

# WHAT'S GROWIN' ON

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

30 June, 1, 2 July 2009

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

VOL 8 NO. 26

**“A noise like of a hidden brook  
In the leafy month of June,  
That to the sleeping woods  
all night  
Singeth a quiet tune.”**

-SAMUEL TAYLOR COLERIDGE



## BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ \*Devine's WHITE SWEET CORN (SB)(FB)
- ⌘ GEORGIA BOY SWEET ONION (SB)(FB)
- ⌘ RED SUMMERCRISP LETTUCE (FB)
- ⌘ ROMAINE LETTUCE (SB)
- ⌘ CURLY PARSLEY (FB)
- ⌘ RED LASODA POTATOES (SB)(FB)
- ⌘ MEDITERRANEAN CUCUMBERS (SB)(FB)
- ⌘ CLASSIC GLOBE EGGPLANT (SB)(FB)
- ⌘ SPRING NANTES CARROTS (SB) (FB)
- ⌘ TABLE TOMATOES (SB)(FB)
- ⌘ \*Loewen's WHITE LADY PEACHES (SB)(FB)
- ⌘ \*Peterson's DIAMOND PRINCESS 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

- ✧ **New!** HEIRLOOM TOMATO MEDLEY \$15/ 6 LB.
- ✧ **Last Chance!** \*Hirahara's BLUEBERRIES \$15 / 3- 6 OZ. CLAMHELL \$11.50 / 1 LB. BAKING SIZE FRUIT
- ✧ **New!** SALSA PACK \$12 - ROMA TOMATOES, ONIONS, & CHILIES (W/ RECIPE)
- ✧ **New!** RUSSET POTATOES \$10/ 6 lb.
- ✧ **New!** GEORGIA BOY SWEET WHITE ONIONS \$10/ 7 lb.

## DOWN ON THE FARM

Cherokee, Lemony, Black Krim and Moonglow are a few names in the nearly half-acre heirloom tomato patch we planted this spring. I thought they would ripen in mid-summer when the delight of the first “love apples” grows tedious and Green Zebra pie sounds like a culinary adventure. The appeal of heirlooms is a full range of colors and flavors, making them ideal for chutneys and salsas, Alice Waters’ famous heirloom tomato compote or my choice for tomato soup. Though we are just now enjoying the very first slicing tomatoes of our season, heirlooms are ripening ahead of schedule and offered as an organic abundance item. *-denesse*

## FEATURED RECIPES

### SUPER EGGPLANT SUBS

Recipe adapted from Rachael Ray

- |                                |  |
|--------------------------------|--|
| 1/2 cup extra-virgin olive oil | 2 fresh Tomatoes                               |
| 1 large clove cracked garlic   | 1 small (8-ounce) can tomato sauce             |
| 1 clove chopped garlic         | 4 sub rolls, split                             |
| 1 Classic Globe Eggplant       | a few fresh basil leaves, from a previous week |
| Coarse salt and black pepper   | 4 Tbls. grated Parmigiano-Reggiano             |
| 1/2 cup Sweet Onion, chopped   | 1/2 pound smoked mozzarella, thinly sliced     |

Preheat oven to 450 degrees F. Heat extra-virgin olive oil and cracked garlic in a small pan over medium low flame. Remove cap from eggplant and slice lengthwise 1/2-inch thick slices. Arrange the eggplant on cookie sheets. Using a pastry brush, brush both sides of sliced eggplant with hot garlic oil (reserve 1 Tbls.). Season with salt and pepper and roast in hot oven 15 minutes or until tender, turning once. In a medium skillet, heat remaining garlic oil over medium high heat. Sauté chopped garlic and onions 2 to 3 minutes then add chopped fresh tomatoes, tomato sauce, and salt and pepper. Lower heat and allow sauce to thicken. Remove eggplant from the oven. Preheat broiler. Arrange split sub rolls on a broiler pan. Pile layers of cooked eggplant, tomato sauce and minced basil onto sub rolls, equally dividing ingredients. Top subs with grated cheese and smoked mozzarella cheese. Melt cheeses under the broiler. Serve subs hot.

