

# WHAT'S GROWIN' ON

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

1, 2, 3 September 2009

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

VOL 8 NO. 35

*"The summer night  
is like a perfection  
of thought."*

WALLACE STEVENS (1879 - 1955)



## BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ ITALIAN SWEET RED ONION (SB)(FB)
- ⌘ SUMMER LETTUCE (SB) (FB)
- ⌘ \*Foster's GARLIC (SB)(FB)
- ⌘ TABLE TOMATOES (SB)(FB)
- ⌘ SWEET SPANISH PEPPER (SB)(FB)
- ⌘ YUKON GOLD POTATOES (SB) (FB)
- ⌘ SAN MARZANO TOMATOES (SB) (FB)
- ⌘ \*Joe Perry's CAULIFLOWER (FB)
- ⌘ \*Cochran's CAULIFLOWER (SB)
- ⌘ \*Soghomonian's RIBIER GRAPES (FB)
- ⌘ \*Rider's MCINTOSH APPLES (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.
- ✦ New! \* Soghomonian's SEEDED **MUSCAT ITALIA** \$12 / 4 LB.
- ✦ \* Hemly's **BOSC PEARS** \$10 / 4 LB
- ✦ NEW! \*Rider's **MC 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

Like many fruits, tomatoes continue to ripen once they are picked. An attempt to send dead ripe "love apples" in your boxes would result in heart breaking disappointment, while receiving fruit in a number of color stages allows you to enjoy tomatoes over the entire week. Full of vitamins A and C, tomatoes are abundant in the pigment lycopene which may help prevent a range of ailments from heart disease to macular degeneration. Because heat loosens lycopene's bonds to the tomato cell wall, cooked tomatoes provide even more of this helpful pigment than do fresh slicers. Absorption is improved when a lycopene-rich food is eaten with a bit of fat, probably why so many tomato recipes call for olive oil. —denesse

## FEATURED RECIPES

**PENNE WITH CAULIFLOWER: PENNE CON CAVOLOFIORE** Adapted from foodnetwork.com

- |   |                                       |
|---|---------------------------------------|
| 1/4 cup extra-virgin olive oil                | 2 Tbls. salt, plus more for seasoning |
| 1 clove Garlic, crushed                       | 1/2 pound dry penne                   |
| 2 cups Tomatoes, chopped                      | 1/4 cup parsley, finely chopped       |
| 1 small head Cauliflower, broken into florets | Freshly ground black pepper           |
| 1/4 cup very hot water, plus 6 quarts         | 1/4 cup freshly grated Parmesan       |

In a 12-inch sauté pan, heat olive oil over medium heat. Add garlic and cook gently until softened and very light golden brown. Add tomatoes and cook, stirring, until tomatoes begin to break down. Add cauliflower and mix well. Stir in 1/4 cup very hot water, and simmer for 20 minutes, or until cauliflower is tender. Bring 6 quarts of water to a boil and add 2 tablespoons salt. Add the penne, and cook according to package directions, until tender yet al dente. Drain penne and add to the pan with the cauliflower. Stir in parsley and black pepper, to taste, and toss 1 minute over high heat. Divide evenly among 6 warmed pasta bowls, top with grated cheese, and serve immediately.

**SHAKSHOUKA** A staple of Yemeni, Tunisian, Moroccan, Algerian and Israeli cuisine Adapted from *Sunset* Sept. 2009 Use may use hot or sweet paprika, Spanish or Hungarian.

- |                                 |   |
|---------------------------------|---|
| 1 1/2 tsp. coriander seeds      | 2 Tbls. olive oil                       |
| 1 tsp. cumin seeds              | 2 Tbls. tomato paste                    |
| 1 1/2 Tbls. paprika             | pinch red pepper flakes                 |
| 1/2 tsp. kosher salt            | 3 to 4 cups Tomatoes, halved lengthwise |
| 2 large garlic cloves, peeled   | 4 large eggs                            |
| 1 Sweet Spanish Pepper, chopped | Slices of crusty bread, toasted         |

Place coriander, cumin, paprika and kosher salt in a mortar and pound until crushed (or seal in a plastic bag and crush with a rolling pin). Add garlic and pound into a paste. Set aside. In a 10-inch frying pan over medium heat, cook pepper in half the oil, stirring often until well browned, 10 to 12 minutes. Add spice mixture, tomato paste and chile flakes, stirring until fragrant, about 1 minute. Add tomatoes and remaining oil. Cook, turning tomatoes occasionally, until softened, 10 to 20 minutes; add up to 1/2 cup water, if needed (you should see juices around tomatoes). With a wooden spoon, make 4 depressions in tomato mixture and crack an egg into each. Season with salt and pepper. Cover and cook until eggs are set but yolks are still runny, about 5 minutes. Place lightly toasted bread onto 2 plates, gently scoop out Shakshouka to cover each.

