

WHAT'S GROWIN' ON

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

16, 17, 18 June 2009

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

VOL 8 NO. 24

**That thou, light-winged
Dryad of the trees,
In some melodious plot
Of beechen green, and
shadows numberless,
Singest of summer in
full-throated ease.**

-JOHN KEATS (1785 - 1821)



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ FRENCH HORTICULTURAL BEANS (SB)(FB)
- ⌘ ITALIAN SWEET RED ONION (SB)(FB)
- ⌘ RED BATAVIAN LETTUCE (SB)
- ⌘ ROMAINE LETTUCE(FB)
- ⌘ FRESH RED LASODA POTATOES (SB)(FB)
- ⌘ MEDITERRANEAN CUCUMBERS (SB)(FB)
- ⌘ GREEN SNAP BEANS (SB)(FB)
- ⌘ SPRING NANTES CARROTS (FB)
- ⌘ BASIL GENOVESE (SB)(FB)
- ⌘ *Sanchez's FLAVOROSA PLUOT (SB) (FB)
- ⌘ *Peterson's FLAVOR CREST 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!* *Devine's WHITE SWEET CORN \$12 / 1dozen ears
- ✧ *Peterson's FLAVOR CREST OR FLAME CREST PEACHES \$9/3lb.
- ✧ *Hirahara's BLUEBERRIES \$15 / 3- 6 OZ. CLAMSHELL \$11.50 / 1 LB. BAKING SIZE FRUIT
- ✧ ITALIAN SWEET RED ONIONS \$10 / 7 LB.
- ✧ BASIL \$10 / 6 BUNCHES

DOWN ON THE FARM

The lingering spring-like temperatures make for restful human repose, while watermelons languish under sprawling vines, waiting for some heat to sugar them up. Fat green orbs hang in clusters from walls of staked tomatoes, will the sun come to blush their cheeks? We have been blessed with the best possible "bean weather" as we begin harvesting the fourth and last patch of green beans until autumn. I am reminded of Aristotle's admonition, "one [avian] swallow does not a summer make." One April heat wave warm enough to burn all the peas out of one's garden, does not portend an early summer. — *densse*

FEATURED RECIPES

TRENETTE AL PESTO Recipe courtesy Mario Batali

Trenette are a type of narrow, flat, dried pasta especially associated with Liguria. They are essentially the same as the pasta known as linguine elsewhere in Italy.

- | | |
|---------------------------|---|
| 3 Tbls. pine nuts | 5 ounces extra-virgin olive oil |
| 2 cups fresh Basil leaves | 4 to 6 new Red Potatoes |
| 1 clove garlic, peeled | 1/2 lb. Green Beans, trimmed |
| 1 pinch sea salt | 1 lb. package Trenette (linguini) pasta |

To make the pesto: In the bowl of a food processor, place pine nuts, basil, garlic, and salt, pulse until finely chopped. With machine running, drizzle in the olive oil, until a paste is formed. The pesto can be refrigerated in jars, topped with extra-virgin olive oil, for several weeks. Place potatoes in the bottom of 6 quarts cold water, bring to a boil and add 2 Tbls. salt. Reduce heat and boil gently for 15 to 20 minutes until tender, checking every 5 minutes. Scoop potatoes out and return water to full rolling boil. Have an ice bath ready for the beans. Blanch beans for 6 minutes, scoop them out and refresh in ice bath. Pat dry. Cut potatoes into quarters. Place both potatoes and beans in a wide pasta bowl that has been warmed, add 4 Tbls. pesto, cover to retain heat. Return water to full boil, cook the pasta according to package instructions until "al dente" and drain. Add pasta and 3/4-cup pesto to beans and potatoes, toss until thoroughly coated with pesto, adding more extra-virgin olive oil, to taste.

WILLEY FARMS' BEAN SALAD from the Willey test kitchen

- | | |
|---|--------------------------------------|
| 1/2 lb. Green Beans | 1/3 cup fresh lemon juice |
| 1 1/2 to 2 cups shelled Horticultural Beans | 1/3 cup extra-virgin olive oil |
| 1 Seedless Cucumber | 1/2 tsp. kosher salt |
| 1/2 cup finely minced Red Onion | 1/4 tsp. freshly ground black pepper |

Prepare an ice bath. Bring a large pot of salted water to a boil over high heat. Trim green beans, cut into 1/2-inch pieces. Add green beans and cook 90 seconds. Scoop out green beans with a slotted spoon, shocking them in the ice bath. Return water to boil, slowly add shelled horticultural beans. Cook until tender, check for doneness after 10 minutes, then every 5 minutes. Meanwhile, remove green beans and pat dry, add more ice to bath if needed. When shell beans are tender, drain and shock in ice bath. Slice cucumber in half, lengthwise, then slice into half moons. Stir together in a large bowl, the two beans with cucumbers and minced onion. Place lemon juice in a small bowl. Slowly add the oil, whisking constantly, until combined. Season with salt and pepper, to taste. Pour the vinaigrette over the salad and toss well.

