

# WHAT'S GROWIN' ON

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

28, 29, 30 July 2009

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

VOL 8 NO. 30

**“Summer is an artistic time; a time of exotic color, mouthwatering flavors and thousands of textures the farm has to offer. Who needs genetically engineered foods when the forces of nature are so naturally prolific?”**

- Stuart Dickson, Farmer  
[www.heirloom-organic.com/](http://www.heirloom-organic.com/)



## BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ GOLDRICH CANTALOUPE (SB)(FB)
- ⌘ ITALIAN SWEET RED ONION (SB)(FB)
- ⌘ RED SUMMERCRISS LETTUCE (SB)
- ⌘ RED LEAF LETTUCE (FB)
- ⌘ \*Foster's BI-COLOR CORN (SB)(FB)
- ⌘ YUKON GOLD POTATOES (FB)
- ⌘ HEIRLOOM TOMATOES (SB)(FB)
- ⌘ ITALIAN ZUCCHINI SQUASH (SB)(FB)
- ⌘ CLASSIC GLOBE EGGPLANT (SB)(FB)
- ⌘ \*Loewen's VIKING PEARL NECTARINE (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! \*Peterson's DAPPLE DANDY PLUOTS \$11/ 4 lb.
- ✘ New! SAN MARZANO TOMATOES \$40/ 24 LBS. OR \$15/ 6 LB.
- ✘ OKRA \$11/ 3 lb
- ✘ \*Foster's GARLIC \$10/ 2lb.
- ✘ RED & YELLOW SWEET SPANISH PEPPERS \$13/ 4 lb
- ✘ ITALIAN SWEET FRYING PEPPERS \$9 / 3 LB.
- ✘ HEIRLOOM TOMATO MEDLEY \$15/ 6 LB. Recipe included

## DOWN ON THE FARM

The first seed of the **San Marzano Tomato** came to Campania in 1770 as a gift from the Kingdom of Peru to the Kingdom of Naples. This haute cuisine paste tomato is considered by many chefs to be the best sauce tomato in the world. San Marzanos came to our valley from a small town of the same name near Naples, Italy, where they were first grown in volcanic soils in the shadow of Mount Vesuvius. Boasting thick flesh with few seeds, a sweetness permeates the strong “tomato” flavor. Due to their high quality and origins near Naples, San Marzano tomatoes have been designated as the only tomatoes that can be used for Vera Pizza Napoletana (True Neapolitan Pizza). For your enjoyment, we have one planting of this signature tomato of Italian cuisine, offered as Organic Abundance only. - *dennesse*

## FEATURED RECIPES

### FRESH CORN TOMATO SALAD From Food Network Kitchens

- 1 Tbls. white wine vinegar
- 1 tsp. kosher salt
- Freshly ground black pepper
- 1 1/2 Tbls. extra-virgin olive oil
- 2 ears Fresh Corn, husked
- 1 cup Heirloom Tomatoes, diced
- 1/2 cup Sweet Red Onion, diced
- 3 oz. **fresh** mozzarella, cubed

Whisk the vinegar, salt, and pepper in a small bowl. Gradually whisk in the oil, starting with a few drops and then adding the rest in a steady stream, to make a smooth dressing. Shear off the corn kernels with a sharp knife over a bowl. Toss in the tomatoes, onions, and mozzarella. Pour the vinaigrette over the salad and toss to coat. Cover and let set for 15 minutes or up to 2 hours. Garnish with cilantro, parsley or basil before serving.

### CEBOLLAS ENCURTIDAS (PICKLED ONIONS) adapted from <http://laylita.com/recipes>

- 1 large or 2 small Red Onions
- Juice of 3 limes
- 1 Tbls. sunflower or canola oil
- 2 Tbls. salt + more to adjust taste

Cut the onion in half, slice very finely (a mandolin is very helpful with this part) and place in a bowl. Sprinkle with 1 tablespoon salt and a squeeze of lime juice, let rest for about 10 minutes. Cover the onions with lukewarm water and let rest for another 10 minutes. Rinse and drain the onions. Add lime juice, 1 Tbls. salt and oil, and mix well. Cover the onions and place in the fridge, the onions will start to turn pinkish after about 3 hours, and will turn very pink if left overnight. Taste again before serving and add salt if needed. Refrigerate for up to 3 days.

