

# WHAT'S GROWIN' ON

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

18, 19, 20 August 2009

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

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*"...ere long the most valuable of all arts will be the art of deriving a comfortable subsistence from the smallest area of soil."* ABRAHAM LINCOLN



## BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ CLASSIC GLOBE EGGPLANT (SB)(FB)
- ⌘ ITALIAN SWEET RED ONION (SB)(FB)
- ⌘ SUMMER LETTUCE (SB) (FB)
- ⌘ OKRA (SB)(FB)
- ⌘ YELLOW LAMUYO PEPPER (SB)(FB)
- ⌘ RUSSET POTATOES (SB) (FB)
- ⌘ TOMATOES (SB) (FB)
- ⌘ \*Soghomonian's THOMPSON SEEDLESS GRAPES (SB)(FB)
- ⌘ \*Loewen's ELEPHANT HEART PLUMS(FB)
- ⌘ \*Hemly's BOSCPARS (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! \* Soghomonian's CRIMSON SEEDLESS GRAPES \$12 / 4 LB.
- ✧ New! \* Hemly's BOSCPARS \$10 / 4 LB.
- ✧ SAN MARZANO TOMATOES \$40/ 24 LBS. OR \$15/ 6 LB.
- ✧ OKRA \$11/ 3 lb
- ✧ RED & YELLOW SWEET SPANISH PEPPERS \$13/ 4 lb
- ✧ HEIRLOOM TOMATO MEDLEY \$15/ 6 LB. Recipe included
- ✧ SALSA PACK \$12 - Recipe incl. (ROMA TOMATOES, ONIONS, & CHILIES)

## DOWN ON THE FARM

"Dog days", named in early times by observers in countries bordering the Mediterranean, are roughly 20 days before to 20 days after the conjunction of Sirius (the dog star) and the sun. As Sirius travels across the sky with the sun during the daylight hours, ancients believed that sun and Sirius actually combined forces to cause hot weather and its accompanied disease and discomfort. In produce sales, these are the slowest days until everyone returns from summer travel and people's lives become more routine. -denesse

## FEATURED RECIPES

**BARBECUED OKRA** Adapted from foodnetwork.com

- |                           |                                      |
|---------------------------|--------------------------------------|
| 1/2 tsp. kosher salt      | 1/4 tsp. freshly ground black pepper |
| 1/2 tsp. sweet paprika    | 1/4 tsp. cayenne pepper              |
| 1/2 tsp. sugar            | 1/4 tsp. celery seed                 |
| 1/2 tsp. ground coriander | 1/2 pound fresh Okra                 |
| 1 Tbls. olive oil         |                                      |

Preheat the grill to high. Place salt, paprika, sugar, coriander, black pepper, cayenne, and celery seed in a small bowl and stir to mix. Rinse okra under cold running water and blot dry with paper towels. Trim the stem ends off the okra but do not cut into the pods. Place the okra in a large mixing bowl, add olive oil, toss to coat. Add the rub mixture, toss to coat. When ready to cook, arrange the okra on the hot grate so that they are perpendicular to the bars or you may wish to skewer 4 or 5 pods side by side with bamboo skewers that have been soaked in water to keep any stray okra from falling through the grates and into the fire. Grill okra until nicely browned, about 2 to 4 minutes per side, turning with tongs as needed. Transfer to a platter and serve immediately.

**EGGPLANT PARMESAN** Adapted from foodnetwork.com You may substitute 2 Tbls. prepared pesto for fresh basil

- |                                               |                                     |
|-----------------------------------------------|-------------------------------------|
| 1 cup Italian-seasoned bread crumbs           | 1-28 oz. can crushed tomatoes       |
| 1/2 cup beaten egg                            | 1 Tbls. tomato paste                |
| 1 Globe Eggplant, sliced into 1/2-inch rounds | 1/2 tsp. salt                       |
| 1 Tbls. olive oil                             | 1/4 tsp. black pepper               |
| 1 cup Sweet Red Onion, sliced                 | 1/2 cup chopped fresh basil leaves  |
| 3 cloves garlic, crushed and then minced      | 1 cup shredded part-skim mozzarella |
| 1 tsp. crushed red chili flakes               | 1/2 cup grated Parmesan             |

