

WHAT'S GROWIN' ON

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

14, 15, 16 July 2009

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

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*Find the shortest,
simplest way between
the earth, the hands
and the mouth.*

-LANZA DEL VASTO



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ SUN KING CANTALOUPE (SB)
- ⌘ GEORGIA BOY SWEET ONION (SB)(FB)
- ⌘ RED SUMMERCRISP LETTUCE (SB)(FB)
- ⌘ CILANTRO (FB)
- ⌘ RUSSET POTATOES (SB)(FB)
- ⌘ NANTES CARROTS (SB)(FB)
- ⌘ SWEET GREEN PEPPER (SB)(FB)
- ⌘ ROMA TOMATOES (SB) (FB)
- ⌘ SUNGOLD OR SWEET 100
CHERRY TOMATOES (FB)
- ⌘ SUGAR BABY WATERMELON (FB)
- ⌘ *Masumoto's SUNCREST 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! *Foster's BI-COLOR
SWEET CORN \$12/ DOZ
- ✦ New! SWEET ITALIAN
FRYING PEPPERS \$9 / 3 LB.
- ✦ * New! Soghomonian's
CHAMPAGNE GRAPES \$11 / 3 lb.
- ✦ * New! Soghomonian's FLAME
SEEDLESS GRAPES \$12 / 4 lb.
- ✦ ROMA TOMATOES \$10/5lb
- ✦ HEIRLOOM TOMATO MEDLEY
\$15/ 6 LB. Recipe included
- ✦ New! PICKLING CUCUMBERS
\$15 / 8 lb Recipe incl.

DOWN ON THE FARM

Irrigators start in the wee hours as watering in the hot part of the day harms so many crops. Peppers came on in earnest this week, including my favorite, the Italian Sweet Frying Pepper. About half the farm is currently fallow; field two is being solarized for winter vegetable production and field three was in potatoes and will be replanted to same when the weather breaks in late August. What's truly amazing is production from just half our farm's acreage is employing over ninety people! We are loading 12 to 20 pallets a day, six days a week, shipping up and down the West Coast and east to Denver and St. Paul -denesse

FEATURED RECIPES

WORLD'S BEST STEAK FRIES Adapted from foodnetwork.com

Russet Potatoes
extra-virgin olive oil, to coat
salt and black pepper

Preheat oven to 450 degrees F. Scrub potatoes well, but do not peel. Slice potatoes into 4 or 6 wedges lengthwise and soak in cold water for about 5 minutes. Drain, pat dry and allow to air dry for up to 30 minutes. Drizzle potatoes with a generous pour of extra-virgin olive oil. Toss potatoes with seasoning blend or coarse salt and pepper. Arrange potatoes, skin side down on a large baking sheet so that there is a bit of space in between each wedge. Bake 20 minutes, then turn oven setting to broil. Broil for 10 to 15 minutes until fries are golden brown.

PASTA PISELLI adapted from foodnetwork.com

1/2 cup extra-virgin olive oil	Carrots from 1 bunch
6 cloves garlic	1 Sweet Green Pepper
1 Sweet White Onion	10 Roma Tomatoes, blanch, de-skinned, and chopped
1 1/2 cups vegetable broth	1/4 cup slivered almonds, toasted
1/4 cup good-quality white wine	1 pound penne pasta
Pinch red pepper flakes, optional	Freshly grated Parmesan or Romano

Fill a large stockpot with cold water and place over high heat. Pour olive oil in a large saucepan and turn the flame on low. Mince the garlic and add to olive oil, let cook until just starting to brown. Slice the onion and add to the garlic and olive oil. Add vegetable broth and white wine. Turn the flame up to medium-low, and allow the broth and wine mixture to reduce for a couple minutes. Meanwhile scrub carrots and cut into 1/4-inch matchsticks (cut carrot into thin diagonal slices; stack 3 or 4 slices and cut into narrow sticks.) Add to onion/garlic mixture, and season with red pepper flakes, to taste. Reduce the heat back to medium, and let the carrots cook, stirring frequently. Remove cap and seeds from green pepper, cut into similar sized pieces. Add to the sauce and cook for about 5 minutes. When the vegetables are almost tender, add tomatoes. The tomatoes should stay chunky, so do not cook too long, or stir the sauce too much because the tomatoes tend to fall apart. Add toasted almonds and season with salt and pepper, to taste. Remove from heat. When the pasta water comes to a rolling boil, add some salt and then the pasta. Keep the heat on high. Cook pasta until firm to the bite, al dente. Pour a small portion of the sauce into the bottom of a warm bowl. Drain cooked pasta and transfer to same bowl, pouring remainder of sauce over all. Sprinkle with olive oil, and gently toss. Garnish with Parmesan or Romano and serve.