**CHESSMAN'S CHEESY CAULIFLOWER** Adapted from Andrea Chessman's *Garden-fresh Vegetable Cookbook*.

- |   |                               |
|---|-------------------------------|
| 1 large head Cauliflower, broken into florets | 2 Tbls. fresh parsley, minced |
| 1/4 cup butter                                | 1 cup fresh bread crumbs      |
| 2 Garlic cloves, minced                       | 1/2 cup grated Gruyere cheese |

Preheat oven to 375 degrees F. Grease an 8 x 8-inch baking dish. Bring a large pot of salted water to boil. Add cauliflower and boil until tender, about 6 minutes, drain well. Melt butter in a small saucepan over medium heat. Add garlic and parsley, simmer just until fragrant, about 2 minutes. In a small bowl combine bread crumbs, cheese, season with salt and pepper. Arrange cauliflower in baking dish. Top with crumb mixture. Drizzle butter mixture over top. Bake for about 15 minutes, until cauliflower is hot and crumbs are golden. Serves 2 to 4.

**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

- \* 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](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!**

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.

## MORE RECIPE AND STORAGE TIPS..

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

Refrigerate everything except tomatoes, garlic and onions. Allow tomatoes and peppers to reach full color at room temperature. Use microperforated bags for lettuce, cauliflower and unwashed peppers. Potatoes are physiologically ready to sprout and should be refrigerated unless used within a couple of days. Every McIntosh Apple has a direct lineage to a single tree discovered in 1811 by John McIntosh on his farm in the Canadian province of Ontario. Now the most popular apple cultivar in New England, where it is considered a superior eating apple and well suited for applesauce, cider, and pies. The McIntosh Red from Bruce Rider and Sons has a tender white flesh covered with red and green skin and a tart flavor.. The Riders farm 57 Watsonville acres, CCOF certified. **Cauliflower**, a cultivar of wild cabbage, is native to either Cyprus or Crete. In the middle ages, it was known as "Syrian Cabbage", as the Muslim expansion brought foods from eastern to western Mediterranean regions. Our Syrian cabbage was grown by friends Joe Perry, his 50 acre Fremont operation is C.C.O.F. certified since 1990; or by Jim Cochran whose Davenport farm has been CCOF certified since 1987. The **San Marzano Tomato** is considered by many chefs to be the best sauce tomato in the world. They came to our valley from a small town of the same name near Naples, Italy, where they were first grown in the volcanic soils in the shadow of Mount Vesuvius. Boasting a thick flesh with few seeds, a sweetness permeates the very strong tomato flavor. **Garlic** was grown by long-time CCOF certified organic farmers, Phil and Katherine Foster of Benito County. Soghomonian's **Ribier** is a large, blue-black seeded grape that grows in generous bunches. It has tender skin and a sweet flavor. Fresno's Joe Soghomonian has been CCOF certified since 1984.

Lyle Carter, Tom Willey's guest on **Sept. 4th's "Down on the Farm"** played a significant role in the once primacy of Valley cotton as an innovative Agricultural Engineer and Director of USDA's Shafter Cotton Research Station. Tom and his guest will explore the past, present and future of cotton culture hereabouts **from 5:00-6:00PM on KFCF, 88.1FM.**

## FARTHER AFIELD

From time to time, I sinfully covet my neighbor's circumstances, seeking an easier "row to hoe" just like most of our human kind. After learning my friend Glenn Anderson, our Valley's pioneering organic almond grower, was netting from his twenty acre orchard what I was making farming a vegetable patch three times the size, I stewed. Orchardists and vineyardists like to grouse about the sweaty burden of harvest chores around this time of year but don't find a sympathetic ear in their vegetable brethren who maintain that hustle twelve months throughout. Glenn's ostensibly comfortable circumstance and time for fishing kindled my envy, however five years of investment and tending to an orchard without income until it bears is powerful deterrent. Besides, my friend's fortune changed when neighboring dairy farmers' excess irrigation on Merced River bottomlands raised the neighborhood's water table and began drowning his almond trees. Once astronomical premiums for lower yielding organic nuts are no longer the rule either. A more recent fantasy of farming on "easy street" was dashed yesterday during a hardware store conversation with neighbor Albert Cosyns who recently won distinction as Madera's "Senior Farmer of the Year". Albert explained his son had just sprayed their alfalfa crop in mid-harvest with Roundup herbicide, killing it before it ran them broke. The meager \$80 a ton this premium hay now fetches on the open market will no longer compensate combined expenses of irrigation and cutting plus baling. What's more, Cosyns lamented, it's now hard to even find a dairyman hereabouts with any money to buy alfalfa hay. Dairies are furiously burning through equity by producing milk at \$15 cost for which they are being paid only \$10. Alfalfa hay's recent near tripled price had been approaching \$250 per ton only one year ago, inducing Tom's daydreaming of a comfortable, semi-retired existence feeding someone's organic cows high-priced hay at minimal effort compared to growing your vegetables. Obviously my monocropping schemes have been considerably deflated as was the nest egg denesse and I had struggled to put away for old age. That leaves us blessed with good enough health to keep up with a vegetable patch, for which I should express more gratitude than I often do. Notwithstanding the possibility of being allured by another dream-scheme of soft life, we'll likely stay farming vegetables for some time to come and thank you for eating, enjoying and paying us a fair value for all the hard work that goes into them. —Tom Willey

## MEMBERSHIP CORNER (Phone 559 ORGANIC, 559-674-2642)

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