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 stonefruit, onions and fresh new potatoes. Remove and discard carrots tops. Store all leafy items in microperf bags, which will also protect the tender edible skin of your Mediterranean Cucumbers. Dick and Karen Peterson's Flavor Crest Peaches are jam-packed with flavor and a perfect fruit to serve over ice cream, creating a delicious balance of sweet and tart. You may want to leave these peaches sit at room temperature for a day or two, until they yield to a gentle touch, at which point they are ready to eat. The Petersons farm 30 acres, CCOF certified in Kingsburg. **French Horticultural Beans**, are off-white beans with red markings and often recognized as Borlotti beans, the signature shelling bean of Tuscany. Their pods are inedible, but the beans inside are a culinary treat; nutty in flavor with a

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

MEDITERRANEAN SEEDLESS

CUCUMBERS \$12/4 LB.

* Nolan's KIWIFRUIT \$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 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

* 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.

creamy texture, they are popular in Italian and Portuguese cuisine. Fresh shelling beans should be used within a week or so, simmered in just enough water or stock to cover. They will cook in about a half hour with other vegetables and/or tender meats. When cooked the beans will lose some of their bright markings and turn a light brown color. Their meaty, chestnut flavor makes these beans a wonderful main or perfect side dish. **Lettuce** (*Lactuca sativa*) "Lettuce is like conversation: It must be fresh and crisp, and so sparkling that you scarcely notice the bitter in it." - C.D. Warner. A century ago growing lettuce was almost exclusively a gardener's enterprise. The advent of refrigeration in the early 1900's opened up far-away markets for California farmers. Wash leaves in a deep basin of water. Scoop the leaves from the basin, shake and dab with a kitchen towel to remove excess water or use a salad spinner to "dry" the washed leaves. To prepare lettuce for salad ahead of time, pour the washed leaves onto a thick kitchen towel, cover with a second towel and loosely roll (like a jelly roll), refrigerate. A pluot (plü-ot) is a trade name for a host of fruit varieties developed by Floyd Zaiger in Modesto over the last 40 years. **Plu-ots** are a complex cross of plum with apricot that exhibits more plum-like traits. The **Flavorosa** skin is tart and offsets the super sweet interior. Don't be put off by the initial sour notes, stick with it and be rewarded with the quintessential summery flavor of sweet plums. These are from Ignacio Sanchez's farm in the Reedley area, Ignacio has been farming with his family for nearly 20 years and are QAI certified organic.

FARTHER AFIELD

If you attended last year's Organic Stone Fruit Jubilee you might have come to the conclusion it was just a big tease. Discovering delight in an orchardist's wares, fruit aficionados were most often disappointed to learn the produce had no retail outlet in our community. Rectifying that deficit is what motivates organizers of our Jubilee, reincarnating itself this Saturday evening, June 20, at MOA's fetching Oasis Garden. Several promising local market initiatives have emerged from last year's Jubilee. One is our own CSA's collaboration with Blossom Bluff Orchards in launching a satellite project peak of summer fruit box. The Loewens' second weekly box of a seasonal thirteen was just delivered and we're receiving some enthusiastic reports on the flavor of these unique fruits. Of course, we continue to include stone fruits from several Jubilee growers in your regular weekly boxes. CSA Member Jeremy Lane, a Slow Food Madera delegate to last year's Terra Madre, returned from Italy so fired up, the young man started a business focused on the orchardists he met at our first Jubilee. Utilizing his strong background in conventional produce sales, Jeremy is now delivering assortments of tree ripe, delicious fruit to area businesses, replacing canteen vending machine fare, often the only impulse food available to employees. He, with farmers Dick Peterson and Ted Loewen, has also launched the Jubilee's retail initiative, placing featured grower's fruit in local markets a month before and after our event. The Market and Kristina's Natural Ranch Market have agreed to participate in this project and received their first delivery of Jubilee fruit last week. You may enhance the continued availability of local organic fruit by purchasing from these community grocers and praising them for supporting our Jubilee growers. If this glorious "people" weather holds, Saturday evening will prove more comfortable than last year's blistering date. A dozen growers will be there beckoning you to taste their bountiful summer fruits and express your interest in the value of their work. Welcome, "fruitopians", one and all. -Tom Willey

For More Info: www.fruitjubilee.org

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

☼ **If you are disappointed, so are we:** Farming with "natural systems agriculture" means that our crops can be either blessed or abused by nature. We endeavor to deliver only quality, delicious produce. Please let us know promptly if any item does not meet this standard. ☼ If your name is on the sign-off sheet, A BOX HAS BEEN PREPARED AND DELIVERED FOR YOU. Should you find that your box is missing, please contact the host or the farm immediately, so that we may help you find your produce. You will NOT be given a credit for a "missing" box unless we hear from you within 12 hours of your pick up time. **Our CSA phone (674-2642) is available to you 24 hours a day.** ☼ The summer season will be frequented by late breaking, **one-time-only, offerings** such as Organic Boysenberries, offered on Tuesday 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 ☼ 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.

BASIL



Known as the love plant, basil was used in Italy as a gift that couples could give to each other as a sign of their fidelity. Basil is thought to stimulate the appetite and nervous system, repel mosquitoes, expel worms, relieve acne, and even treat insect and snakebites. We grow a variety of sweet basil called *Genovese*, an Italian cultivar renowned for its spicy fragrance and flavor. Store basil at room temperature in a flower vase, tented with a microperf bag. Pinch off any flowers that may appear.