

WHAT'S GROWIN' ON

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

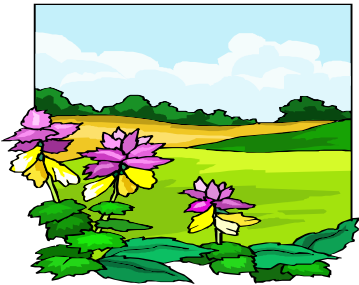
7, 8, 9 July 2009

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

VOL 8 NO. 27

“It is our obligation to keep the beauty of the landscape as we remember it in our youth... and to leave this splendor for our grandchildren.”

LADY BIRD JOHNSON,
WWW.WILDFLOWER.ORG



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ☞ SUN KING CANTALOUPE (SB)(FB)
- ☞ RUBY SALADETTE ONION (SB)(FB)
- ☞ ROMAINE LETTUCE (FB)
- ☞ RED SUMMER CRISP LETTUCE (SB)
- ☞ GENOVESE BASIL (SB)(FB)
- ☞ YUKON GOLD POTATOES (SB)(FB)
- ☞ MEDITERRANEAN CUCUMBERS (SB)(FB)
- ☞ SWEET GREEN PEPPER (SB)(FB)
- ☞ ITALIAN ZUCCHINI SQUASH (SB)(FB)
- ☞ TABLE TOMATOES (SB)(FB)
- ☞ JALAPENO PEPPERS (SB)(FB)
- ☞ *Peterson's FLAME 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! ROMA TOMATOES \$10/5lb
- ✦ HEIRLOOM TOMATO MEDLEY \$15/ 6 LB. Recipe included
- ✦ New! PICKLING CUCUMBERS \$15 / 8 LB Recipe incl.
- ✦ SALSA PACK \$12 - Recipe incl. (ROMA TOMATOES, ONIONS, & CHILIES)
- ✦ GEORGIA BOY SWEET WHITE ONIONS \$10/ 7 lb.

DOWN ON THE FARM

We just finished digging potatoes and not a moment too soon as these triple digit temperatures create a number of quality problems for the poor spuds if they are left in the ground. Mr. Willey signed 98 payroll checks on Saturday. We have harvest teams in melons, basil, tomatoes, cucurbits, peppers, eggplant and a crew that just works on your CSA boxes. In addition to the harvest we have regular irrigation, horticultural and tractor driving crews and some highly skilled ladies that prepare tomatoes for shipping. —denesse

FEATURED RECIPES

COLD PASTA SALAD WITH CHILIES Adapted from Judy Gorman's *Vegetable Cookbook*

- | | |
|---|---------------------------------------|
| 1/2 cup olive oil | Salt and freshly ground black pepper |
| 1 cup Sweet Red Onions, thinly sliced | 1/2 pound spaghetti, boiled & drained |
| 1 cup Sweet Green Pepper, seeded & chopped | 2 oz. crumbled feta cheese |
| 2 garlic cloves, minced | 1 cup diced Mediterranean cucumber |
| 1/2 to 2 Jalapeno Chili Peppers, finely chopped | 4 Tbls. chopped fresh parsley |

Be sure to rinse cooked spaghetti in cold water to prevent sticking. Heat oil in a large skillet. Add onions, sweet pepper, garlic and chilies. Stir over medium heat until onions are tender (you will be sweating the vegetables not sautéing them). Season with salt and pepper to taste, remove from heat. Add drained spaghetti, turn and stir to coat each strand with oil. Sprinkle on feta, diced cucumbers and parsley, toss to combine Transfer to a bowl, refrigerate until completely chilled, serve with sliced tomatoes. Serves 4

BULGUR GAZPACHO Recipe courtesy of Alton Brown

- | | |
|---|--|
| 1 cup water | 1 1/2 tsp. salt |
| 1 cup tomato puree | 1 1/4 tsp. Louisiana hot sauce |
| 3/4 cup bulgur | 1 small Red Onion, diced |
| 2 Tbls. balsamic vinegar | 1 cup roughly chopped Tomatoes |
| 1 garlic clove, minced | 1 cup Mediterranean Cucumbers, diced |
| 1/2 tsp. ground cumin | 3/4 cup Sweet Green Pepper, small dice |
| 3 Tbls. chopped cilantro leaves (may substitute basil or parsley from previous weeks) | |

Bring the water and 1/2 the tomato puree to a boil. Pour over the bulgur and cover for 20 minutes. Fluff with a fork. Combine remaining ingredients and toss with the bulgur. Chill for 1 hour before serving.

From the home page at 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 peppers, lettuce and cucumbers in microperf bags. Keep both potatoes and onions in a cool, DARK, dry place with plenty of air. These delightful Saladette Onions might be heard to whisper, “Hi, I’m Ruby and I can spice up your life! I’m a real cut-up in salads and love to show off my colorful rings at parties.” We especially enjoy these baked whole whenever we make Boeuf Bourguignonne. Treat **Genovese Basil** like a bouquet of flowers, placing the stems in a vase of water, tent with a microperf bag. Add basil chiffonade to salads, pasta primavera, or spaghetti sauce. *Chiffonade* (shee foh nahd) is a French culinary term that refers to herbs or other leafy green vegetables (like lettuce) that has been cut into long, thin strips. Start with dry basil and a sharp knife. Stack 10 to 15 leaves, starting with the biggest leaves on the bottom. Roll the basil tightly, lengthwise (parallel to the leaf midrib), into a tight bundle of leaves, resembling a cigarette. Slice the roll, crosswise, into very thin slices. The result will be dozens of thin basil ribbons for garnish and seasoning. **Flame Crest Peaches** are from Dick and Karen Peterson’s CCOF certified farm in Kingsburg. The Flame Crest is an old fashioned variety blushed red and has yellow flesh turning crimson near the pit. Leave peaches at room temperature until desired firmness is reached, THEN refrigerate. **Cantaloupes** were once known as muskmelons, so named because of the delightful aroma of the ripe fruits. *Musk* is a Persian word for a kind of perfume; *melon* is French, from the Latin *melopepo*, meaning “apple-shaped melon”. Muskmelons are native to Persia (Iran), with a secondary center including modern day Kashmir and Afghanistan. Best served at room temperature, store cut melons tightly wrapped, in the refrigerator. **Sweet Peppers** (*Capsicum annuum*) are from the same family as the hot chilies so