### GRAM'S STUFFED EGGPLANT Adapted from George Stella's *Living Low Carb*

- 2 Tbls. olive oil
- 1/2 cup diced sweet pepper
- 1/2 cup diced Red Onion
- 1 clove garlic, minced
- 1/2 lb. Prairie Valley organic ground beef
- 1 cup shredded mozzarella cheese
- 1/4 cup grated parmesan cheese
- 1 Classic Globe Eggplant
- 1 egg
- 1 Tbls. chopped parsley
- 1 tsp. salt
- 1/2 tsp fresh ground black pepper
- 1/2 Tbls. prepared pesto
- 1/2 tsp. dried oregano
- 1 cup diced Tomatoes

Preheat oven to 350 degrees F. Spray a square baking dish with cooking oil. Cut eggplant in half and scoop out the inside flesh leaving a thick (1/2-inch) wall. Dice up the eggplant you have removed. Heat olive oil in a skillet over medium-high heat. Add diced eggplant, pepper, onion and garlic. Sauté until tender. Remove from heat and transfer to a bowl. Add the remaining ingredients, except eggplant “shells”, to the bowl, reserving a small handful of mozzarella for topping. Mix well. Pile the stuffing high on each of the eggplant halves. Place the eggplants in the baking pan, bake for about 30 minutes, until stuffing is fully cooked and eggplant “shell” is tender. Remove from oven and immediately sprinkle with reserved mozzarella. Allow to rest 10 minutes before serving. Serves 4.

Look for Summer Squash or Potato recipes on our website! 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 sweet corn, squash, lettuce, and cantaloupe, use microperforated bags for lettuce and eggplant. Eggplant can suffer cold damage if refrigerated for more than 5 days, leaving it on the

## MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- \* PICKLING CUCUMBERS  
\$15 / 8 LB Recipe incl.
- \* ROMA TOMATOES \$10/5lb
- \* 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)
- \* #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 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](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!**

counter for a week will hasten seed development, rendering a bitter overtone to the fruit's sweet flesh. Despite eggplant's sturdy appearance, it should be one of the first items consumed from this week's box. **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. The **cantaloupe** was named after a township, in the Sabine Hills near Tivoli, Italy, a summer residence of the Pope. Originally cultivated about the year 1700 from Armenian seeds, "Cantalupo" literally means wolf-song or "singing wolf". Cantaloupes were first introduced to North America by Christopher Columbus on his second voyage to the New World in 1494. The W. Atlee Burpee Company developed and introduced the "Netted Gem" in 1881 from varieties then growing in North America. Cantaloupes contain enzymes essential for maintaining strong antioxidant defenses in the human body and provide health benefits to both the immune system and cardiovascular system, reducing one's risk of heart attack. With the last of Phil Foster's CCOF certified **Bi-Color Sweet Corn**, we bid adieu to the season. Each week of summer brings a new generation of feasting insects and wise organic corn farmers, will sit out the month of August as the march of corn ear worms becomes almost insurmountable. With a firm white flesh and clingstone, **Viking Pearl Nectarines** come from CCOF growers Fran and Ted Loewen's Blossom Bluff Orchards. The flesh should give, just a bit, at the tip when it is ready to eat. You will receive a small selection from ten different varieties of **Heirloom Tomatoes**.

