

WHAT'S GROWIN' ON

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

11, 12, 13 August 2009

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

VOL 8 NO. 32

"We are indeed much more than what we eat, but what we eat can nevertheless help us to be much more than what we are."

Abelle Davis



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✂ GENOVESE BASIL (SB)(FB)
- ✂ ITALIAN SWEET RED ONION (SB)(FB)
- ✂ RED SUMMER CRISP LETTUCE (SB) (FB)
- ✂ RED LAMUYO PEPPERS (SB)(FB)
- ✂ YELLOW LAMUYO PEPPER (SB)(FB)
- ✂ YUKON GOLD POTATOES (SB) (FB)
- ✂ TABLE TOMATOES (SB) (FB)
- ✂ HEIRLOOM TOMATOES (FB)
- ✂ ITALIAN ZUCCHINI SQUASH (SB) (FB)
- ✂ *Herman's BROWN TURKEY FIGS (SB)(FB)
- ✂ *Peterson's DAPPLE DANDY PLUOT (SB)

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! * Soghomonian's THOMPSON SEEDLESS GRAPES \$12 / 4 LB.
- ✂ New! * Loewen's ELEPHANT HEART PLUMS \$10 / 3 LB.
- ✂ SAN MARZANO TOMATOES \$40/ 24 LBS. OR \$15/ 6 LB.
- ✂ Only a few Remaining! CANTALOUPE \$8/8 lb.
- ✂ OKRA \$11/ 3 lb
- ✂ RED & YELLOW SWEET SPANISH PEPPERS \$13/ 4 lb

DOWN ON THE FARM

Our Delicate Desert Artichokes were started in the green house about six weeks ago. We prepare beds with compost and drip tape, and cover with a white plastic mulch to cool the soil by a few degrees. This past week artichokes were transplanted and immediately, strips of shade cloth were suspended on wire hoops to protect a plant that longs for a coastal climate. A similar shade cloth is nursing the first beans along. We started seeding our early fall carrots last week with the first of our fall turnips and arugula to follow. —denesse

FEATURED RECIPES

FRESH TOMATO AND BASIL PASTA Adapted from Mary Beth Lind & Cathleen Hockman-Wert's *Simply in Season*

- | | |
|-------------------------------------|--|
| 2 cloves garlic, minced | 2 Tbls. olive oil |
| 2 cups Tomatoes, chopped | 1/2 tsp. salt |
| 1/4 cup fresh Basil leaves, chopped | 1/2 lb. whole wheat pasta shells or ziti |

Combine garlic, tomatoes, basil, olive oil and salt. Allow to stand at room temperature for 1 to 2 hours. Cook pasta according to package directions, drain. Toss hot pasta with "sauce", garnish with grated Parmesan cheese. Serve immediately. Serves 3 to 4 persons.

VEGETABLE ORZO SALAD (tastes better the second day) Adapted from Mary Beth Lind & Cathleen Hockman-Wert's *Simply in Season*

- | | |
|---------------------------------------|-------------------------------------|
| 1/3 cup red wine vinegar | 4 oz. uncooked orzo |
| 3/4 tsp salt | 2 cups cooked chickpeas (garbanzos) |
| 1/8 tsp. pepper | 1 cup Zucchini Squash, diced |
| 1 clove garlic, minced | 1 cup Sweet Red Pepper, diced |
| 1/3 cup olive oil | 2 cups Tomatoes, diced |
| 1/4 cup fresh Basil chiffonade | 2 Tbls. chopped fresh parsley |
| 1/2 cup Spanish green olives, chopped | |

In a small bowl whisk together vinegar, salt, pepper, and garlic. Slowly whisk in olive oil. Stir in basil and set aside. Cook orzo, drain and rinse with cold water. Place in a large bowl and toss with the garbanzos and half of the dressing. Layer the squash on top of the orzo, add a layer of red peppers. Layer the tomatoes on top of the vegetables and sprinkle with the olives. Top with remaining dressing and parsley. Cover and chill at least 4 hours, better overnight. Toss all together, and correct seasoning before serving. Serves 6 to 8 persons.

ROASTED PEPPERS Adapted from foodnetwork.com

2 whole peppers, Red or Yellow Lamuyo 2 Tbls. olive oil
Brush peppers with olive oil (this carries the heat into crevices, helping the skin to blister more evenly). Roast the peppers whole under a broiler or on the stovetop, or grill, turning occasionally until the skins blister and char all over. Place in paper bag, allowing the skins to loosen about 15 minutes. Use a kitchen towel or paper towels to rub off skin. Cut a lengthwise slit down the side of the pepper to visualize seeds. Gently lift out entire seed bed and discard. Slice peppers according to recipe directions or store in refrigerator for up to several days.

SIMPLE USES FOR ROASTED PEPPERS from Jack Bishop's *Vegetables Everyday*

Sliced or chopped roasted peppers can be added to salads, salsas, egg dishes, pasta sauces or (a favorite in the Willey household) sandwiches. Pureed roasted peppers make an excellent spread or dip. If pureed with a liquid such as oil, vinegar, cream or stock, roasted peppers can be turned into a sauce or dressing.

