

# WHAT'S GROWIN' ON

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

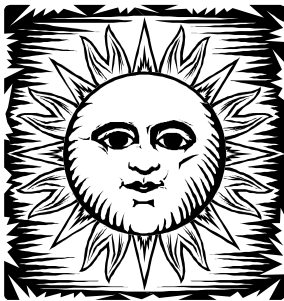
19, 20, 21 May 2009

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

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"We make our world significant by the courage of our questions and the depth of our answers."

- CARL SAGAN



## BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ TUSCAN KALE (SB) (FB)
- ⌘ ROMAINE LETTUCE (SB)(FB)
- ⌘ YUKON GOLD POTATOES (FB)
- ⌘ BABY DILL (SB)(FB)
- ⌘ MEDITERRANEAN CUCUMBERS (SB)(FB)
- ⌘ ITALIAN ZUCCHINI SQUASH (SB)(FB)
- ⌘ SPRING NANTES CARROTS (SB)(FB)
- ⌘ HEIRLOOM BEETS (SB) (FB)
- ⌘ CAMAROSA STRAWBERRIES (SB) (FB)
- ⌘ \* Jessup's VALENCIA ORANGES (SB) (FB)
- ⌘ \* Nolan's KIWI FRUIT (FB)
- ⌘ \* Jessup's RUBY GRAPEFRUIT (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! \* Lashbrook's CHERRIES

\$16/3 LB.

✘ New! \* Peterson's SPRING CREST

PEACHES \$11/3 LB.

✘ \* Jessup's MARSH RUBY

GRAPEFRUIT \$7/ 6 FRUITS

✘ MEDITERRANEAN SEEDLESS

CUCUMBERS \$11/3 LB.

## DOWN ON THE FARM

Potatoes are in full bloom now, indicating about three weeks to harvest. The cherry tomatoes in field one are covered with clusters of minute yellow starflowers. The heat loving eggplants have been pruned and weeded once and we are going through again to clean off "suckers" and any small lower leaves that might scar the first fruits. In field four we are removing protective covers from each planting of watermelon and cantaloupes as they begin to bloom. Small melons hide under sprawling vines in the earliest plantings We have finished the pea season and hope to start green beans in that same field later this month. - *denesse*

## FEATURED RECIPES

**CARROTS AND ZUCCHINI** from Mediterranean Vegetables Clifford A. Wright Cut the zucchini just slightly thicker than the carrots.

1 or 2 Zucchini, ends trimmed, sliced diagonally about 1/4-inch thick

3 Carrots, sliced diagonally about 1/4- inch thick

1 tsp. ground cumin

3 Tbls. extra virgin olive oil

Salt & freshly ground black pepper

In a large bowl, toss the carrots and zucchini together with the cumin and season with salt and pepper. Heat the olive oil in a large skillet over medium-low heat and cook the carrots and zucchini until crispy and tender, about 20 minutes, tossing frequently. Serve hot.

**WILTED GREEN SALAD** we use Organic Prairie uncured bacon for this recipe from foodnetwork.com

1 bunch Beet Greens

1 bunch Tuscan Kale

1 clove garlic, finely chopped

3 Tbls. balsamic or red wine vinegar

2 Valencia Oranges, peeled and coarsely chopped

3 Tbls. olive oil or bacon grease

1 small onion (optional)

2 Tbls. raisins

3 slices cooked bacon, crumbled (optional)

Wash kale and beet greens in a deep basin, strip leaves from center stalk (preserve these for making stock), coarsely chop leaves. In a large skillet, heat oil over medium high heat. Stir in onion, if using and cook for 1 minute. Add garlic, cook for 30 seconds. Stir in vinegar and raisins, cook for 2 minutes. Remove the skillet from heat, add greens, tossing frequently to coat. Immediately transfer to a large bowl, add oranges and bacon. Season with salt and pepper, serve immediately.

**CHEDDAR DILL CORNBREAD** Adapted from Ina Garten

1 1/2 cups flour

1/2 cup yellow cornmeal

2 Tbls. sugar

2 Tbls. baking powder

2 tsp. kosher salt (1 tsp. table salt)

1 cup milk

2 eggs, lightly beaten

1/2 cup (1 stick) unsalted butter, melted

4 oz. extra-sharp cheddar, grated

1/2 cup minced fresh Baby Dill

Combine flour, cornmeal, sugar, baking powder, and salt in a large bowl, stir well with a whisk. In separate bowl, combine buttermilk, eggs, and melted butter. With a wooden spoon, stir the wet ingredients into the dry until most of the lumps are dissolved. Don't overmix! Mix in 1 cup of the grated Cheddar and the dill, and allow the mixture to sit at room temperature for 20 minutes. Meanwhile, preheat the oven to 350 degrees F. Grease an 8 x 8-inch baking pan. Pour the batter into the prepared pan, smooth the top, and sprinkle with the remaining grated cheddar. Bake for 30 to 35 minutes, or until a toothpick comes out clean. Cool and cut into large squares. Serve warm or at room temperature.