### GRILLED MIDDLE EASTERN BABA GHANOUSH

Recipe courtesy Tyler Florence

- |                                    |   |
|------------------------------------|---|
| 1 Classic Globe Eggplant           | 1/2 tsp. ground cumin                           |
| 4 garlic cloves, coarsely chopped  | Kosher salt and freshly ground black pepper     |
| 1/4 cup tahini (sesame seed paste) | 1/2 cup extra-virgin olive oil                  |
| 1 lemon, juiced                    | 2 Tbls. chopped roasted pistachios, for garnish |
| 1 handful fresh Parsley, chopped   | Pita bread, cut into wedges, for dipping        |

Pierce the eggplant in a few places with a fork, so steam has somewhere to go when cooking. For a smoky flavor that will add depth to the finished dish, grill the eggplant on a very hot, oiled grill pan (or barbecue) until the skin is wrinkled and black, and the eggplant shriveled and soft; turning often. (If you prefer, roast in a preheated 400 degree F oven for 30 minutes.) When the eggplant is cool enough to handle, split open and scoop out the flesh, discarding the skin. In a food processor, combine garlic, tahini, lemon juice and parsley; puree until smooth. Add eggplant flesh; season with cumin, salt, and pepper; pulse several times to make a thick, coarse puree. Pour in the oil and pulse again to incorporate. Taste and adjust seasoning, as needed. Pour into a serving bowl and garnish with chopped pistachios. Serve with pita wedges for dipping.

**From the home page at [www.TdWilleyFarms.com](http://www.TdWilleyFarms.com), select RECIPES. Scroll down to SUMMER, each crop is listed with a drop down menu of previous newsletter recipes**

### MORE RECIPE AND STORAGE TIPS..

<http://whfoods.org/foodstoc.php>

Refrigerate everything except tomatoes, stonefruit, onions and fresh new potatoes. Remove and discard carrots tops. Store lettuce in microperf bag, which will also protect the tender edible skin of your Mediterranean Cucumbers. Store both potatoes and onions in a cool, DARK, dry place with plenty of air. Eat Devine's White Sweet Corn as soon as possible for maximum flavor. Roast in the husk over a hot grill, turning a quarter turn every 10 to 15 minutes or after husking, it cooks quickly by boiling 10 minutes. An unusual way to enjoy cooked corn is with salt, Limejuice and crushed Chile peppers. Add left over corn kernels to macaroni or potato salad. In 1997 partners Don Devine and Dave Wood realized the importance of all natural, chemical-free produce and became a certified organic farm by California Certified Organic Farmers. Along with Brent Devine, they farm over 1300 acres in Coalinga. Although Tomatoes (*Lycopersicon esculentum*) are fruits, botanically, most specifically a berry, most people think of the tomato as a vegetable. Tomatoes are members of the nightshade family, which includes

## MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✦ **EGGPLANT SAMPLER** (3 types)  
\$9/4 lb.
- ✦ **TABLE TOMATOES** \$10/5lbs
- ✦ **SUN KING CANTALOUPE**  
\$8/ 8 lb. (3 or 4 melons)
- ✦ **CHERRY TOMATOES**  
\$12 /4-half pint
- ✦ **CLAMSHELLS**  
\*Peterson's **DIAMOND PRINCESS OR FLAME CREST PEACHES** \$9/3lb.
- ✦ **ITALIAN SWEET RED ONIONS** \$10 / 7 LB.
- ✦ **BASIL** \$10 / 6 BUNCHES
- ✦ **SUGAR BABY WATERMELON**  
\$ 8/ MINIMUM 8 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](mailto: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!**

