

WHAT'S GROWIN' ON

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

4, 5, 6 August 2009

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

VOL 8 NO. 31

And there arrives a lull in the hot race
Wherein he doth forever chase
That flying and elusive shadow, rest.
An air of coolness plays upon his face,
And an unwonted calm pervades his
breast.

MATTHEW ARNOLD (1822-1888)



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ☞ GOLDRICH CANTALOUPE (FB)
- ☞ GEORGIA BOY SWEET ONION (SB)(FB)
- ☞ ROMAINE OR RED SUMMER CRISP LETTUCE (SB) (FB)
- ☞ RED LAMUYO PEPPERS (SB)(FB)
- ☞ RED LASODA POTATOES (SB) (FB)
- ☞ TABLE TOMATOES (SB) (FB)
- ☞ ROMA TOMATOES (SB) (FB)
- ☞ JALAPENO PEPPERS (SB) (FB)
- ☞ SERRANO PEPPERS (FB)
- ☞ *Masumoto's LE GRANDE NECTARINES (SB)(FB)
- ☞ *Herman's CALAMYRNA FIGS (FB)
- ☞ *Peterson's DAPPLE DANDY PLUOT (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!* * Herman's BROWN TURKEY FIGS \$10 / 3 LB.
- ✧ *Peterson's DAPPLE DANDY PLUOTS \$11/ 4 lb.
- ✧ SAN MARZANO TOMATOES \$40/ 24 LBS. OR \$15/ 6 LB.
- ✧ *Last Chance!* CANTALOUPE \$8/8 lb.
- ✧ *Last Chance!* SUGAR BABY WATERMELON \$ 8/ minimum 8 LB.
- ✧ OKRA \$11/ 3 lb
- ✧ RED & YELLOW SWEET SPANISH PEPPERS \$13/ 4 lb

DOWN ON THE FARM

We have enjoyed five straight weeks of cantaloupes and I am sure that some of you are full of them by now! Being a CSA member is a little like having your own garden, but someone else does the weeding. If you had melons in your garden, you would have some every other day until their sweet season was ended by the midsummer nightmare of aphids. We have just started the tomato season in earnest, but by the time September rolls around, you might be tired of "love apples". Getting in touch with the seasonality of foods is one of the great benefits of your membership in our farm community. As we bid adieu to melons and sweet corn, arriving at a lull in the hot race, we welcome a rotation of eggplant, squash, tomatoes and peppers. The stonefruit season will give way to grapes, followed by California apples. Soon enough, green beans will grace the box once again as "the seasons, they go 'round and 'round." - *denesse*

FEATURED RECIPES

POTATO SALAD WITH TOMATOES AND CAPERS Adapted from *One Potato, Two Potatoes* by Roy Finamore with Molly Stevens Also known as *Insalata Pantascas*, the potato and tomato salad of Pantelleria, a small, poor island near Sicily, which is famous for its capers.

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| 1 1/2 pounds Red Potatoes, scrubbed | 1/3 cup chopped parsley |
| 1 1/2 cups diced Tomatoes | Pinch of crushed red pepper flakes |
| 1 cup Sweet Onion, thinly sliced | 1/2 tsp. dried oregano |
| 1/3 cup pitted kalamata olives, halved | 1/4 cup olive oil |
| 2 Tbls. salted capers, well rinsed and drained | 1 (3.75 ounce) can sardines in olive oil |

Put the potatoes in a pot, cover with cold water by one inch, add a heaping spoon of salt, and bring to a boil. Cover partway, reduce the heat to medium, and cook until the potatoes are tender. Drain on a rack set in the sink and leave them there until cool enough to handle. Peel the potatoes and cut them into 1/3-inch cubes. Drop them into a mixing bowl, separating the cubes as you go. Add the tomatoes, onion, olives, capers, parsley, and red pepper. Toss gently. Crumble the oregano over the top, pour in the oil, and toss gently. Transfer the salad to a large serving dish. Drain the sardines and blot them with paper towels, then arrange them over the salad. Let this sit for 30 minutes, and serve it at room temperature.

COUSCOUS AND FETA STUFFED PEPPERS adapted from *epicurious.com*

- | | |
|---------------------------------------|---------------------------------------|
| 1 1/4 cups vegetable broth | 1/2 tsp. fennel seeds |
| 2/3 cup couscous | 1/2 tsp. dried oregano |
| 2 Sweet Spanish Peppers | 1/2 tsp. salt |
| 2 tsp olive oil | 1 cup fresh Tomatoes, chopped |
| 1/2 cup Sweet Onion, chopped | 15 oz can chickpeas, drained & rinsed |
| 3/4 lb. Portobello mushrooms, chopped | 4 oz crumbled feta cheese |

Preheat oven to 350°F. Coat a small baking dish with cooking spray. Bring the broth to a boil in a saucepan, add the couscous, cover the pan and remove from heat. Cut peppers in half lengthwise and trim out seeds and membranes. With the cut side up, microwave, with a vented cover, on high for three minutes. Rotate pepper halves, microwave with vented cover for two more minutes. Drain peppers upside down. Heat oil in a nonstick skillet. Add onion, mushrooms, fennel seeds, oregano, and salt. Cook, stirring frequently, for 5 minutes or until vegetables are softened. Remove from heat and stir in tomatoes and chickpeas. Using a fork, scrape the couscous into the skillet and toss with the vegetables. Stir in the crumbled feta. Place peppers in the baking dish and fill them with couscous. Bake 15 minutes. Serve immediately.

