

WHAT'S GROWIN' ON

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

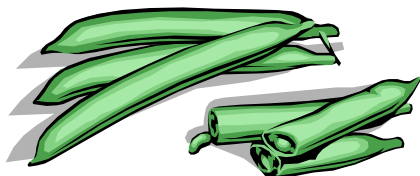
2, 3, 4 June 2009

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

VOL 8 NO. 22

"You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients."

-JULIA CHILD



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ ITALIAN SWEET RED ONION (SB)(FB)
- ⌘ ROMAINE LETTUCE (SB)(FB)
- ⌘ FRESH YUKON GOLD POTATOES (FB)
- ⌘ MEDITERRANEAN CUCUMBERS (SB)(FB)
- ⌘ GREEN SNAP BEANS (SB)(FB)
- ⌘ SPRING NANTES CARROTS (SB)(FB)
- ⌘ SWISS CHARD (SB)(FB)
- ⌘ ZUCCHINI OR CROOKNECK SQUASH (FB)
- ⌘ *Loewen's CRIMSON BABY NECTARINE (SB)(FB)

SB= SEEDLING BOX, FB= FAMILY BOX

*Certified Organic from Other Farms

DOWN ON THE FARM

"The Future of Fruit: Troubles & Opportunities" Tom's Guests: Kim & Erik Gaarde of Fruit Dynamics. Fri. June 5, 5 to 6 pm KFCF 88.1 FM



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!* ITALIAN SWEET RED ONIONS \$10 / 7 LB.
- ⌘ *New!* Clark's MODESTO APRICOTS \$11 / 3 LB.
- ⌘ *New!* BASIL \$10 / 6 BUNCHES
- ⌘ GREEN BEANS \$10/4 LB.
- ⌘ *Hirahara's BLUEBERRIES \$15 / 3- 6 OZ. CLAMSHELL \$11.50 / 1 LB. BAKING SIZE FRUIT

DOWN ON THE FARM

Saturday is when I usually write the newsletter, with just minor changes on Monday before it goes to the printer. This last weekend our son Mike graduated from San Joaquin Memorial High School, so I am spending Saturday cooking for 22 family and friends and the newsletter is a compilation of previous recipes and featured crops. - denesse

FEATURED RECIPES

CLASSIC MINISTRONE Adapted from foodnetwork.com For the meat eaters among you: render the fat from 3 or 4 oz. of pancetta or bacon instead of olive oil and use beef stock.

- | | |
|--------------------------------------|--|
| 1/3 cup olive oil | 4 cups veg. stock |
| 1 cup chopped Onion | Rind of a piece of Parmesan cheese-optional |
| 1 cup diced Carrots | 2 cups Italian canned tomatoes and their juice |
| 1 cup diced celery | 2 cups diced Green Beans |
| 1/2 cup great northern beans, soaked | 2 cups diced Zucchini or Crookneck Squash |
| 1 bay leaf | 1 bunch Chard |
| Sprig of thyme | 1 cup small pasta shells |

Wash chard and strip leaves from stalks. Coarsely chop leaves and set aside, dice the stalks. Heat olive oil in a large, heavy saucepan or casserole. Add onions and chard stalks and cook until golden, about 5 to 7 minutes. Then add celery and carrots and cook over low heat, stirring occasionally, for 5 minutes. Add white beans, bay leaf, thyme and toss for 1 minute. Then add the Parmesan rind (if using), tomatoes and their juice, plus salt and pepper to taste. (careful, with the amount of salt since Parmesan rind will add a salty flavor) Bring to a boil, reduce heat and simmer for 1 hour. Add green beans and zucchini, cook for 15 minutes more or until the vegetables are al dente. Finally, add pasta and chard, cook covered for about 10 minutes. Season to taste with salt and pepper, ladle into bowls and garnish with grated Parmesan.

SWEET RED ONION AND GREEN BEANS WITH BACON *courtesy of "Emeril Lagasse"*

- | | |
|---------------------------------------|-----------------------------|
| 1 large Sweet Red Onion | 2 Tbls. olive oil |
| 3/4 to 1 lb Green Beans, ends trimmed | Salt |
| 1/4 lb. bacon, chopped | Freshly ground black pepper |

Preheat the oven to 350° F. Place the onion on a large piece of aluminum foil. Drizzle the onion with olive oil and season with salt and pepper. Wrap the onion tightly in the foil and roast until tender and lightly golden brown, about 45 minutes to 1 hour. When cool enough to handle, slice onion and set aside. You could also sauté onions instead of baking for faster results. In a pot of boiling, salted water, blanch the green beans until they are somewhat tender, but still have a slight crunch, 3 to 4 min. Drain and immediately plunge into an ice water bath to stop the cooking. Drain and place in a large bowl. In a sauté pan, cook the bacon until the fat is rendered and the bacon is crispy. With a slotted spoon, add the bacon to the green beans. Add the warm, sliced onions and season with salt and pepper. Toss well and serve.

