with familiar friends in each week's box. – *denesse*

FEATURED RECIPES

TURKEY, KIWI AND CASHEW SALAD Adapted from foodnetwork.com

- 3 cups cooked turkey, sliced
- 4 cups Lettuce, washed & torn
- 1 cup sliced Cucumber
- sliced Radishes (optional)
- 1 cup sliced Strawberries
- 2 sliced Kiwifruit
- 1/2 cup dry-roasted, salted cashews
- 1/2 cup chicken or veg. stock
- 2 Tbls. honey
- 2 tsp. sesame oil
- 2 tsp. Dijon mustard
- Salt and ground black pepper

Cut turkey into bite-size pieces and set aside. Toss lettuce, cucumber and radishes (if using) together and arrange on four salad plates or large serving platter. Top with turkey, strawberries, kiwi, and cashews. In a small bowl, whisk together stock, honey, sesame oil, and mustard. Season to taste with salt and black pepper. Pour mixture over turkey and salad.

PISELLI ALLA TOSCANA: TUSCAN-STYLE PEAS Adapted from Mario Batali

- 4 Tbls. extra-virgin olive oil
- 1 Spring Onion
- 1 Tbls. granulated sugar
- 1 tsp. chili flakes
- 1 Tbls. tomato paste
- 2 cups fresh English Peas
- Salt
- Fresh mint leaves

Dice the bulb portion of the Spring Onion and finely slice the greens. In a large sauté pan heat the oil until smoking. Add the bulb portion of the onion and cook until translucent, about 6 to 8 minutes. Add sugar, chili flakes and tomato paste and cook until rusty looking 4 to 5 minutes. Stir in peas and onion greens, cook until very tender, 8 to 10 minutes. Season with salt. Serve hot or at room temperature garnished with mint leaves. 4 servings

POTATO PEA CURRY Adapted from foodnetwork.com Personally, I do not care for turmeric and leave it out of this wonderfully spiced dish.

- up to 1 1/2 lb. Potatoes, scrubbed
- 1/4 cup clarified butter
- 1/4 cup canola oil
- 1 Spring Onion
- 1 Tbls. pureed garlic
- 1 Tbls. freshly grated ginger
- 2 1/2 Tbls. ground cumin
- 1 tsp. turmeric
- 1/2 Tbls. ground coriander
- 1/2 Tbls. dried red pepper flakes
- 1-15 oz. can diced tomatoes
- 2 cups water
- 1 Tbls. salt
- up to 2 cups fresh English Peas
- 1 Tbls. brown sugar
- 1/4 cup fresh lime juice
- 1 bunch fresh Cilantro, roughly chopped
- Raita (see recipe insert)

Dice bulb portion of spring onion, finely slice the greens. Cut potatoes into 1/2-inch dice. Place in a bowl and rinse with cold running water until water runs clear, to remove excess starch. Heat clarified butter in a saucepan over medium-high heat. Sauté bulb portion of onion until brown. At same time, heat canola oil in a large skillet over moderate heat. Fry potatoes until golden and add sautéed onions. Add garlic and ginger, and cook just long enough to release their aromas. Remove from heat and add cumin, turmeric, coriander, and pepper flakes. Return pan to moderate heat and cook 12 minutes, stirring constantly. Stir in tomatoes, water, and salt. Simmer, uncovered, until potatoes are soft, about 15 minutes. Add remaining ingredients including onion greens and cilantro; cook until peas are heated through. Adjust seasonings and serve immediately with basmati rice, assorted chutneys and raita. Makes 4 servings or 6 side dishes.

Look for Janette's Oatmeal Cookie Pizza (kiwi), Circular Salad (Peas), other 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. Keep all leafy items in microperf bags, which may be washed and reused. **SHELL PEAS TONIGHT!** Potatoes are physiologically ready to sprout, so refrigerate them unless using within the week; always protect potatoes from light. Store vegetables separately from fruits. Our Seedless Cucumbers do not need to be peeled. Serve cucumber spears with a dill-yogurt dressing, guacamole, or Cilantro, olive and sour cream.

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.