DOWN ON THE FARM with Tom Willey Fri. Aug. 7th, 5 to 6 PM on KCF 88.1FM

Tom's guest is Lisa Hamilton author of *Deeply Rooted - Unconventional Farmers in the Age of Agribusiness*. The stories of exceptional American stewards of nature and food culture.

6TH ANNUAL FIG FEST Aug. 8, 2009, 9:00 am - Noon

CSUFresno's Ag East Lawn between the Ag Science Building and Satellite Student Union, near the corner of Barstow and Maple Avenues. \$10 in advance (559-243-8600); \$12 at the door, free for children under 12. www.slowfoodmadera.org

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 everything except stonefruit, tomatoes, onions and potatoes, use microperforated bags

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✦ ITALIAN SWEET FRYING PEPPERS \$9 / 3 LB.
- ✦ *Foster's GARLIC \$10/ 2lb.
- ✦ HEIRLOOM TOMATO MEDLEY \$15/ 6 LB. Recipe included
- ✦ 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
- ✦ #2 ITALIAN SWEET RED ONIONS \$8 / 8 LB.
- ✦ BASIL \$10 / 6 BUNCHES
- ✦ 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 or by phoning 559-ORGANIC, (674-2642)

FRIDAY NOON is the Deadline to order Organic Abundance for Next week's CSA deliveries!

for lettuce. 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. Most growers were picking their **Dapple Dandy Pluots** a month ago, but Dick and Karen Peterson waited until they were "eating well". We're sure that you will appreciate the send off fruit from our friends in Kingsburg. The Peterson's 20 acres are C.C.O.F. certified. Our valley's summer sun is intense and the Lamuyo or **Sweet Spanish Pepper's** tender fruit is very prone to sunburn. So, we cover the pepper patch with a protective shade cloth to ease the stress on both fruit and plant. This laborious and expensive practice allows us to produce high quality fruit that ripens to lovely brilliant red. Sauté wedges of **Georgia Boy Sweet Onions, Red Spanish Peppers, and Roma Tomatoes** in olive oil seasoned with some garlic, salt and pepper. As an option, braise the vegetables with some red wine and additional Italian seasonings. Serve with Lundberg Farm's Risotto for a 20-minute meal. **Nectarines**, like peaches, are part of the rose family. All nectarines were small, white-fleshed ornamental fruits until the **Le Grande** was developed in 1942, named after the small town on the way to Yosemite. When I was a girl, our Italian neighbor had one of these trees in his back yard. Wasps made a huge nest in the tree every summer that kept the gentle gardener from picking his fruit until they began to fall to the ground. The sight of this wasted fruit always brought the neighbor to our door, asking my father for his help with removing the nest in exchange for all the fruit he could carry away. We kids would wait on the porch for my dad to return with a bulging paper grocery sack in each arm of extremely juicy "neckarines". These are from the Masumoto family's 65 acres in Del Rey, C.C.O.F. certified since 1991. The "fruit" of locally famous **Calimyrna Figs** is actually an inside-out flower cluster that relies on a very specific, minute wasp species to carry pollen from the male flowers of the wild Caprifig to the all-female flowers of the Calamyrna. Store figs in your refrigerator, but warm to room temperature before serving. Kevin Herman farms in Madera and has been a CCOF certified organic grower since 1993.

FARTHER AFIELD

Last week, nearly six months to the day we commenced well drilling, a PG&E crew installed a transformer, set the new meter and finally connected our 75 hp pump motor to their electric grid. We'd been making do with a monstrous rented generator, (\$3000/month), sucking diesel like a drunken sailor for a number of weeks. This exhausting project nears completion as we fine tune a unique Variable Speed Drive (VSD), an innovation which allows us to withdraw from one to a thousand GPM from our well automatically, only consuming electricity proportional to the gallonage. Our farm survived this half-year ordeal thanks to the generosity of neighbors who lent water, persistent skilled drillers and most recently the technical savvy of Hollis Priest Jr., my master pump man and electrician. Immediate threats to our water supply are now at bay but serious, long-term issues still darken the horizon. A fine illustration of your tax dollars wisely spent is a just released U. S. Geological Survey report (Professional Paper 1766), assessing past, present and future of our Central Valley's stored groundwater which yields an astonishing 20% of this nation's total annual subsurface supplies. The Sacramento Valley, irrigating fewer acres and endowed with more generous surface supplies, maintains generally stable groundwater levels. Not so our larger San Joaquin Valley, more arid and more intensively farmed, which has suffered a net loss amounting to sixty million acre feet of stored underground water over the last four decades, a quantity sufficient to supply every California household for ten years. USGS lead author, Claudia Faunt's comprehensive, five year, \$1 million, ground breaking study ominously predicts a bleak water future, should we in the San Joaquin Valley persist in "business as usual" consumptive habits. However the researchers offer a more optimistic alternative scenario, pointing out that our eastside, coarse-grained alluvial-fan soils are perfect for large-scale artificial groundwater recharge projects. With rumors of a wet El Nino afoot for the approaching winter, plans should be made now for an extraordinary effort to store surplus water underground. We recently demonstrated our farm could play its small part in such an effort on short notice, as could many others with appropriate coordination. Wendell Berry asserts "we often don't know what we're *doing* for failure to understand what we're *undoing*." USGS scientists have made a significant contribution by illustrating the dynamic nature of our precious underground hydrological resource. Let us put this knowledge to good use in modifying our practice. —Tom Willey

For more info: <http://pubs.usgs.gov/pp/1766/>

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

☼ **Thank you to all who have paid on time!** An X next to your name on the sign-off sheet means that we have NOT received your payment. ☼ 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.**