

WHAT'S GROWIN' ON

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

23, 24, 25 June 2009

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

VOL 8 NO. 25

“No race can prosper till it learns that there is as much dignity in tilling a field as in writing a poem.”

-BOOKER T. WASHINGTON
(1856 - 1915)



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ *Devine's WHITE SWEET CORN (SB)(FB)
- ⌘ ITALIAN SWEET RED ONION (SB)(FB)
- ⌘ RED BATAVIAN LETTUCE (SB)
- ⌘ RED LEAF LETTUCE (SB)
- ⌘ YUKON GOLD POTATOES (SB)(FB)
- ⌘ MEDITERRANEAN CUCUMBERS (FB)
- ⌘ ITALIAN ZUCCHINI SQUASH (SB)(FB)
- ⌘ SPRING NANTES CARROTS (SB) (FB)
- ⌘ SUNGOLD OR SWEET 100
CHERRY TOMATOES (SB)(FB)
- ⌘ *Loewen's SPRING BRIGHT
NECTARINES (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

- ✧ *New!* **SUN KING CANTALOUPE**
\$8/ 8 LB. (3 or 4 melons)
- ✧ *Hirahara's **BLUEBERRIES**
\$15 / 3- 6 OZ. CLAMSHELL
\$11.50 / 1 LB. BAKING SIZE FRUIT
- ✧ *New!* **EGGPLANT SAMPLER**
(3 types) **\$9/ 4 LB.**
- ✧ *New!* **CHERRY TOMATOES**
\$12 / 4-half pint CLAMSHELLS
- ✧ *New!* **TABLE TOMATOES \$10/5lbs**

DOWN ON THE FARM

Even as we barely start our summer abundance of tomatoes, eggplant and potatoes, the preparation for fall begins. Thursday last, we finished picking green beans, Friday the plants were shredded and Saturday a crew pulled the drip tape to ready that last piece of field two for solarization. As though we were planting next week, Tom Bursey will spread compost, beds will then be shaped with drip tape buried just beneath the surface of the soil. We stretch thin, clear plastic taught over the beds and begin a light irrigation to encourage weed seeds to imbibe water. The sun's rays pass through the clear plastic, heating the beds as in a greenhouse. Within a few days the soil temperatures will reach 125 degrees F. or higher, "cooking" the seeds of unwanted plant species that would compete with the soon to be planted winter vegetables. This "steam sterilization" seems to have a benign effect on our beloved soil microbes and saves about one hundred hours of weeding labor per acre. -denesse

FEATURED RECIPES

HERBED ZUCCHINI NOODLES Recipe courtesy Juan-Carlos Cruz. You may substitute 1 tsp. each dried thyme and oregano, if you cannot find fresh.

- | | |
|---------------------------------------|--|
| 2 Zucchini | 1 tsp. lemon pepper |
| 2 tsp. butter | 4 ounces egg noodles, cooked and drained |
| 1 Tbls. fresh parsley leaves, chopped | 1 tsp. salt |
| 1 Tbls. fresh thyme leaves, chopped | 1 tsp. pepper |
| 1 Tbls. fresh oregano leaves, chopped | 1 tsp. Parmesan, freshly grated |

Carefully drag a vegetable peeler the length of the zucchini to create long strands. Discard seedy centers. Heat a large nonstick sauté pan over medium heat with the butter. Add the zucchini and quickly toss to coat with the butter. Add parsley, thyme, oregano, and lemon pepper. Toss again and warm through, about 1 minute. Add the cooked egg noodles. Toss once again until pasta is warmed through but zucchini remains crisp tender. Taste and adjust flavor with salt and pepper. Sprinkle with Parmesan. Toss again and serve warm.

CORN AND TOMATO SALAD from *Gourmet Magazine*, September 1997

- | | |
|--|--|
| 1 medium Zucchini | 2 Tbls. olive oil |
| 1/2 cup Sweet Red Onion | kernels cut from 2 ears Fresh Sweet Corn |
| 2 garlic cloves | 2 Tbls. fresh chopped basil or parsley |
| 1 clamshell Cherry Tomatoes | 1 Seedless Cucumber, finely diced |
| 1/2 tsp. red pepper flakes or 1 Tbls. fresh chopped jalapeno | |

Finely chop zucchini, thinly slice red onion. Mince garlic and halve tomatoes. In a large non-stick skillet heat oil over moderately high heat until hot but not smoking and sauté zucchini and corn with salt and pepper to taste, stirring, until corn is golden brown, about 5 minutes. Reduce heat to moderate and stir in onions, garlic and hot pepper. Cook mixture, stirring, 1 minute. Transfer vegetables to a bowl and immediately add tomatoes and basil (or parsley). Cool corn salad to room temperature, stir in diced cucumber, serves 4.

ZUCCHINI, CARROT AND POTATO PANCAKES Adapted from foodnetwork.com

- | | |
|-----------------------------|---------------------------|
| 1 large Zucchini | 2 eggs |
| 4 small Yukon Gold Potatoes | 4 Tbls. all-purpose flour |
| 2 small Carrots | 1/2 tsp. baking powder |
| 1 cup minced Red Onion | 2 tsp. cumin |
| 2 cloves garlic, minced | Salt and pepper |

With a hand grater, grate zucchini, carrots and potatoes. Place in a towel, sprinkle lightly with salt. Allow to stand a few minutes, then squeeze out as much water as possible. Transfer grated vegetables to a large bowl. Add onion and garlic. In a small bowl, beat the eggs with a fork and mix into the vegetables. In a small bowl mix together the flour, baking powder, cumin and pepper. Mix into the vegetables. In a large pan, heat 3 Tbls. of oil until very hot. In heaping spoonfuls, fry pancakes, pressing them out as they hit the pan. Cook until brown and crisp, turn to crisp the other side. Repeat with remaining "batter". Drain on paper towels. Serve with salsa, minty yogurt or dill mayonnaise; top with sour cream and cherry tomatoes, also delicious with sardines.