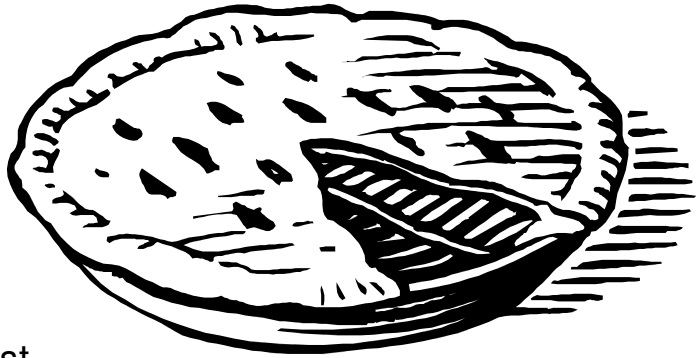
## FARTHER AFIELD

Sugar beet foreman, Lloyd Smith, was a hard-crusted Nebraskan who proudly boasted of sturdy immigrant Russian women who, back in the day, would abruptly leave the harvest giving birth to a child, then return to the field, hand pulling roots several hours later. Smith persuaded George to loan me out for shuttling sacks of the critical aldicarb pesticide, Temik, to a fleet of Lloyd's tractors furiously seeding beets all across the Newhall El Nido ranch. Temik is a handy granular material, dribbled under seed at planting, which translocates up into plant tissues, ensuring that any sucking insect or mite with the audacity to feed on such crop will be struck dead in its tracks. Whether this noxious chemistry reaches your sugar bowl, I can't tell you but the powerful neurotoxin, one of the most acutely lethal pesticides ever devised, was commonly used on citrus, beans, sweet potatoes and sugar beets until just last year when its U.S. registration was cancelled. I hefted sack after sack of the stuff onto an old pickup and raced to the fields, mindful not to disrupt a steady march of the seeders, drilling beets and poison into another hundred-acre block each day. Over eager, I must have carelessly ripped a sack of Temik on a shovel in the truckbed and streaking across the dusty ranch this time an acrid stench permeated the cab. Tractor drivers often took my arrival as an excuse for a smoke break and laying eyes on the torn sack and my anxious face the experienced hands eagerly took advantage of an opportunity to put one over on the greenhorn. Freshly stoked with their laundry list of all the lethal consequences of Temik exposure, dizziness, nausea, cramps and convulsions, it wasn't long before the power of suggestion had me tingling from head to foot and breathlessly reporting to headquarters. I was dutifully remanded by the skeptical Lloyd Smith to a local hospital where it was quickly determined to be "all in my head" and the hook was set on my coworkers' masterful buffoonery. A decade later, aldecarb's manufacture figured prominently in the horrific Bhopal tragedy of 1984 and curiously the next year, Temik tainted watermelons, likely resulting from an illegal application, sickened many Americans, precipitating a remarkable spur to the growth of organic produce sales benefiting my own nascent farming operation. One cannot refute the convenience of these toxic tools in aiding in the production of cheap commodities but we should rejoice that this dangerous biocide no longer stalks the web of life in our fields or the food on our tables. -Tom Willey

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

\* Most varieties of summer fruit are available one week only! Don't miss out on last minute Organic Abundance Offerings and what may be a single opportunity to order special summer treats! \* **Statements have been mailed, if you pay monthly, your payments are due August 5.** \* Please mail organic abundance payments no later than the next day after receiving the product. \* Of course you may send a proxy (or your spouse) to pick up your box, however... **please instruct them to take ONLY the box(es) with your name on the label. O.A. boxes are also listed in the sign-off sheet as a reminder.** \* Use [denesse@TdwilleyFarms.com](mailto: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](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.

# Summer Tomato Pie



Adapted from **Cook's Country**,  
Aug./Sep. 2009. Use your own pie crust  
recipe or store-bought dough.

Enough pie dough for a double crusted pie

4 1/2 cups sliced ripe Tomatoes, 1/4-inch slices

1/2 tsp. table salt

1/4 cup mayonnaise

4 tsp. cornstarch

1 1/2 cup shredded sharp cheddar cheese

1/2 cup thinly sliced Sweet Onion (Red Italian or Georgia Boy)

Arrange tomatoes on towel-lined baking sheet and sprinkle with salt. Let drain 30 minutes, then press tomatoes with additional towels until very dry. On lightly floured surface, roll out half the pie dough into a 12-inch circle (if using store-bought dough, you do not need to roll either crust). Transfer to 9-inch pie plate, letting excess hang over edge. Cover with plastic and refrigerate 30 minutes. Roll second round into 12-inch circle and refrigerate for 30 minutes. Adjust oven rack to lowest position, place empty rimmed baking sheet on rack, and heat oven to 450 degrees. Mix mayonnaise, cornstarch, and 1 cup cheese in bowl until well combined. Sprinkle remaining cheese over bottom of dough-lined pie plate. Arrange third of tomatoes (about 1 1/2 cups) over cheese. Spread half of mayonnaise mixture over tomatoes and sprinkle with half the onions. Layer with another third of tomatoes, remaining mayonnaise mixture, and remaining onions, then top with remaining tomatoes. Arrange top crust over pie. Press crusts together, trim, fold, and crimp edges. Cut four 2- by 1-inch oval vent holes in top, about half way between the middle and the edge of the pie. Place pie on heated baking sheet, bake for 10 minutes, then reduce oven temperature to 325 degrees and bake until crust is golden brown, 30 to 40 minutes. Cool on wire rack 3 hours. Serve at room temperature.