

WHAT'S GROWIN' ON

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

26, 27, 28 May 2009

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

VOL 8 NO. 21

The act of putting into one's mouth what the soil has grown is perhaps a person's most direct interaction with the earth.

- Frances Moore Lappé



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ GEORGIA BOY ONIONS (SB) (FB)
- ⌘ SUMMERCRISS LETTUCE (SB)(FB)
- ⌘ RED LASODA POTATOES (SB)(FB)
- ⌘ CURLY PARSLEY (SB)(FB)
- ⌘ MEDITERRANEAN CUCUMBERS (SB)(FB)
- ⌘ ROMANO BEANS (SB)(FB)
- ⌘ SPRING NANTES CARROTS (SB)(FB)
- ⌘ YELLOW SNAP BEANS (FB)
- ⌘ CAMAROSA STRAWBERRIES (FB)
- ⌘ *Harris' SPRING FLAME PEACHES

(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

- ⌘ *ADD Bylsma's PASTURED EGGS TO YOUR WEEKLY BOX! INQUIRE!
- ⌘ *New!* GREEN BEANS \$10/4 LB.
- ⌘ *New!* ROMANO & YELLOW SNAP BEANS \$10/4 LB.
- ⌘ *New!* *Hirahara's BLUEBERRIES \$15 / 3- 6 OZ. CLAMSHELL \$11.50 / 1 LB. BAKING SIZE FRUIT
- ⌘ STRAWBERRIES \$10/ 4- 1 PT. CLAMSHELLS
- ⌘ * Lashbrook's CHERRIES \$16/3LB.

DOWN ON THE FARM

A regiment of upright stakes encroaches on my office from the south. Tomatoes are planted every two weeks during spring, so that we have high quality fruit all summer. Plants are unable to support the weight of literally tons of ripe tomatoes, stakes and twine help bear the load. Pepper plants are quite brittle, some will snap off at the base with each picking; stakes help to stabilize them. Eggplant will be harvested twice weekly until Thanksgiving, the plants grow long ranging arms loaded down with fruit. We stake them to keep the aubergine globes tied up where they can be easily harvested.— *denesse*

FEATURED RECIPES

TUSCAN SALAD Adapted from foodnetwork.com

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| 2 cup Romano Beans, cut into 1-inch pieces | 1 lemon, juiced |
| 1 head SummerCrisp Lettuce, torn | 1/4 cup extra-virgin olive oil |
| 1 (15-ounce) can Cannellini beans | 1 tsp. kosher salt (1/2 tsp. table salt) |
| 1/2 cup pitted black olives | 1 tsp. freshly ground black pepper |
| 1/2 Onion, cut into slivers | 1 ounce shaved Parmesan (about 1/2 cup) |

Prepare an ice-water bath for the beans. Bring a medium pot of salted water to a boil over high heat. Stir in Romano beans, boil for 2 min., shock in ice-water. Stir until completely cool to the touch, about 3 min., drain. Drain and rinse Cannellini beans. In a large bowl, toss together Romano beans, lettuce, Cannellini beans, olives, and onion. Drizzle with lemon juice and olive oil. Sprinkle with salt and pepper and toss to coat. Serve with shaved Parmesan.

CREAMY CUCUMBER GELATIN SALAD From the All New, All Purpose Joy of Cooking.

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| 2 small seedless Cucumbers, diced | 1/4 cup scalded milk |
| 4 cups water | 1 tsp. tarragon vinegar |
| 2 tsp. salt | 1 cup heavy cream |
| 1 Tbls. lemon juice | 3 Tbls. minced fresh Parsley |
| 2 1/4 tsp. (1 envelope) unflavored gelatin | 1/2 tsp. salt |
| 2 Tbls. cold water | 1/2 cup basic vinaigrette |
| 1 lb. peeled, deviened, cooked American Wild shrimp | |

Combine cucumber, water and 2 tsp. salt in a medium bowl and let stand for 10 minutes. Drain cucumbers and toss with lemon juice. In a small bowl, allow gelatin to soften in 2 Tbls. cold water for 5 minutes. Add scalded milk, stirring until gelatin is dissolved. Pour over the cucumbers along with vinegar and 1/2 tsp. salt, stirring to combine. Whip cream until stiff peaks form. In two additions, fold into cucumbers. Rinse a 4-cup ring mold or bowl, then shake out excess water. Spoon in the cucumber mixture and smooth the top. Refrigerate for 12 hours. One hour before serving, combine shrimp, parsley and dressing in a medium bowl. Unmold cucumber gelatin, top with dressed shrimp and serve. Serves 6 to 8

BASIC VINAIGRETTE From the All New, All Purpose Joy of Cooking. Makes about 1 1/2 cups

This is the preferred dressing in France for green salads, avocados, artichokes and many kinds of sliced, chopped, or shredded vegetables. Use the very best olive oil that you can afford.