Preheat oven to 350 degrees F. Place bread crumbs on a shallow plate. Pour egg onto another shallow plate. Place a wire rack on top of a cookie sheet. Take a round of eggplant, dip it into the eggs until fully covered, and then drag through the bread crumbs until completely coated; transfer to a wire rack. Repeat for each round of eggplant, then bake in oven for 15 min. While eggplant is baking, heat olive oil in a 5-quart nonstick saucepan over medium-high heat. Add onion and garlic, sauté until soft, 1 to 2 minutes. Stir in chili flakes. Add crushed tomatoes and tomato paste, stir to blend completely. Simmer for 5 minutes. Season with salt and pepper, stir in basil, and remove from heat. Remove eggplant from oven and leave oven at 350 degrees F. Line the bottom of a medium-sized casserole dish with the eggplant rounds. Pour sauce over the eggplant. Top with the cheeses. Bake for 30 minutes until cheese is bubbly. Let stand for 5 min. before serving.

**SPICY HOISIN GLAZED EGGPLANT** Adapted from foodnetwork.com

- |                                                              |                                         |
|--------------------------------------------------------------|-----------------------------------------|
| 1 Tbls. canola oil                                           | 1 Tbls. rice wine vinegar               |
| 1-inch piece fresh ginger, chopped                           | 1 Tbls. soy sauce                       |
| 2 cloves garlic, finely chopped                              | 6 Tbls. olive oil                       |
| 1/2 tsp. red chili flakes                                    | Salt and freshly ground black pepper    |
| 1/2 cup Hoisin sauce                                         | 2 Tbls. freshly chopped cilantro leaves |
| 1 Globe Eggplant, cut lengthwise into 1/2-inch thick slices, |                                         |

Heat canola oil in a small saucepan over medium heat. Add ginger, garlic and red chili flakes; cook until soft, 3 to 4 minutes. Remove from the heat, whisk in Hoisin, vinegar and soy sauce until combined. Set aside. Heat grill to high. Brush eggplant slices on both sides with olive oil, season with salt and pepper. Place the slices on the grill and cook until golden brown and slightly charred, 4 to 5 minutes. Brush with some of the glaze, turn over and continue grilling just until cooked through, brushing with more of the glaze, 3 to 4 minutes longer. Remove from the grill and brush with the remaining glaze. Transfer to a platter and sprinkle with cilantro.

**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 ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✦ ITALIAN SWEET FRYING PEPPERS \$9 / 3 LB.
  - ✦ \*Foster's GARLIC \$10/ 2lb..
  - ✦ ROMA TOMATOES \$10/5lb
  - ✦ 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](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!**
- 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.

## MORE RECIPE AND STORAGE TIPS..

<http://whfoods.org/foodstoc.php>

Refrigerate everything except tomatoes, onions and pears. Use microperf bags for lettuce and unwashed peppers. Potatoes are physiologically ready to sprout and should be refrigerated unless used within a couple of days. Eggplant tastes best when used promptly. If your Sweet Spanish Peppers don't have enough color, leave them out of the fridge for a day or two, then either use them or refrigerate to maintain their firm texture. You may have eaten more okra than you know as it is widely used in food processing as a thickener, in soups and catsup for example. Like black-eyed peas, okra came to North America via African slave ships. This ancient plant is a relative of cotton and still grows wild in the Upper Nile region of Ethiopia and Sudan. **Mr. Willey's Okra:** soak 8 bamboo skewers in water overnight. Use them to make 4 "okra ladders", brush okra with olive oil, sprinkle with salt and Bar-B-Q for about 5-7 minutes per side. **Denesse's Okra:** Sauté bacon, chopped onions, diced peppers, and okra until just tender. Add Chopped tomatoes, salt and plenty of black pepper, turn off the heat. Serve with rice for a main dish. Leftovers are delicious in an omelet with Swiss cheese. The **Thompson Seedless Grapes** are from Joe, Jonni and Natalie Soghomonian who grew the Champagne grapes of a few weeks ago. Joe Soghomonian became C.C.O.F. certified organic back in 1984! With its perfect heart shape and rich ruby color, I adore the **Elephant Heart Plum**, our latest offering from the Loewens, CCOF certified since 2006. A delight out of hand, this plum holds up well in baking and is spectacular in galettes, tarts, or coffee cakes. **Golden Russetted Bosc Pear** ripens to a fruit that is both firm and juicy. The Hemly family has been growing Pears for over 150 years and is CCOF certified since 1997 in the Delta town of Courtland.

