

WHAT'S GROWIN' ON

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

25, 26, 27 August 2009

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

VOL 8 NO. 34

"The world is my country, all mankind are my brethren, and to do good is my religion."

THOMAS PAINE (1737-1809)



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ ITALIAN SWEET RED ONION (SB)(FB)
- ⌘ SUMMER LETTUCE (SB) (FB)
- ⌘ ZUCCHINI ITALIAN SQUASH (SB)(FB)
- ⌘ YELLOW LAMUYO PEPPER (FB)
- ⌘ RED LAMUYO PEPPER (SB)(FB)
- ⌘ YUKON GOLD POTATOES (SB) (FB)
- ⌘ ROMA TOMATOES (SB) (FB)
- ⌘ *Joe Perry's BROCCOLI (SB)(FB)
- ⌘ *Loewen's ELEPHANT HEART PLUMS(SB)
- ⌘ *Soghomonian's CRIMSON SEEDLESS GRAPES (FB)
- ⌘ *Hemly's BOSCPARS (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! * Soghomonian's CRIMSON SEEDLESS GRAPES \$12 / 4 LB.
- ✦ New! * Soghomonian's full flavor, black SEEDED RIBIER GRAPES \$12 / 4 LB.
- ✦ * Hemly's BOSCPARS \$10 / 4 LB
- ✦ NEW! *Rider's M^c INTOSH APPLES \$10.50 / 4 LB.
- ✦ SAN MARZANO TOMATOES \$40/ 24 LBS. OR \$15/ 6 LB.
- ✦ HEIRLOOM TOMATO MEDLEY \$15/ 6 LB. Recipe included
- ✦ SALSA PACK \$12 - Recipe incl. (ROMA TOMATOES, ONIONS, & CHILIES)

DOWN ON THE FARM

The shortened days are bringing some much-needed relief to many of our summer crops. Tomatoes are a bit happier, the bloom is on again in the eggplant, and our basil grows a bit slower, but develops some lovely, large leaves. Newly emerging fall crops are still not convinced that the weather will ever be anything other than hot and dry. Carrots reluctantly germinate, the radishes grow, but are very piquant, and turnips, arugula, collards and kohlrabi have emerged but lie down against the heat. Freshly transplanted leeks received their first cultivation, and we ran a hoeing crew through the beans. —denesse

FEATURED RECIPES

BROCCOLI, WHITE BEAN & FARFALLE SALAD From foodnetwork.com. Try adding a couple of Roma tomatoes, cut into wedges

- | | |
|--|--|
| 1 tsp. Dijon mustard | 1/4 cup olive oil |
| 1 clove garlic, finely chopped | 2 cups Broccoli florets, blanched and cold refreshed |
| Juice of a lemon | 1 Sweet Yellow or Red Pepper, seeded and chopped |
| 1 tsp. lemon zest | 1 pound farfalle or bow ties, cooked, drained & cooled |
| 1 can white beans (cannellini, great northern), drained and rinsed | |

In a large bowl stir together the Dijon mustard, garlic, lemon juice and zest. Whisk in olive oil and plenty of fresh cracked black pepper. Add broccoli, red bell pepper and pasta and toss to coat. Carefully stir in beans and thoroughly combine. Refrigerate for 30 minutes and serve cold or at room temperature.

START WITH GRILLED ZUCCHINI AND PEPPERS.

Grill some Onions too, if you like. Cut zucchini in large diagonals (almost lengthwise), about 1/4" thick, cut the pepper(s) into 1/2 " strips. Cut the onion in half, lengthwise through the root end. Then cut in wedges, careful to include a bit of the root end that will hold the onion together during grilling. Brush lightly with olive oil and grill over medium coals. Alternately, bundle everything into aluminum foil and place on the grill. When the vegetables are tender but not charred or mushy, you may now use them in a number of ways.

Warm Vegetable Salad: Toss grilled vegetables and wedges of tomato with prepared Italian Dressing or your own vinaigrette and grated Parmesan cheese. Serve warm over torn lettuce.

Vegetable Lasagna: With or without pasta: Use a spicy tomato sauce with basil, make layers of squash, Feta Cheese, Kalamata olives, and peppers, repeat. Bake until heated through.

Vegetarian Enchiladas: Add cubed potatoes to your foil packet, or use left over potatoes. Coarsely chop all cooked vegetables, add cheese and or canned cooked black beans, if you desire. Wrap in warmed tortillas, arrange in a baking dish. Use a spicy green enchilada sauce to pour over all, bake until warmed through.

ROASTED BOSCPARS Adapted from Diane Rossen Worthington's The Taste of the Season

- | | |
|--|---------------------------------|
| 1/4c. dry red wine, such as Syrah or Zinfandel | 1 tsp. grated orange peel |
| 1/4 c. pomegranate or cranberry Juice | 2 Bosc Pears with stems, peeled |
| 1/4 c. sugar | Vanilla Ice Cream |
| 1 cinnamon stick | Biscotti |

Preheat oven to 350 degrees F. Stir wine, juice, sugar, cinnamon stick and orange peel in a saucepan over medium heat until sugar dissolves, about 3 min. Using small melon baller, core pears from bottom of wide end. Trim bottoms flat and stand upright in a loaf pan. Pour wine sauce over pears. Roast pears, basting with sauce every 20 min., until tender when pierced with a knife, about 1 hour. Using a spatula, transfer roasted pears to serving platter. Pour pan juices into a small saucepan. Simmer until reduced to 1/3 cup, about 5 min. Spoon glaze over pears. Serve warm or at room temperature with vanilla ice cream and biscotti.