*Look for Summer Squash 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, except Kiwifruit. Remove and discard tops from carrots. Store all leafy items and cucumbers in microperforated bags, which may be washed and reused. Potatoes are physiologically ready to sprout, so refrigerate them unless using within the week; always protect potatoes from light. Store vegetables separately from fruits. Mediterranean Cucumbers (*Cucumis sativus*) belong to the same vegetable family as the pumpkin, zucchini, watermelon and other squashes. First cultivated in Asia, cucumbers were brought to America by Columbus, and eventually grown by Native Americans and colonists from Florida to Canada. The crisp, cool and moist attributes of cucumbers make them well suited for salads, sandwiches and

## MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- \* Jessup's **VALENCIA**  
ORANGES for juicing \$12/ 8 LB.
- \* Nolan's **KIWIFRUIT** \$12/3 lb.
- \* **SPRING SAVOY SPINACH**  
\$10 / 2 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** \$12/1lb. OR \$31/3 lb.
- \* **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.

**PAYMENTS FOR ORGANIC**  
**ABUNDANCE ARE DUE WHEN**  
**YOU RECEIVE THE PRODUCT**

snacks. The cucumbers in your box have an edible skin, a "burpless Israeli" variety, with no seeds. Beside its wonderful eating qualities, this variety is parthenocarpic (makes fruit without pollination) so that the plants may be grown under protective row covers – essential for our location because of prolific and voracious cucumber beetle populations. Mediterranean Cucumbers have a tender, delicious, edible skin, which can easily be damaged. To maintain their firm texture, store in microperf bags. **Kale** is the one of the oldest forms of cabbage, originating in the eastern Mediterranean and thought to have been used as a food crop as early as 2000 B.C.E. In southern Europe, Mediterranean peoples developed many forms of non-heading cabbage that are tolerant to warm climates, while the heading cabbages were developed in the cooler parts of Europe by Celtic and Nordic peoples. Like all cruciferous vegetables, **Tuscan Kale** is abundant in antioxidants, rich in vitamins A and C. So that sulfurous compounds might escape during cooking, all kales and cabbages should be cooked uncovered or, at most, loosely covered. Mr. Willey does not care for raisins and vinegar in his greens so I will sauté them in olive oil with garlic and pinch of red pepper flakes to be served with the cornbread. Bill Jessup farms 30 acres of CCOF certified organic citrus in Oasis California where long hot summers impart delicious sweetness to **Valencia Oranges** and **Marsh Ruby Grapefruit**. Both are perfect for juicing. We continue to harvest the delicious **Camarosa Strawberry** with robust berry flavor, try them frozen in smoothies. Keep berries cold and DRY until immediately before serving. Ripen **Kiwifruit** at room temperature until they yield to firm pressure then, refrigerate. These are from CCOF certified Quinco Farms, owned and operated by the Noland Family in Marysville.

## FARTHER AFIELD

I just returned from a greenhouse insectary, south of Fresno, with a small grocery sack full of leaves for which I paid \$250 and no, I don't smoke these. My pricey bean foliage is crawling with 5,000 Six-Spotted Thrips, *Scolothrips sexmaculatus*, which are reputed to be the most effective predators of some microscopic spider mites sucking valuable plant sap from our strawberries' leaves. Enrique Rodriguez, entomologist-proprietor of this unique, local insectary, claims to be the only person successfully rearing the eighth-inch long, slender Six-Spot in North America, dispatching his arachnid devouring armies into battles as far flung as Florida. Ironically, Six-Spot's less well behaved cousin, Western Flower Thrip, *Frankliniella occidentalis*, can be a pesky critter, chewing on minute sugar snap pea pods still hidden within flowers on our vines, but these rascals spared us significant, unsightly damage this season. Probably the most common question visitors to our farm ask is, how do you control pests organically? My snap retort, "how do you keep from getting sick everyday", informs farm guests that plants employ functional immune systems, just as do our human bodies. Effective, rapid immune response requires near perfect nutrition and well managed levels of stress in both plants and animals. To this end, we spare almost no expense in balancing soil minerals, applying high quality organic matter and pampering soil microbes to stimulate our crops' natural immunity, as well as spraying most foliage weekly with supplementary organic micronutrients. If water and soil oxygen are likewise managed properly, this approach prevents 90% of potential pest and disease outbreaks. To back up this first line of defense we plant mixed species habitat strips about the farm to attract the arthropod predators we want to dominate our insect ecology. We secondarily purchase and release beneficials like the Six-Spot, green lacewings, ladybird beetles and several species of predatory mite. Luis Gallegos, a young Pest Control Advisor and our own "engineer", Joaquin Velazquez have been most helpful in developing a more sophisticated, systems approach to pest and disease control on our farm over the last several years. Beyond the satisfaction of not employing toxic chemistry is the intellectual stimulation of conducting a harmonious biological symphony that demands constant observation, practice and innovation. Nature's tapestry is a great canvas on which to ply the art of cultivating one's garden. –Tom Willey

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

⊗ Perhaps you have seen other members carrying a large attractive shopping bag with our logo. This bag is made of 100% organically grown cotton and is made in the U.S. It carries a full color version of our label using only soy-based inks. It is large enough to carry all the contents of a seedling box. On most weeks it will accommodate the contents of a family box. It is available as an organic abundance item and makes a nice gift. ⊗ We can hold your box when you're out of town, please give us a week's notice. ⊗ 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.