potatoes, bell peppers, and eggplant. The tomato is native to the Americas initially cultivated by Aztecs and Incas as early as 700 A.D. These **Table Tomatoes** are a bit too juicy for cooking. Use them in salads, on sandwiches and just to eat in hand. Store tomatoes at room temperature as chilling will ruin their flavor. Fresh **Eggplant** grown with biological fertility is actually sweet and does not require salting. The eggplant fruits do not like to be refrigerated for long periods, so plan to use them within a day or two. Leaving them at room temperature hastens seed development that can render them bitter. These fresh **Red LaSoda Potatoes** are low in starch, making them best for making potato salad. We grow the **Georgia Boy Sweet Onion** primarily for fresh spring onions. The fully cured onion reminds me a bit of the Italian Cipollini. Drizzle with olive oil and slow roast to enhance their sweetness. If you've a sweet tooth, you'll love Loewen's **White Lady Peaches!** With its delicate peach flavor and low fuzz skin, this is one of the best of the new breed of white-fleshed peaches. A true freestone - slice around the peach, twist the halves, and the stone will fall away. With their dramatic coloring, these are a wonderful fruit to serve sliced on their own. CSA members Fran & Ted Loewen's 80 acres in Parlier are CCOF certified. The **Diamond Princess** is a newer peach variety for Dick and Karen Peterson of Kingsburg. Keep stonefruit at room temperature until they are the desired softness, then refrigerate. Dick and Karen Peterson farm 30 Acres in Kingsburg. They specialize in the high acid, high sugar peaches we consider to be "Old Time" favorites. They have been C.C.O.F certified since 2002.

## FARTHER AFIELD

I'd never laid eyes on the "Fruit Detective" but was tipped to stay on the lookout for someone resembling a big game hunter on safari. Even sans signature pith helmet, I suspected David Karp when a figure sidled over to the workshop I was conducting, blunderbuss of a camera lens slung across his chest. I'd been trying to lure America's most celebrated fruit writer to our Organic Stone Fruit Jubilee over several months of e-mail exchanges and now, here stood the intrepid explorer of planet fruit. David busies himself trolling six continents for unique and extraordinary fruits, having acquired this passion in a swap for earlier self-destructive hedonistic pleasures, pursued during an early 1980's stint on Wall Street in risk arbitrage and options trading. The brilliant, self-taught pomologist chronicles rare fruit exploits for the *Los Angeles* and *New York Times* plus leading food journals *Gourmet* and *Saveur*. My concern was, having landed a big fish at our little Jubilee, would the great Karp find anything to pique his keen fruit interest among our dozen organic orchardists' offerings? Just posted to an LA Times blog (*Daily Dish* 6/23/09) is Karp's brief review of both his good and not so good impressions of our Jubilee, which attracted 800 local fruit aficionados. Among Vernon Peterson's several varieties, Karp discovered a new plum/cherry cross, Cherub, bred by Zaiger's Genetics of Modesto, famed for their earlier introduction of the pluot. Fruit Dynamics' Eric Gaarde had scooped me news of Zaiger's latest bizarre breeding feats but we were all surprised to find one already in production. Karp knighted Ted Loewen's Carine white nectarine (included in last week's B.B. Fruit box) with "best of show" and opined Blossom Bluff Orchard's fruit displayed some exceptional qualities. Our Fruit Detective's major disappointment was in the lack of full ripeness in a number of fruits offered for tasting by many growers. Jubilee organizers have struggled for over two years attempting to convince growers habituated to picking for shipment hundreds or thousands of miles, to bring ready-to-eat fruit. The Detective enticed me to an impromptu parking lot taste, featuring Art Lang's dripping with honey Snow Queen nectarine and an apricot, hardly larger than a normal cot's pit, the exotic seeds of which were "smuggled" from Central Asia by Waterford farmer, John Driver. This entrepreneur's "CandyCot" nuggets, though quite fresh, exuded a flavor intensity of dried fruit. With that, fruit sleuth Karp motored off, raising a cloud of dust in pursuit of further delectable adventures. -Tom Willey

<http://latimesblogs.latimes.com/dailydish/2009/06/of-pluots-apriums-and-cherubs-.html>

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

☼ A big Thank You! to all who have paid on time! **Quarterly customers will lose the 5% discount unless we receive your payment by July 5.** ☼ 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. Don't neglect to have the proxy SIGN for the box and look for organic abundance boxes as well.** ☼ E-mail [denesse@TdWilleyFarms.com](mailto:denesse@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](mailto: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. ☼