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, onions and pears. Use microperforated bags for lettuce, broccoli and unwashed peppers. Potatoes are physiologically ready to sprout and should be refrigerated unless used within a couple of days. The Bosc pear (*Pyrus communis* spp.) was first discovered in the early 1800's somewhere in France or Belgium. Appreciation spread

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- * OKRA \$11/ 3 lb
- * RED & YELLOW SWEET SPANISH PEPPERS \$13/ 4 lb
- * ITALIAN SWEET FRYING PEPPERS \$9 / 3 LB.
- * Foster's GARLIC \$10/ 2lb..
- * ROMA TOMATOES \$10/5lb
- * 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!
O.A. Payments should be mailed as soon as you get the product home.

quickly, and it was soon known by a variety of names in different countries, including *Buerré Bosc* (referring to its buttery nature), *Calabasse Bosc* (for its gourd-like appearance), *Buerré d'Appremont* and *Kaiser Alexander*. The Bosc was first planted in the U.S. during the 1830s; today U.S. production is concentrated in the Pacific Northwest. The Bosc pear stands apart for its sweet-spiced flavor, elegant long neck and stem, ripe firmness, and its warm earthy-brown skin. Its dense flesh makes it ideal for baking, broiling, poaching and grilling and is not overwhelmed when paired with spices like cinnamon, nutmeg and clove. These are from the Delta town of Courtland grown by the Hemly family; CCOF certified since 1997. The hot days and mild nights of this region combine to produce a sweet pear of exceptional flavor. Set pears in a fruit bowl and keep them at room temperature to ripen, and then refrigerate. Slices of fresh or grilled pears are exquisite in salads, I often grate a pear into cole slaw. Pears go well with Roquefort, Gorgonzola and soft-ripened Camembert cheeses. Poached pears make a wonderful dessert served with vanilla ice cream, or sweetened whip cream. **Broccoli** this week is from our good friend Joe Perry, the last grower in the once famous South Bay garden district of Fremont. His CCOF acreage is leased from an Alameda county "history farm" park. The word broccoli comes from the Italian word brocco, meaning "arm" or "branch." Broccoli is a member of the cancer-fighting cruciferous family; always cook broccoli and other members of the cabbage family *UN*covered to avoid the off-putting odors caused by sulfurous compounds. A phytochemical is a natural bioactive compound found in plant foods that works with nutrients and dietary fiber to protect against disease and broccoli is loaded with them as well as being rich in vitamins, minerals, fiber and antioxidants. Washing and removing **Crimson Seedless Grapes** from their stems is about all that is needed to prepare them for use. If grapes are left in the bunch for fruit and cheese platters, rinse them briefly under cool water and drain to refresh them about 30 minutes before serving. Grapes are excellent in cold salads, especially chicken, turkey, or tuna salads. Joe Soghomonian became C.C.O.F. certified organic back in 1984! A delight out of hand, the **Elephant Heart Plum**, is from Fran and Ted Loewen, CCOF certified since 2006. This plum holds up well in baking, try them in galettes, tarts, or coffee cakes.

FARTHER AFIELD

I'm considered a pariah in the Willey family kitchen, accused of having tried to poison my offspring by plating "science experiments" from the dark recesses of our Fridgedaire. You might think I was a child of the great depression by my aversion to discarding anything remotely edible. Blessed with a billy goat's stomach, I take seriously my fatherly role of vacuuming up just about any leftover. Amazing but true, I won denesse's hand by expertly preparing Elena Zelayeta's famously festive Spanish paella recipe. Those days are gone and I humbly accept a subservient role as chief dishwasher and pot scrubber, claiming dominion only over the sink. I attribute the unfortunate atrophy of once budding culinary skills to my wife's brilliance and efficiency at the stove. Denesse can whip out a sumptuous meal, from basic fresh ingredients, most often in fewer than 30 minutes, while rarely referencing a cookbook or fooling with measuring cups and spoons. Michael Pollan, in his most recent New York Times Magazine article, delves into a curious contradiction between Americans' well-documented loss of kitchen skills and our newfound spectator sport of ogling celebrity chefs on cable's Food TV. The author argues gladiatorial contests between primetime chefs, staged in "kitchen stadiums" at fevered pace surely entertain but lure few neophytes back into their own kitchens, unlike the passionate, if more pedestrian Julia Child of a generation ago. Daytime "dump and stir" shows, Pollan opines, focus on shortcut meals highly dependent on processed, industrial food ingredients not incoidentally manufactured by the Food Network's advertisers. I puzzled for years on these shows' avoidance of food quality issues and organics before I finally comprehended the network's unwillingness to "bite the hand that feeds it". So you, as members of a CSA, receiving a broad diversity of seasonal fruits and vegetables in raw form, according to Pollan are modern pioneers blazing a path back to the simple kitchens of our grandmothers. The author speculates as to whether this nascent local-food countermovement could someday break the industrial juggernaut's grip on today's American diet. Pollan's cleverly crafted piece is worth a read and some rumination as always. -Tom Willey www.nytimes.com/2009/08/02/magazine/02cooking-t.html

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

⊗ Your payments for next month's service are due September 5. ⊗ 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.