

WHAT'S GROWIN' ON

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

21, 22, 23 July 2009

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

VOL 8 NO. 29

"How beautiful, how colorful, how delicate is this ball of lapping waters, floating continents, and swirling clouds gliding in a thin veil of air! How small, unique and solitary is this one and only home of ours."

—OUT OF THE EARTH, DANIEL J. HILLEL



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ GOLDRICH CANTALOUPE (SB)(FB)
- ⌘ ITALIAN SWEET RED ONION (SB)(FB)
- ⌘ SUMMER LETTUCE (SB)(FB)
- ⌘ *Foster's BI-COLOR CORN(SB)(FB)
- ⌘ RUSSET POTATOES (SB)(FB)
- ⌘ ITALIAN SWEET FRYING PEPPER (SB)(FB)
- ⌘ *Soghomonian's CHAMPAGNE GRAPES (SB)(FB)

- ⌘ *Foster's GARLIC (SB)(FB)
 - ⌘ *Peterson's ZEE LADY 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

- ✧ Last Chance! *Foster's BI-COLOR SWEET CORN \$12/ DOZ
- ✧ New! OKRA \$11/ 3 lb
- ✧ New! *Foster's GARLIC \$10/ 2lb.
- ✧ New! RED & YELLOW SWEET SPANISH PEPPERS \$13/ 4 lb
- ✧ SWEET ITALIAN FRYING PEPPERS \$9 / 3 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

It has been written that more significant than man's first step on the moon was when we first laid eyes on Earth, on Christmas Eve 1968. The crew of Apollo 8, Borman, Lovell and Anders, read from the Book of Genesis as a full view of planet Earth suspended in the empty blackness of space rose over the dull gray horizon of the lifeless moon. The rich diversity of a living planet was clearly displayed in Terran colors, seas, landforms, and weather patterns. At the time, NASA's broadcast was the most watched TV program ever. That earthrise was our first experience of not only the utter uniqueness of our planet, but the undeniable fact that all humans share responsibility for its care. It was the dawn of modern environmentalism. A movement of which, I happy to say I've been a small part, as are all of you CSA members today. Stay well, *denesse*

FEATURED RECIPES

SWEET CORN BLINTZES adapted from foodnetwork.com

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|---------------------------|---|
| 1/2 cup flour | 1/4 tsp. freshly ground black pepper |
| 1/2 cup half-and-half | 2 Tbls. unsalted butter, melted |
| 2 eggs | 1 cup Fresh Corn kernels (about 2 ears) |
| 1/2 tsp. salt | Vegetable oil for brushing griddle |
| <i>Filling:</i> | |
| 1 1/2 cups cottage cheese | 6 Tbls. sugar |

Place flour, half-and-half, eggs, salt, pepper, and butter in a blender, process until smooth. Add corn, blend for a minute longer until the corn is pureed. Pour batter into a bowl, cover, and refrigerate at least 1 hour or up to overnight. Combine cottage cheese and sugar in a small bowl, cover and refrigerate until ready to fill blintzes. Preheat oven to 350 degrees F. Heat a griddle and brush it lightly with oil. Pour a scant 1/4-cup of batter onto griddle for each blintz. When bubbles form on top, flip the blintzes and cook until lightly browned. Remove blintzes from griddle and immediately place 1 to 2 tablespoons filling in the center. Roll the blintz, place it seam-side down on a baking sheet. When all the blintzes are filled, place them in the oven to warm, about 10-15 minutes.

CARMELIZED ONION SPREAD Adapted from Judy Gorman's Vegetable Cookbook

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| 4 Tbls. olive oil | 1/2 tsp. salt |
| 1 lb. Sweet Red Onions, sliced into rings | pinch cayenne pepper |
| 1 tsp. sugar | 4 oz. cream cheese, softened |

Heat oil in a Dutch oven. Add onions, stir to coat. Cover and cook at the lowest possible heat for 20 minutes. Remove cover, add sugar, salt and cayenne. Increase heat to medium-low and cook, stirring, until the onions are golden brown. Pour hot onions into the container of a blender or food processor, add cream cheese. Whirl until smooth. Transfer to a small bowl and refrigerate. Serve as an appetizer spread or a baked potato topping.

BLACK BEAN AND CORN SALAD Adapted from food network.com This is the basic salad, it can be customized by adding cheese, diced tomatoes, avocado, cilantro, cantaloupe, minced jalapenos or a couple tablespoons of prepared salsa. You may use dried black beans that you have cooked with your own homemade stock (always better than canned). Use any kind of sweet Pepper, the Sweet Green from last week, this week's Italian Frying Pepper or the Red and Yellow Sweet Spanish peppers in the coming weeks.

