

WHAT'S GROWIN' ON

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

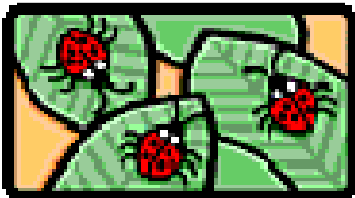
9, 10, 11 June 2009

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

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"I would feel more optimistic about a bright future for man if he spent less time proving that he can outwit Nature and more time tasting her sweetness and respecting her seniority."

-E. B. WHITE (1899 - 1985)



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ GEORGIA BOY ONION (SB)(FB)
- ⌘ RED SUMMERCRISS LETTUCE (SB)(FB)
- ⌘ FRESH RED LASODA POTATOES (SB)(FB)
- ⌘ MEDITERRANEAN CUCUMBERS (SB)(FB)
- ⌘ ROMANO OR GREEN BEANS (SB)(FB)
- ⌘ SPRING NANTES CARROTS (SB)(FB)
- ⌘ COLLARD GREENS (SB)(FB)
- ⌘ *Clark's MODESTO APRICOTS (SB)(FB)
- ⌘ *Peterson's FIESTA GEM PEACHES (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!* *Peterson's **FLAVOR CREST PEACHES \$9/3lb.**
- Last Chance!* **GREEN BEANS \$10/4 LB.**
- ⌘ *Hirahara's **BLUEBERRIES \$15 / 3- 6 OZ. CLAMSHHELL \$11.50 / 1 LB. BAKING SIZE FRUIT**
- ⌘ **ITALIAN SWEET RED ONIONS \$10 / 7 LB.**
- ⌘ **BASIL \$10 / 6 BUNCHES**
- ⌘ **MEDITERRANEAN SEEDLESS CUCUMBERS \$12/4 LB.**

DOWN ON THE FARM

My name is denesse and I bet you have a name too. Like humans, fruit variety names often include clues to their heritage. One of the most disturbing recent developments in the produce "industry" is the generic labeling of fruits. In my opinion there is no such thing as a red plum, a yellow peach or a black grape. As CSA subscribers you might receive a Red Beaut or Angelino plum, maybe a Flavor Crest or Diamond Princess peach. We will soon have the Champagne grapes and later some Ribiers, but we never judge a book by its cover or label fruit by its color. I find it ironic that at a time when people are hungry for a connection to farms, willing to pay more for transparency in the food chain and clamoring for accountability behind the plate, wholesalers respond with obfuscation and outright ignorance of the story behind each fruit; a story that so many of us find utterly fascinating. - denesse

FEATURED RECIPES

GREENS IN PEANUT SAUCE Adapted from Mary Beth Lind & Cathleen Hockman-Wert's *Simply in Season* (FB, with a large bunch of greens, may double)

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|---|-----------------------------------|
| 1/2 Onion, chopped | 1/4 tsp. ground cumin |
| 1 to 2 cloves garlic, minced | 1/8 tsp. salt, or to taste |
| 2 tsp. olive oil | pinch ground cloves |
| 1/2 cup canned chopped tomatoes | 1/4 cup water |
| 1/4 tsp. ground coriander | 1 to 2 Tbls. chunky peanut butter |
| 1 small bunch Collard Greens, leaves stripped from center stalk and chopped | |

In a large soup pot sauté onions and garlic in oil. Add tomatoes and simmer 2 minutes. Stir in spices, cook another 2 min. Add greens and water, stir to coat greens with spices, "steam" until greens are soft, but not mushy. Combine 1 to 2 Tbls. hot water with peanut butter and add to greens. stir to coat, serve at once. Serve over rice or polenta.

HOT GERMAN GREEN BEAN SALAD Adapted from Mary Beth Lind & Cathleen Hockman-Wert's *Simply in Season* (amounts given are for SB)

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|---|----------------------|
| 3/4 lb. Green Beans, cut in 1-inch pieces | 1/4 tsp. salt |
| 2 slices Prairie Valley Bacon (optional) | 1/2 cup minced Onion |
| 1 Tbls. sugar | 2 Tbls. cold water |
| 1 1/2 tsp. lemon juice | 1 tsp. cornstarch |

Cook beans in boiling water until barely tender, Drain, reserving 2 Tbls. cooking liquid. Fry bacon until crisp, drain, reserving 1 Tbls. drippings. (Use 1 Tbls of olive oil if omitting bacon). In the same fry pan, add sugar, lemon juice, salt and onion to bacon drippings with reserved cooking liquid. Stir cornstarch into cold water until smooth and pour into frypan. Cook over medium heat until thick and clear, stirring constantly. Add cooked beans, stir to coat. Sprinkle with crumbled bacon, serves 2.

CURRIED BEANS & POTATOES Adapted from Mary Beth Lind & Cathleen Hockman-Wert's *Simply in Season* (you may substitute a combination of coriander, cumin and cardamom for turmeric)

- | | |
|---------------------------------|--|
| 3 Tbls. canola or sunflower oil | 1/8 to 1/4 tsp. cayenne pepper |
| 1 tsp. mustard seeds | 1/4 tsp. black pepper |
| 4 cloves garlic, finely sliced | 4 small Potatoes, halved and thinly sliced |
| 1/2 tsp. ground turmeric | 2 to 3 cups Green Beans, trimmed |

Heat oil in medium frying pan over medium-high heat. Add mustard seeds to hot oil, when they begin to pop, add garlic. Stir for 1 minute until garlic is golden. Add spices and potatoes, stir for 1 minute. Add beans, whole or cut as desired, stir to coat. Add small amounts of water to keep from sticking and allow a steaming action. Cook until potatoes are tender, increase heat to evaporate any remaining liquid. Salt to taste. Serves 4.