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

✘ ***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.

✘ **RUSSET POTATOES** \$10/ 6 lb.
✘ **FRESH! YUKON GOLD**
POTATOES \$10 / 6 lb.

✘ **FRESH! RED LASODA**
POTATOES \$10/8 LB.

✘ **LETTUCE** \$10 / 6 HEADS

✘ **THE SALADMEISTER** \$10
✘ *** Koda Farms' MEDIUM GRAIN**

NEW HARVEST RICE SPECIFY
WHITE OR BROWN \$10 / 3 LB.

✘ *** 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!

Use 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.

highly prized in Central American and Mexican cooking. By the time Europeans arrived in the New World, indigenous Americans had developed an enormous diversity of sweet, mild and searingly hot peppers. Once taken to Europe, peppers underwent regional refinements there; Spain became renowned for its pimientos and Hungary for its paprika, both of which are made with sweet red pepper varieties. We grow a Lamuyo or "Spanish" type of sweet pepper that is well adapted to our climate. As the summer sun is extremely intense and the pepper's fruit very prone to sunburn, we cover our pepper patch with protective shade cloth to ease the stress on fruit and plant. This is a laborious and expensive undertaking, but one which allows us to produce high quality fruit. This week's peppers are yet green with a thick, succulent flesh, ideal for use in salads, in sautéed dishes, or stuffed and roasted. As the season progresses, sweetness and tenderness of these peppers will increase as they mature into their red and yellow colors. consumed daily, these fruits provide an excellent source of Vitamin C. **Jalapeno Peppers'** (*Capsicum annuum*) heat zone is located around the ribs (placenta) and seeds where the Capsaicinoids are concentrated, the compound that imparts chile peppers their mouth-searing qualities. If you wish to minimize heat with any chile, these are the parts to remove. If you are sensitive to their volatile oils, **wear gloves while handling chilies and avoid touching your eyes, nose, and mouth.**

FARTHER AFIELD

I don't know how many farmers have told me over the years, "If I could just use Roundup (glyphosate) herbicide, I'd go organic as pests, disease and fertility are not a problem to manage with natural inputs." Willey Farms' most effective weed control tools are solarization, only effective in hot, interior valleys like ours, and plastic mulches, a practical godsend but frowned upon as petroleum-based. Management of undesired, competitive vegetation, "weeds", can be the greatest barrier to the adoption of natural farming systems and their ability to compete with high yield conventional agriculture. Gone are the days when the organic marketplace supported legions of farmhands pulling weeds from vegetable crops to the tune of \$2,000 an acre or greater cost. Organic weed control in permanent vineyards and orchards can be vexing, as both cultivation and fallow periods are limited. Conventional growers enjoy the ease, convenience and peace of mind offered by a Monsanto scientists' 1970 discovery of chemistry able to prohibit a plant's synthesis of vital amino acids, creating a near universal phytocide. Then in 1996, by manipulating resistance genes borrowed from an *Agrobacterium* soil microorganism into crop genomes, Monsanto unleashed its phenomenally profitable Roundup Ready revolution. Some 90% of American soybean acreage and 60% of our corn acres are now regularly doused with glyphosate herbicides, miraculously eliminating weeds and inducing farmers, no longer required to practice the art of cultivation, to complain of boredom. As with many so-called marvels of modern chemistry, downsides of the Roundup revolution have been slow to emerge. Selective pressure over decades has resulted in recent appearance of at least one dozen "superweeds" world wide, having unintentionally but predictably developed resistance to the once lethal herbicide. Researchers in Argentina and France have lately demonstrated significant toxic effects of glyphosate and/or alleged inert ingredients in its formulations on amphibian and human embryonic cells respectively. Separately, glyphosate has been demonstrated to suppress certain soil microbiological communities, which mediate plants' uptake of critical micronutrients, leaving some crops immunologically compromised and more susceptible to disease. Use of Roundup has been exceedingly popular in urban environments and homes where 5-8 million pounds are sprayed annually. Next time you or the gardener are tempted to zap that weed away with glyphosate, you might just want to consider grabbing a trusty hoe instead. —Tom Willey

For more info: <http://en.wikipedia.org/wiki/glyphosate>

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

✘ **PLEASE DO NOT IGNORE A PINK STICKER ON YOUR BOX!** There will be no interruption to your service if we receive your payment by Friday. ☼ If you assume we are charging your credit card but still receive a statement with a balance due, either your card was declined or WE DO NOT HAVE A SIGNED AUTHORIZATION ON FILE FOR YOU. ☼ 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. ☼