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 tomatoes, basil and onions, use microperforated bags for lettuce and unwashed peppers. Potatoes are physiologically ready to sprout and should be refrigerated unless used with a couple of days. If Herman's Brown Turkey Figs are not ripe enough for you, leave them on the counter at room temperature. Ripe figs are quite perishable and should be used as soon as possible, store them in the refrigerator for up to three days, warming to room temperature before serving. One of the best ways to eat figs is out of hand, skin and all, after a thorough washing. A great hors d'oeuvre is to wrap figs with a slice of smoky bacon and grill

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. *While they Last!*
- ✦ 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!

until crispy on the outside and gooey sweet on the inside. Kevin Herman farms in Madera and has been a CCOF certified organic grower since 1993. 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 have been cut into long, thin strips. Start with fresh 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. **Puots** are a cross between an apricot and plum. These **Dapple Dandy Puots** are the last of Dick and Karen Peterson's stonefruit season. Their 20 acres in Kingsburg have been C.C.O.F. certified since 2001. Both sweet and hot peppers belong to the Capsicum family and are native to tropical areas of the Western Hemisphere and were brought to Europe by Christopher Columbus and quickly found their way into Spanish cuisine. Sweet peppers have a full range of colors and their juicy flesh can be thick or thin. The sweet green peppers we enjoyed last month have now ripened to red and yellow fruits. These are the **Lamuyo** or European gourmet peppers. They are a modern version of the long lovely fruits found in an old Vilmorin Seed catalogue, called *Piment douce d' Espagne*, translated **Sweet Spanish Peppers**. Green bell peppers have twice the vitamin C of oranges by weight; red and yellow peppers have four times as much.

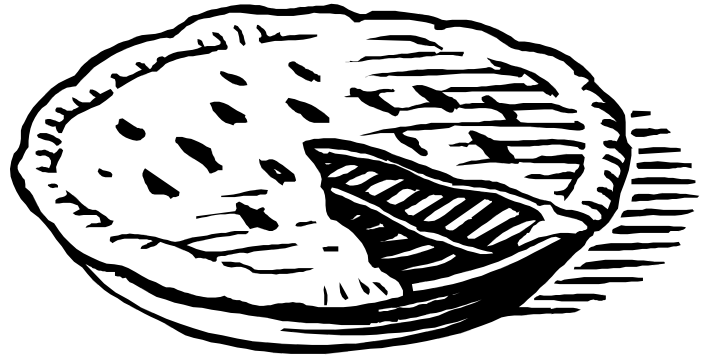
FARTHER AFIELD

I made the acquaintance of last Friday's radio guest, author and photographer Lisa Hamilton, after reading a series of articles she penned on Japan's "Nature Farming" movement, a severely ascetic form of agriculture, eschewing nearly all inputs, based on a faith that soil and plants are sufficient unto themselves. I'd just returned from touring nature farms and facilities myself, hosted by one sect of what Lisa and I discovered are several following founder, Mokichi Okada's precepts and I was perplexed. Studying another, Shumei, Lisa learned Japanese conventional agriculture is six fold more chemically intensive than America's, and farmers suffering immense health impacts there are predisposed to embrace this radical, faith based approach to cultivation. Hamilton, though raised in urban Boston, developed a great affinity for people who work the land and her recently published, *Deeply Rooted: Unconventional Farmers in the Age of Agribusiness* was the focus of our radio conversation. Hamilton's book profiles three maverick American farm families, tenacious survivors of the near mass extinction of moderate scale agrarians nation wide. East Texas generational dairyman, Harry Lewis' religion is rain-fed grass pasture. Texas' contemporary mega dairies have oxymoronically migrated west to the dry panhandle where cows can be conveniently fed in confinement without the mess of managing stock on muddy pastures. Lewis has combined forces with seven hundred traditional milk producers by joining the Organic Valley Cooperative, determined to pass one of the few remaining African American family dairy operations successfully on to his next generation. Virgil Trujillo tenaciously ranches cattle, as have his forefathers for two centuries on the arid northern New Mexico steppes, popularly referred to as "Georgia O'Keefe country". Trujillo descends from an amorphous group of displaced Native Americans, *genízaros*, who Spanish settlers purposely relocated between themselves and more fierce nomadic tribes in the mid 1700's. Few of Virgil's contemporaries, though yet holding common title to ancestral grazing lands, share his devotion to raising stock and managing range resources holistically. The brothers Podoll, David and Dan hold forth in the extreme LaMoure County, North Dakota environment where most small towns supporting a formerly populous grain farming culture are boarded up. The Podolls, rather than cannibalizing their neighbor's farms to scale up, have embraced organics and a unique crop diversity to persist on the land. Reading Hamilton's well-crafted rural stories, you may find more in common interest with her steadfast agrarians than you ever suspected. -Tom Willey

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

⊗ PLEASE DO NOT IGNORE A PINK STICKER ON YOUR BOX. We must RECEIVE your payment by Friday to prevent disruption in your service. Mail payments to the address on your statement or OA invoice. ⊗ Payments for organic abundance need to be mailed no later than the next day after receiving the product. ⊗ 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.

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.