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| 1 small clove garlic, peeled | 1 Tbls. finely minced Onion |
| 2-3 pinches salt | 1 tsp. Dijon mustard (optional) |
| 1/3 to 1/2 cup red wine vinegar or lemon juice | 1 cup extra-virgin olive oil |

Mash the garlic and pinches of salt together until a paste is formed. Place the paste in a small bowl or jar with a tight fitting lid. Add vinegar or lemon juice, onion, mustard, if using and salt & fresh Black Pepper to taste. Whisk or shake until well blended. Add oil in a slow steady stream, whisking constantly or add to jar and shake until smooth. Correct seasoning.

Look for 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 PEACHES. Remove and discard tops from carrots. Store all leafy items in microperf bags, which will also protect the tender edible skin of your Mediterranean Cucumbers. Potatoes are physiologically ready to sprout, so refrigerate them unless using within the week; always protect potatoes from light. Store vegetables separately from fruits. Spring Flame Peaches are from Dave Harris' 130-acre CCOF certified organic farm in

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

MEDITERRANEAN SEEDLESS

CUCUMBERS \$11/3LB.

* 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 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

Parlier. Dave is Karen Peterson's brother and a participant in the Organic Stone Fruit Jubilee planned for Sat. June 20. www.fruitjubilee.org. To ripen fruit, keep at room temperature until yielding to firm pressure, then refrigerate. Gently steam **Romano Green Beans**, toss with olive oil, minced garlic and salt and pepper. Allow to stand overnight. When thus prepared, these beans rival the jarred artichoke hearts commonly added to summer salads. Both **Parsley** varieties, flat and curly, have been traced back at least 5000 years to the southern and eastern Mediterranean regions. Ancient Romans first integrated parsley into everyday life, where it played an important role in both cuisine and culture. Parsley was considered an aphrodisiac, and it was used to both calm an upset stomach and prevent drunkenness. An ancient Celtic ruler with a pitifully under-equipped militia once exploited the Greeks' fear of parsley by sending hundreds of donkeys blanketed with the herb to meet advancing Greek troops. At the sight of the parsley (used to dress the deceased), the superstitious Greeks turned and fled, sparing the Celtic kingdom from invasion. Although both varieties are Italian, flat-leaf parsley is called "Italian" to distinguish it from curly-leaf parsley that is widely recognized by most Americans. Adding chopped parsley confers a fresh taste to any dish, especially one with carrots or potatoes. Use parsley stems in your stockpot. The high sulfur in our soils imparts the traditional onion bite, even to this mild flavored variety of **Georgia Boy Sweet Onions**. If you don't use these **Red LaSoda Potatoes** to make potato salad, they have finally been stored long enough to make delicious hash browns. Grate the raw potatoes into a kitchen towel and squeeze out extra moisture before making a thin layer in some very hot oil. Keep **Camarosa Strawberries** cold and DRY until immediately before serving.

FARTHER AFIELD

Flowering plants (angiosperms) and herbivorous insects share a rich coevolutionary dependence dating from the Cretaceous period, 145 million years past. Trading pollination service for food and the immensely complex interrelationships that have ensued between these two kingdoms, is believed to remain a prime driving force behind the emergence of new species in each. What we agriculturalists often misperceive to be a perennial state of war between plants and insects is in actuality an intricate choreographed collaboration, leading towards mutual improvement and stasis. Many of humanity's most effective pharmaceuticals including opium, aspirin, quinine and atropine are biochemicals which plants have "learned" over eons to produce in defending themselves against gluttonous insect herbivores. Production of such protective secondary metabolites, phytochemicals *not* essential to photosynthetic, growth and reproduction functions, can be triggered in plants as a response to physical injury or egg deposition, resulting in toxic retaliation on the offending insect or rendering indigestible the tissue upon which it is feeding. Many effective organic pesticides are in reality these botanical defensive toxins; Azadirachtin derived from the Neem tree, d-limonene from Citrus, Rotenone from *Derris* and Pyrethrum from *Chrysanthemum*. Flowering plants are well known for producing fragrant aromatics to attract pollinators but less recognized for distinct volatile biochemicals some can release for luring predatory insects to attack another arthropod species doing harm. These and further self-defense strategies cost plants precious energy and nutrients diverted from growth and reproduction. Subsequently, botanical species devote greater resources to protecting precious seeds than more expendable, easily replaced foliage. Some plants may impart toxic cyanogenic properties to seed, discouraging its ingestion while cloaking the same in an attractive, edible fruit to encourage its progeny's dispersal. Poisonous properties in many seeds encouraged clever humans, executing an end run around plant defense strategy, to adopt cooking and other processes rendering these high energy foods safe for consumption. Fresh research affirms, agricultural crops grown in organically managed, soils accumulate higher concentrations of defensive and other secondary metabolites. Many of these same phytochemicals contribute flavor and human health enhancing qualities to fruits and vegetables, underscoring the value of evolving more elegant biointensive farming methods. —Tom Willey

For more info:

www.organic-center.org/science.nutri.php?action=view&report_id=148

www.wikipedia.org/wiki/Plant_defense_against_herbivory

MEMBERSHIP CORNER

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

⊗ **Statements for June have been mailed. Your payments are due by June 5.** ⊗ **ICE BAGS:** You may have noticed about 4 lbs. of ice in the boxes to keep the produce cool on its ride home. The bags are reusable and recyclable. ⊗ 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.