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| 1 can black beans, rinsed and drained | 1 1/2 tsp. ground cumin |
| 2 cups cooked Corn kernels | 2 tsp. Tabasco sauce |
| 1 to 2 cups chopped Sweet Pepper | juice of 1 lime |
| 1 cup chopped Sweet Red Onion | 2 Tbls. olive oil |

Combine all ingredients in a bowl. Let stand at least 15 minutes, adjust seasoning with salt and pepper, then toss 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 sweet corn, peppers, lettuce, cantaloupe and grapes, use microperforated bags for lettuce and unwashed peppers. Refrigerate, or consume stonefruit when as soft as desired. Keep

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**
- ✦ **GOLDRICH CANTALOUPE \$8/ 8 lb. (3 or 4 melons)**
- ✦ **CHERRY TOMATOES \$12 /4-half pint**
- ✦ **CLAMSHELLS #2 ITALIAN SWEET RED ONIONS \$8 / 8 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 8 OZ. 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!

both potatoes and onions in a cool, DARK, dry place with plenty of air. Allow melons to warm to room temperature before serving. My mother turned seventy-five last week, we flew her sister out from Illinois and had a great gab session about growing up on many different share-cropped farms in and around Pike county, Illinois. Of their fondest memories is eating **Fresh Sweet Corn** with butter running down their little girl arms and dripping off their elbows. If you've grown tired of hot buttered corn, you may wish to make corn salad, corn relish or corn fritters. My mother has never made any of those recipes and it's no shame if you always serve your sweet corn the same way, week after week. The Fosters' farm in the lovely San Juan Valley has been C.C.O.F. certified since 1990. "Summer Supper Salads" start with our **Summer Lettuces**. Taco Salad, Tuna Salad, Chinese Chicken Salad, or Shrimp Salad are single dish suppers for these hot summer evenings. It took more than a dozen years for me to convince Mr. Willey to grow the **Italian Sweet Frying Pepper**. Use it fresh in salads, including potato and pasta salads, roast it for pasta sauces, fry it up for sandwiches. This is the pepper traditionally served on an Italian sausage sandwich. The Black Corinth, one of the older varieties grown in our region, has been dubbed the **Champagne Grape** because its tiny berries have a Champagne bubble-like appearance and refresh delightfully as they burst in your mouth. This is a seedless grape of blue-black color, with berries and rachis so tender you can eat them stem and all! When dried, the Black Corinth assumes the name Zante Currant, a delightfully petite raisin good for baking and salads. These excellent grapes come from Joe, Johnnie and Natalie Soghomonian's farm in Fresno, CCOF certified growers for 25 years. Make a delicious salad by combining leftover cooked wild rice with toasted pecans; dress with lemon juice, honey, sesame oil and salt and pepper, folding in Champagne Grapes at the last.

FARTHER AFIELD

Mr. Uyeda was a quite competent agriculturist but farmhands on the sprawling Newhall ranch covertly insisted George "was so smart, he was stupid". That didn't instill much confidence in anyone that he'd hired the right man for the job, including myself. I had just been chosen his new assistant and I hardly knew the front end of a tractor from its rear. George was one of a large cadre of generational family farmers, who, lacking expansion capital or foolhardiness, reluctantly cried "uncle" in the late 1960's as fluctuating commodity economics relentlessly favored larger scale producers. In frustration, many left their own farms and became hirelings whose skilled management enabled corporate cultivators like Newhall to keep abreast of the game. Grown weary of trying to reform criminals, I put myself through a self-directed crash course in agriculture at Fresno State and George had a soft spot for book learners. He earned a Masters in Agronomy, driving to same University most evenings from distant El Nido in Merced County. To wave my thumb out on the agribusiness employment highway, I signed on as research aide to a prominent Fresno County farm advisor and spent the summer of '74 weighing raisin trays daily to document how fast they dried and how much boredom I could tolerate. George Uyeda came to my rescue and rather like *Pygmalion's* Henry Higgins, assumed the unlikely task of crafting a competent farmer out of an urban greenhorn. The cerebral foreman first ensconced me in the cab of the farm's only spare vehicle, an eighteen-foot long flat bed truck and sent me out to "get to know" the 10,000 acre ranch by measuring water levels in scores of shallow test wells. Having never driven anything larger than a compact sedan, I experienced sheer terror bouncing that monstrous rig up and down levees atop miles of steep canals I presumed would soon become my watery grave. Failing to drown myself over several weeks, management decided my initiation was incomplete; something additional would be found to occupy the neophyte and further amuse Newhall's seasoned hands. I was about to encounter the murky world of toxic agriculture and survive yet another "brush with death". -Tom Willey

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

✦ Your plastic ice bags are great for camping and storage; they will hold a toddler's change of clothes (one for the car, one for grandma's house...) please reuse or recycle. ✦ Use denesse@TdWilleyFarms.com if you would like a preview of next week's box or wish to receive last minute Abundance offerings. 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. ✦ The Family Box is a greater value for you and more economical for the farm. There is an equal cost of handling, transportation and service in both size boxes. In a Family box, a greater percentage of its value is in the produce. This is born out by cost surveys that we have made at local natural foods retailers. You might consider sharing with neighbors or friends to take advantage of the added value in the Family Box. ✦