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 potatoes, onions and stonefruit in microperforated bags. Remove and discard tops from carrots. Store vegetables separately from fruits. It seems appropriate that Apricot in Latin means "precious". For those living outside of California, where nearly 97% of America's crop is grown, apricots are precious indeed. Apricots are the most delicate of stone

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- * Nolan's KIWI FRUIT \$12/3 lb.
- * FRESH! YUKON GOLD POTATOES \$10 / 6 lb.
- * FRESH! RED LASODA 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 8 OZ. 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.

fruits when fully ripe. Consume or refrigerate once they have reached desired softness, as they easily bruise and deteriorate quickly. **Apricots** are believed to have originated in north central and northwestern China where they have been cultivated for over 4000 years. In time, apricots spread throughout Europe, the Middle East and eventually to California. This relocation of the apricot has resulted in distinctly different types throughout the world. Spanish Missionaries first brought apricots to California, providing the parentage of the modern cultivar, Modesto, we enjoy this week. These are grown in Guistine by Michael and Edith Clark of Needmore Farms (www.needmorefarms.com) whose 12 acres were CCOF certified in 2002. **Collard Greens** are packed with nutrients, especially vitamin C, calcium, folate, lutein and beta-carotene. Like all cruciferous vegetables, they contain phytonutrients that optimize the body's ability to disarm free radicals and toxins, including potential carcinogens. Strip the tender cabbage-like leaves from the coarse center stalk. The stalk can be added to the stockpot, or minced finely and sautéed with onions and used in another recipe. Collards pair well with potatoes, dried beans, peanuts, butter, olive oil or salt pork and cornbread. **Georgia Boy Sweet Onions** have had the mellowing effect of sun curing, and we have been enjoying them on sandwiches and in salads. **Red SummerCrisp Lettuce** is a favorite in our family, sturdy enough for those one dish meals; Taco Salad or Chinese Chicken Salad. Seedless **Mediterranean Cucumbers** are a crunchy delight with tender, edible skin and firm sweet flesh. Allow the **Fiesta Gem Peaches** from Dick and Karen Peterson's 30-acre CCOF certified organic farm in Kingsburg to soften a day or two at room temperature before enjoying them.

FARTHER AFIELD

My last week's "Down on the Farm" radio guest, Eric Gaarde of Fruit Dynamics asserts powerful interests in the marketplace are conspiring to morph stone fruits into Big Macs and he's not too enamored of the idea. Remember summer jaunts to the grocery, where one would select O'Henry or June Lady peaches, Santa Rosa plum or Summer Grand nectarines? Have you noticed today's supermarket peaches and nectarines are imaginatively identified as yellow or white, while plums sport equally novel monikers, like red or black? According to Gaarde, fully half the fifty-or-so family fruit grower-packers of moderate scale in this region have been driven out of business over the last decade. Some of these were multi-generational shippers; other farmers had begun packing in the 1980's in an attempt to overcome slim to nonexistent margins just growing fruit. Eric prognosticates the "industry" is on course to domination by a half-dozen or fewer mega volume packing and marketing organizations that can survive razor thin profits and cutthroat competition. This scenario is mirrored by an increasingly concentrated retail landscape monopolized by Wal-Mart and comparable "club stores" demanding fruit of equal uniformity in appearance, taste, size and availability, as the iconic Big Mac. So, where's the silver lining in this dark cloud over disappearing Valley orchards for farmers who believe growing fruit is a naturally artisan endeavor, not an industrial one? Gaarde, who surveys a vast amount of stonefruit for quality and taste concedes factory fruit rarely hits a bull's-eye on any other scale save appearance and when lacking flavor, ruins its own opportunity to generate repeat sales. This satisfaction deficit creates an auspicious opening for artisan producers willing and able to deliver tree ripe, uniquely varietal fruits to regional markets. Farms aspiring to this approach are the genre we endeavor to support through our CSA and twelve such growers will be honored at the 2nd Organic Stone Fruit Jubilee the evening of June 20, east of Clovis. We hope to entice you to venture on out and taste sixty varieties of summer fruit from our dozen organic orchardists and register an opinion of their wares. Eric and Kim Gaarde will be featured speakers, guiding us to deeply gaze into a crystal ball, conjuring "The Future of Fruit". –
Tom Willey

For More Info: www.fruitjubilee.org

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

⊗ Please do not ignore a pink sticker on your box. ⊗ The summer season will be frequented by late breaking, **one-time-only, offerings** such as Fiesta Gem Peaches, offered on Wednesday of last week and Ferrari Cherries offered on Thursday this past week. If you wish to receive **e-mail notification of organic abundance opportunities such as these**, please contact denesse@tdwilleyfarms.com ⊗ **Free Organic Abundance!** For every new member you send our way we will mail you a certificate good for a free Organic Abundance up to \$15 in value. The new member (not just a trial customer) must list you as their referral. ⊗ 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.