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

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- * Devine's **WHITE SWEET CORN** \$12 / 1 dozen ears
- * Peterson's **FLAME CREST PEACHES** \$9/3lb.
- * **ITALIAN SWEET RED ONIONS** \$10 / 7 LB.
- BASIL** \$10 / 6 BUNCHES
- * **SUGAR BABY WATERMELON** \$ 8/ MINIMUM 8 LB.
- * **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.
- * **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!

Organic Abundance payments are due upon receipt. For your convenience we accept VISA and MasterCard.

discard carrots tops. Store all leafy items in microperf bags, which will also protect the tender edible skin of your Mediterranean Cucumbers. The moderate weather has enabled us to enjoy Dick and Karen Peterson's **Flavor Crest Peaches** a second week. You may want to leave these peaches sit at room temperature for a day or two, until they yield to a gentle touch. The Petersons farm a cadre of old fashioned high-acid peaches on 30 CCOF certified acres in Kingsburg. We've had their broccoli in the past, now, we're pleased to feature delicious **White Sweet Corn** from Bob and Brent Devine of Coalinga, CCOF certified since 1997. **Sweet Corn** (*Zea maysse v. saccharata*) is a sugary treat that has developed into a U.S. favorite for barbecues and summer parties. This corn is the product of elaborate crossings of diverse varieties to form a very sweet kernel with outstanding flavor when eaten fresh. Corn, really a grain, is native to the Americas and a staple food for millions. This grass has undergone more genetic manipulation through breeding in less time than any other crop in human history. By the early 1900's, sweet corn enthusiasts had ignited efforts to breed more adaptive and improved varieties. Today numerous types of sweet corn exist, each one classified by its sweetness. We advise you to refrigerate your corn at once, and eat it as soon as possible. Sweet corn is excellent shucked and boiled in salted water for a scant 10 minutes. Our favorite is to roast corn in the husk over a hot grill, turning a quarter turn every 10 or 15 minutes. Butter, salt and pepper are sufficient seasoning for fresh sweet corn. Add any left over corn kernels to macaroni or potato salad. The **Sungold Cherry Tomato** is denesse's favorite tomato. Refrigerate *Only* if you will not be eating them within 3 days. Loewen's **Spring Bright Nectarine** can be eaten firm with a crisp texture. Highly flavored with a touch of spice, it is possibly the nectarine for jams and preserves. CSA members, Fran and Ted Loewen grow dozens of varieties of stone fruit on their 80 acre CCOF certified orchard in Parlier.

FARTHER AFIELD

Eating lots of good organic fruits and vegetables can do much to safeguard our health but we all require access to competent medical care at critical moments in life. As an accident of historical circumstance, our nation uniquely relies on employers to provide medical insurance to its citizens. Fierce competition in our now globalized economy leaves many American businesses at a disadvantage, burdened with immense, uncontrolled health care costs, as witnessed by the just declared bankruptcy of industrial icon General Motors. It pains and concerns Denesse and I that the farm has never been able to afford purchasing adequate medical coverage for the majority of our employees without risking financial ruin. We've necessarily avoided the black hole of employer provided insurance, reasoning the security of a job to be a greater good. So when a distraught farm hand presents me with his \$9,000 bill, incurred over an unlucky few hours in a local hospital emergency room, I'm left with little recourse but to plead with the institution for mercy on a low wage earner. This vulnerability is distressing and about to get worse. Most heads of household in our employ have been able to access California's "Healthy Families" program to obtain adequate low cost healthcare insurance for their young children. However our state's current flirtation with bankruptcy will likely result in the complete withdrawal of funding for this vital stopgap, currently protecting the flower of California's next generation. The American system is obviously broken when every industrialized competitor nation enjoys universal, publicly funded medical care, demonstrating significantly more positive health outcomes for as little as half the near 20% of GDP we burn up providing inefficient and vastly unequal service. President Obama warns the nation could go the way of GM under our present scenario. We must summon the will to provide an affordable public option for the legions of uninsured and underinsured. Powerful profiteering interests stand in opposition to this path and virtually bribe members of congress to block significant reform. The hard working people who put nourishing fruits and vegetables on your family's table each week do not harvest a large monetary reward but deserve protection from the financial disaster of medical emergencies. Please, demand this justice of your congress member and senators.

-Tom Willey

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

⊗ Even if you do not receive a statement, your payments are due July 5. ⊗ **Quarterly customers- Don't lose your 5% discount- make sure we receive your payment by July 5.** ⊗ E-mail densesse@TdwilleyFarms.com if you would like a preview of next week's box or wish to be added to the O.A. add-on list. But, please use CSA@tdwilleyfarms.com to request a vacation hold or electronic statements, order organic abundance, inquire about or make changes to your account or to make a personal farm tour reservation. We confirm ALL e-mails. ⊗