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 nectarines. Remove and discard tops from carrots. Store all leafy items and Mediterranean Cucumbers in microperf bags. Store vegetables separately from fruits. Green Beans (*Fabacae leguminosae*) Green beans originated in the Central American tropics. In our region, there is a narrow window of warm soil and cool nights during which these quick-growing legumes thrive. Green beans once contained an inedible string that ran the length of the pod, and they are still sometimes referred to as "string beans". Modern beans, known as snap beans, are stringless, and picked at a stage when their pods are thick and juicy with yet immature seeds. Fresh beans are living, they respire and give off heat even after they are picked. Refrigerate in a microperf bag. When preparing, wash and snip the ends. While many believe that boiling is the best way to cook beans if you are using them in a salad or as a side dish, steaming preserves more of the vitamins and flavor. Boiling maintains the bright green color and will cook beans evenly. Boil whole beans uncovered in plenty of salted water (covering the pot turns beans gray). For cut or "snapped" beans, steaming is preferred. Cook over water at a full boil, until beans are slightly resilient to the tooth - about 3 to 4 minutes. When beans are done

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

MEDITERRANEAN SEEDLESS

CUCUMBERS \$11/3LB.

* Nolan's KIWI FRUIT \$12/3 lb.

FRESH! YUKON GOLD

POTATOES \$10 / 6 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.

**PLEASE PRINT YOUR NAME WHEN
ORDERING ORGANIC ABUNDANCE;
your signatures are difficult to read.**

Don't hesitate to ask for an Organic
Abundance item that you don't see or
for wholesale quantities of any item.

remove from water and shake dry. Green beans pair well with butter, olive oil, peanut oil, walnut oil, dark sesame oil, bacon, basil, parsley, onions, dill, tarragon, ginger, garlic, tomatoes, olives, capers and red wine vinegar, and Italian sausage. With **Swiss Chard** in our box, I buy a square of Gruyere Cheese to make a flavorful frittata for Sunday brunch or Chard Tart for Friday Supper. **Italian Sweet Red Onion** (*Allium cepa*) Onions and their relatives, including leeks, garlic and shallots are members of the vast and varied Allium family, related to both Lillies and Amaryllis. Alliums are one of the oldest foods known, evidence of the onion's cultivation and use points back at least 6000 years. Their center of origin is believed to be near Afghanistan and records exist of their use in ancient Egypt. Onions have been carried to every part of the world and incorporated into the local cuisine of nearly every culture. We grow the Sweet Red Onions that immigrants brought to our valley from their homes in Italy. Seeded in the heat of the summer, they are transplanted in late fall and grow all winter. Come the end of May, we dig, top, and sack the large burgundy bulbs in burlap bags to "cure" in the hot sun for about a week, rendering the onions sweet and storable. Due to the sulfur content of our soils, the sweet onions are still pungent. Grown with biological fertility and not salt fertilizers they will store for several weeks in a cool, dry place where there is plenty of air circulating around them. All sweet onions are high in water and sugar content, be careful to avoid bruising. Cut onions should be wrapped tightly in plastic wrap and refrigerated. To keep from crying when cutting onions, use a very sharp knife and/or chill them in a bowl of cold water for 15 to 30 minutes before cutting. Onions pair well with olive oil, beans, beef, salmon, pasta, salad, tomatoes, bacon, squash, and almost anything else you can eat. **Crimson Baby Nectarines** are from CCOF certified orchards of CSA members Fran and Ted Loewen. Tell your fruit loving friends you needn't be a member of the Willey Farms vegetable CSA to join the summer fruit deliveries.

FARTHER AFIELD

Last week, Willey Farms CSA member and radio journalist, Sasha Khokha shamed our community with the revelation to NPR's Morning Edition audience that Fresno and other Valley communities stubbornly persist in rejecting residential water meters in the midst of drought. Martin McIntyre, exasperated former head of Fresno's water department, queried, "If electricity were priced at a \$25 flat rate per month, would anyone conserve it?" Farming in an irrigation district where flow meters on head gates measure every gallon each grower uses and must pay for reemphasizes our urban oxymoronic approach to conserving this diminishing resource. I've gained some valuable and painful experience struggling with water scarcity on our own farm over the past several months. It illustrates how woefully under capacitated this region is for recharging groundwater. Developing our new well for eighty hours, at 3,000 gallons per minute, almost 15 million gallons of water (40 ac. ft.) were spread four feet deep over nine uncropped acres and re-infiltrated into underground storage in just a few days. As our precious Sierra Nevada snow pack liquefies under an intensifying sun, water masters fear that accelerating melt may exceed combined reservoir storage capacities and early season irrigation drawdown on the short run. Efficient water management requires reservoirs to be filled, emptied and replenished as many as seven times over an entire dry season. If snowmelt becomes too aggressive, as climate change scenarios suggest, current storage and conveyance facilities will prove inadequate to the task. More dams have been proposed but are costly, opposed by major interests and require decades to build. Incentivising irrigators to set aside some land temporarily, as we did, to dike up seasonal excess water and re-infiltrate it into our immense groundwater basin would seem a no-brainer. When Europeans first began cultivating this region, naturally flowing artisan wells were common on the Valley's floor. We could and should more intensively employ this great alluvial filled "bathtub" under our feet which, eons ago was an open inland sea, to hedge against drought by recharging every available drop of water, every year. Californians may boast the most sophisticated water storage and delivery system known to humankind but it is far from being utilized to its fullest capacity. —Tom Willey

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

☼ A big THANK-YOU to those who have already paid for June! A reminder that CSA Subscribers *pay in advance*. The statements that you have just received are due June 5th. ☼ **PAYMENTS FOR ORGANIC ABUNDANCE ARE DUE WHEN YOU RECEIVE THE PRODUCT** ☼ Of course you may send a proxy to pick up your box, however... please instruct them to **take ONLY the box(es) with your name on the label.** ☼ **Reusable ICE BAGS accommodate a toddler's change of clothes.** ☼ 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.