PAYMENTS FOR ORGANIC ABUNDANCE ARE DUE WHEN YOU RECEIVE THE PRODUCT

Invigorate store bought salsa, soups, beans, and stir-fries with this delicious herb. Coriander (known as **Cilantro** in the Americas) grows wild over a wide area of the Near East and southern Europe, making it difficult to define exactly where this plant is native and where it only recently established itself. Cultivated by the ancient Egyptians, coriander seeds were found in King Tut's tomb. The Biblical Manna was said to be "round like coriander seed". From these ancient times to the present, both the seeds and leaves were used as seasoning. Coriander was brought to the North American colonies in 1670 and was one of the first spices cultivated by early settlers. Thomas Jefferson grew more than 30 cultivars of **peas** on his estate. The wild pea is restricted to the Mediterranean basin and the Near East. The earliest archaeological finds of peas come from Neolithic Syria, reaching both Georgia and Egypt nearly 7000 years ago, with cultivation spreading to Afghanistan, Pakistan and north-west India over the next two thousand years. Along with broad beans and lentils, pea, grown mostly for their dry seeds, formed an important part of the diet of most Europeans during the Middle Ages. By the 1600s and 1700s it became popular to eat peas "green", while they are immature and right after picking; usually boiled or steamed which breaks down the cell walls rendering a sweeter flavor and increasing the bio-availability of pea's nutrients. Especially popular in England, new cultivars of peas were developed during the early 18th century which became known as garden peas or **English Peas**. The Environmental Working Group recently published a study of 42 fruits and vegetables that ranked strawberries as first in "combined contamination". This makes us even more appreciative of the **Camarosa Strawberry** we have grown in a healthy soil with clean well water, sunlight, natural nutrients and care. Camarosas have a robust berry flavor and a firm flesh that makes them our favorite for jam, we make about 20 pints each spring. Keep berries cold and DRY until immediately before serving. Ripen **Kiwifruit** at room temperature for 3 to 5 days, then, they should keep in a refrigerator for up to two weeks. Kiwifruit can be peeled with a vegetable peeler or a sharp stainless-steel paring knife; alternately, cut in half and scoop out the flesh with a spoon. These Chinese Gooseberries are from CCOF certified Quinco Farms, owned and operated by the Noland Family in Marysville.

FARTHER AFIELD

I thought we were nuts, cultivating nearly fifty different vegetable crops on seventy-five acres. However, there have been several, crazed Reedley area orchardists devoted to growing an immense cornucopia of stone fruits on modest acreages whom I've admired for decades. One is octogenarian Art Lange, retired U.C. scientist, who tends as many different varieties as his years on just fifteen acres, famed for offering them dead ripe at Southern California farmers markets. Another was Walt and son, Jim Krause, around the corner from Lange, who artfully cultivated dozens of Walt's novel, unreleased crosses, bred over a life's work at Stribling's Nursery. I've had a long burning desire to access one of these varietal treasure chests for our CSA but haven't for two reasons. First, they were not being farmed organically and second, none of these orchards, owing to their extreme diversity, produce enough of any one fruit to satisfy the quantity and size needs for 800 weekly boxes. "The case is sol-ved," Inspector Clouseau might say, as we launch our peak of summer fruit satellite CSA June 1st in collaboration with Blossom Bluff Orchards. The Loewens farm an astonishing 190 varieties of fruit on eighty benched acres overlooking the Kings River, northwest of Reedley. Just certified organic by CCOF two years ago, Blossom Bluff boasts a considerable reputation in Bay Area open-air markets and top tier restaurants for their panoramic variety of flavorful, tree ripe fruit. Ex-lawyer Ted applies an encyclopedic legal mind to memorizing exactly where each tree or row of any unique fruit stands in their complex orchard. This generational farm, established by Fran's immigrant grandparents, today tends anywhere from one tree to one acre of a vast variety of fruits satisfying demands of artisan bakers, ice cream makers, confectioners and master fruit preservers to whom they've become indispensable purveyors. Ted prowls every breeding nursery's demonstration orchard several times each summer, snatching up unique heirlooms or novel introductions, which might complement his prodigious variety collection. Your opportunity to receive a supplementary, weekly fruit box from our friend's renown Blossom Bluff Orchard is something we're proud to offer, a coup of sorts. Please study the special brochure in this week's box and consider going on an "E-ride" Blossom Bluff fruit adventure. -Tom Willey

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

☼ **Do NOT ignore a pink sticker on your box.** ☼ We are now beginning to make purchasing commitments for summer fruit and sweet corn. Please give us at least 7 days notice for a vacation hold. ☼ 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.

RAITA

Raitas are based on yogurt to cool the palate while enjoying piquant chutneys and spicy curries. There are as many versions of Raita as there are regions of India. Some are made with bananas, or beets, cabbage or carrots. This one is from Punjab, and is similar to the Greek tzatziki.

1 Mediterranean Cucumber

Salt and black pepper to taste

1 Tbls. finely chopped Spring Onion

1 cup yogurt, plain unsweetened

1 tsp. roasted cumin seeds (optional)

1 Tbls. chopped fresh Cilantro or mint

Grate the cucumber onto an absorbent kitchen towel, sprinkle with salt and leave for 15 minutes, then drain away liquid and rinse the cucumbers quickly in cold water. Drain well. Combine with onion, yogurt, lemon juice and taste to see if more salt is required. Roast the cumin seeds in a dry pan, shaking pan or stirring constantly, until brown. Bruise or crush seeds and sprinkle over yogurt. Serve chilled, garnished with mint or cilantro.