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 cilantro, peppers, lettuce, cantaloupe and watermelon, use microperforated bags for lettuce and unwashed peppers. Refrigerate, or consume stonefruit when as soft as desired. **Keep both potatoes and onions in a cool, DARK, dry place with plenty of air.** Allow melons to warm to room temperature before serving. **Peaches** are believed to have originated in China where they have been cultivated for at least 4,000 years. It is in this region where their greatest genetic diversity still exists. The journey of peaches to the west followed ancient trade routes from China to Persia (hence the name for peach, *Prunus persica*) and into the Mediterranean region including Greece, Italy and Spain. Peaches were introduced to North America by Spanish explorers and their cultivation spread rapidly. These Masumoto **Suncrest Peaches** have been memorialized in the book *Epitaph for a Peach*. They are certified organic, grown and harvested by the Mas Masumoto family in Del Rey. Peaches are ready to eat when yielding to gentle pressure. Masumoto's 71 acres

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✘ **SALSA PACK \$12** - Recipe incl.
(ROMA TOMATOES, ONIONS, & CHILIES)
- ✘ **GEORGIA BOY SWEET WHITE ONIONS \$10/ 7 lb.**
- ✘ **EGGPLANT SAMPLER \$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 ZEE LADY 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.**
- ✘ **YUKON GOLD POTATOES \$10 /6 lb.**
- ✘ **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!

have been C.C.O.F. certified since 1991. Along with Red LaSoda potatoes for potato salad, Yukon Gold for mashing and roasting, we introduce the iconic **Russet Potato** for baking and frying. This is the high starch potato used for "chipping". In Ireland they call this type of spud a "floury potato" and the smaller ones are delicious steamed. On the emerald isle, they are served with only butter and salt (black pepper still considered an exotic spice). We should have these in rotation with other potatoes until autumn. All three are available as organic abundance. My boys, 18 and 21, still love hash browns and will eat them at any meal; but Mr. Willey and I prefer "country fried" potatoes with big chunks of onion and **Sweet Green Pepper**. We are near the end of the **Nantes Carrot** season; if you have an accumulation, try making a carrot cake. I am always amazed at how fast carrot sticks disappear when served with Ranch dressing. **Roma Tomatoes** are high in "soluble solids" and hold up well in cooking. They make a natural sauce when used in Pasta Primavera dishes. Make a quick caprese salad with **Sungold or Sweet 100 Cherry Tomatoes** and tiny balls of fresh mozzarella cheese, both cut in half and dressed with a splash of balsamic vinegar and some fresh basil from last week's box. **Sugar Baby Watermelon** is a Willey household favorite. An abundance of shiny, black seeds dot the sweet, refreshingly moist flesh. After several watermelon trials over a number of seasons we have concluded that seeded watermelons are superior in flavor to any seedless variety grown. Watermelon is rich in lycopene and contains a fair amount of vitamins A and C. All parts of the watermelon can be used. Asians love the seeds roasted, and the pickled rind is a favorite in many parts of the world. Store whole watermelon in the refrigerator if at all possible and keep no more than a week. If it's too large for your unit, keep in a cool, dark place. Cut watermelon should always be tightly wrapped, refrigerated and used within a day or so.

FARTHER AFIELD

Our word "economy" derives from the ancient Greek *oikos*, referring to an extended family's household including farmlands and *nomos*, the principles guiding its management. My friend and recent "Down on the Farm" radio guest, Tamar Adler, hammered home to me an important lesson in how our modern "market economy" fails to serve the *oikos*. Tamar, until recently a cook at Alice Waters' famed Chez Panisse, has struggled heroically over two years at launching one of the nation's first successful Meat CSA's. I often admonished this young woman, who tirelessly drove sets of tires off a Toyota pickup sourcing ranch animals across northern California, because she stubbornly refused to compensate herself for the effort. It finally dawned on me, Ms. Adler had no intention of creating a marketing or business model but strives to knit animal husbandry artisans and appreciative urban eaters into empowering and cooperative relationships from which she intends to disappear. Her pioneering Bay Area Meat CSA has now evolved into neighborhood centered, self-organized, buying clubs that purchase whole animals from farmers, process them through community butchers and distribute the product amongst members. As Tamar prepares a return to her native New York, aiming to promote this unique concept nationally, she dropped in on "Down on the Farm" to encourage San Joaquin Valley urbanites to join these budding communities of interest in sourcing pastured animals raised with integrity. Feeding millions by sole means of today's market economy is scandalously wasteful in a time of diminishing natural resources, even on a farm like ours. Witness last week's recall of 380,000 pounds of beef by the Swift Co. of Greeley, Colorado for *E.coli* contamination. The young communitarian, Tamar Adler, is challenging each of us to expand our *oikos* to include like interested neighbors and farmers "with a face" who will provide better food and be better served by our steadfast support. Denesse and I appreciate the unique collaboration we enjoy with you as members of our CSA and hope to see similarly developing relationships sustain the growing community of livestock artisans in our region. -Tom Willey

For more info: www.meatshare.org

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

✘ **PLEASE DO NOT IGNORE A PINK STICKER ON YOUR BOX!** ✘ 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. ✘