## FARTHER AFIELD

The proverbial disparagement of numbers manipulation, "Lies, damn lies, and statistics" applies to the latest broadside fired in the battle over nutritional superiority of organic vs. conventional foods. Britain's Food Standards Agency (FSA) just released an extensive scientific literature survey of 162 peer-reviewed nutritional comparisons, concluding that statistically significant higher nutrient levels found in organic crops derive from invalid results or constitute inconsequential contributions to human health. The FSA erroneously claims to have conducted the sole mass review of this kind, ignoring an equally exhaustive study of the same scientific literature published in 2008 by The Organic Center (TOC) that reached an opposite conclusion. Britain's FSA, like our own USDA, often functions as an apologist for industrial food and biotechnology interests, while The Organic Center, based in Oregon, is largely funded by major organic food producers in this country. The FSA effort downplays any human health promoting significance of phenolics, flavinoids and antioxidants, complex biochemicals metabolized by plants to bolster immunity against pests and disease, which incidentally also confer flavor to the human sense of taste. Many of these complex phytochemicals were undiscovered, poorly understood or not tested for prior to 1980. TOC scientists and others criticize the FSA's validating of nutritional comparisons from as far back as 1958 when laboratory methodology and technique lacked today's rigor. It is not inconceivable that our hunter-gatherer ancestors were attracted to the most nutrient dense fresh foods in natural ecosystems by a sense of taste functioning as an evolutionary survival mechanism. While a bickering, politically influenced scientific community sorts this all out over time, eaters might be able to simply follow their taste buds to the nutritional bank. Toxic chemical crutches supporting high-yield conventional agriculture tend to disrupt important associations in the complex web of soil-plant life which nature evolved over eons to deliver optimum results. Previous British and American studies have documented significant decline in average nutritional density of fruits and vegetables over the past half-century. Objective scientific investigation will not ultimately condemn all conventional agricultural practice or sanctify every facet of organic systems. Wisdom urges us to understand all of agriculture is yet experimental, capable of being immensely improved by the study and mimicry of natural systems long-established on planet earth. —Tom Willey

more info: [http://www.organic-center.org/science.nutri.php?action=view&report\\_id=157](http://www.organic-center.org/science.nutri.php?action=view&report_id=157)  
<http://www.food.gov.uk/multimedia/pdfs/organicreviewappendices.pdf>

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

♻️ Recycle the paper that lines your boxes along with your newspapers. We cannot reuse this paper once it has left the farm. Some creative people save the paper and turn it into gift-wrap with lovely homemade printing. ♻️ **CONTACT THE HOST FIRST if you need to visit your CSA site outside of the normal pick-up day and time.** ♻️ 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.

## **TIPS FOR MAKING PERFECT HASH BROWNS.**

With its high starch and low moisture, the **Russet Potato** was born to make hash browns; crispy, brown on the outside, velvety soft on the inside.

-Use a heavy frying pan...cast iron is preferred. Both nonstick and regular surfaces will do, but a heavy cast iron or steel pan will give a better crust. 8-10 inch pans are perfect.

-You must use a good frying oil (canola or sunflower) heated to quite hot. A 1/8"-1/4" layer of oil works best. Use too little oil and the potatoes will not brown properly and may cause sticking. Do not try to use butter, even clarified butter cannot be heated high enough.

-DO NOT CROWD THE PAN. Too many potatoes will create a steam bath in the pan. It is better to cook in batches. When using Yukon Gold or Red LaSoda potatoes, you must squeeze out every drop of water from the grated potatoes by twisting them in a towel or pressing them through a strainer. Russets can go straight into the very hot oil, but only two or three moderate size potatoes will fill a 10-inch skillet.

-Spread a thin layer of potatoes into the hot oil, then DO NOT TOUCH OR STIR the potatoes for 5-6 minutes. Lift one edge of the "pancake" carefully to see if it is browned. Then carefully flip the entire hash brown in one piece. Again, do not stir, check after 4 or 5 more minutes, when crispy golden brown on second side, remove and salt immediately.