

WHAT'S GROWIN' ON

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

8, 9, 10 Sept. 2009

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

VOL 8 NO. 36

"Tho' much is taken, much abides: and tho' We are not now that strength which in old days Moved earth and heaven; that which we are, we are; One equal temper of heroic hearts, Made weak by time and fate, but strong in will To strive, to seek, to find, and not to yield."

ALFRED, LORD TENNYSON (1809-1892)



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ ITALIAN SWEET RED ONION (SB)(FB)
- ⌘ CLASSIC GLOBE EGGPLANT (SB)
- ⌘ ITALIAN EGGPLANT (FB)
- ⌘ TUSCAN ROSE EGGPLANT(FB)
- ⌘ ROMA TOMATOES (SB)(FB)
- ⌘ GENOVESE BASIL (SB)(FB)
- ⌘ RUSSET POTATOES (SB) (FB)
- ⌘ CROOKNECK SQUASH (SB) (FB)
- ⌘ JALAPENO PEPPER (SB) (FB)
- ⌘ FRENCH BREAKFAST OR

EASTER EGG RADISHES (SB)(FB)

- ⌘ *Soghomonian's MUSCAT GRAPES (SB)(FB)
- ⌘ *Loewen's BLACK CAT PLUOTS (SB)(FB)

SB= SEEDLING BOX, FB= FAMILY BOX

* Certified Organic from Other Farms



MEMBERSHIP CORNER

(Phone 559 ORGANIC, 559-674-2642)

⊗ PLEASE DO NOT IGNORE A PINK STICKER ON YOUR BOX, even if you think it is in error. For your convenience, we accept Visa, Mastercard and Discover. ♻️ The paper in your boxes can be recycled with your newspapers, or reused as packing materials. Please do not return it to the host sites. ♻️ Please re-use your plastic ice bags. They are great for camping and storage. ♻️ To request a vacation hold or electronic statements, order organic abundance, inquire about or make changes to your account please use CSA@tdwilleyfarms.com or to make a personal farm tour reservation. We confirm ALL e-mails. ♻️ If you would like a preview of next week's box or wish to receive last minute Abundance offerings use denesse@TdWilleyFarms.com

DOWN ON THE FARM

The cool nights are welcome to the staff and many of our new seedlings. We started to plant our fall potatoes last week. Radicchio and cabbages have recovered from transplant shock and are enjoying cooler weather. The leeks received another hoeing but basil is really slowing down. I am hoping that we will only be out of lettuce for one week. Our tractor drivers are seeding in earnest all the crops that will carry through the winter; kale, chard, spinach, beets, turnips, lettuce, radishes and kohlrabi. —denesse

FEATURED RECIPES

ITALIAN STUFFED CROOKNECK Adapted from Guy Fieri's stuffed jalapenos, foodnetwork.com For vegetarians: use cubed eggplant that has been sautéed in olive oil with garlic, in place of sausage.

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| 2 large Crookneck Squash | 1 pound mild Italian sausage, casings removed |
| 1 Tbls. canola oil | 1 cup mascarpone or cream cheese |
| 1/4 cup minced Sweet Onion | 2 Tbls grated Parmesan, plus more for garnish |
| 1 minced Jalapeno Pepper | 1/4 cup shredded mozzarella cheese |
| 1 clove minced garlic | Minced Basil |

Cut crookneck squash in half lengthwise. Use a melon baler, or grapefruit spoon to remove entire seed cavity. Preheat oven to 300 degrees F. Place squash on a sheet tray (trim a little flat spot on the bottom so they sit straight) and roast for 15 minutes. Remove from the oven and let cool. Heat the oil in a medium sauté pan. Add onions, peppers, garlic and sausage and cook for about 2 minutes. Remove and place in a large bowl. Cool to room temperature, then add mascarpone, and Parmesan. Mix ingredients thoroughly and season with salt and pepper. Divide stuffing mixture evenly among the four squash cavities, top each with 1 Tbls. of mozzarella cheese. Place the sheet tray of stuffed squashes in oven and bake for 15 minutes or until squash is completely tender. Garnish with minced basil and Parmesan.

MASHED POTATO CASSEROLE Adapted from "Cook's Country". Dec/Jan. 2008

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| 1 lb. Russet Potatoes, peeled | 1/2 tsp. Dijon mustard |
| 2 Tbls. half and half | 1/2 tsp. salt |
| 2 Tbls. chicken broth or veg stock | 1 large egg |
| 3 Tbls. butter | 2 tsp. minced fresh parsley or Jalapenos |
| 1/2 tsp. minced garlic | |

Cut potatoes into 1-inch chunks. Adjust oven rack to upper middle position and preheat to 375 degrees F. Place potatoes in a sauce pan with enough cold water to cover. Bring to a boil, cover and simmer until tender. Warm half and half, stock, butter, garlic, mustard and salt in a small saucepan over low heat, stirring until smooth, cover to keep warm. Drain potatoes, transfer to a deep bowl. With electric mixer on med-low, beat potatoes, slowly adding warmed liquid mixture, until smooth. Scrape bowl often. Beat in egg for 1 minute, fold in parsley or chilies. Mashed potatoes will look very soupy, pour into a greased 8-inch pie pan (if doubling, use a 1-qt. Casserole or 8-inch square pan). Use a fork to draw up potato peaks all over the top of the casserole. Bake until potatoes rise and begin to brown, about 25 minutes. Make Ahead: The baking dish with soupy potatoes can be covered with plastic wrap, refrigerated for up to 24 hours. Remove from refrigerator 1 hour before baking; increase baking time 5 to 10 minutes. Serves 2.

SICILIAN STYLE SPAGHETTI & EGGPLANT Recipe courtesy Tyler Florence. Good if you have a large inventory of ripe tomatoes. You may substitute canned tomatoes if you lack enough fresh. Calls for Alfonso olives, an Italian specialty; lacking an Italian deli, use Kalamata or plain black olives.

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| 1 lb. Eggplant(s) | 1/2 cup olives, pitted |
| 5 Tbls. extra-virgin olive oil | 1/2 bunch fresh basil leaves |
| 1 garlic clove, sliced | 3 cups diced tomatoes |
| 1/2 lemon, juiced | Pinch sugar |
| 6 fresh Basil leaves | 1/2 Tbls. capers |
| 1 medium Onion, chopped | salt and freshly ground black pepper |
| 1 tsp. minced Jalapeno | 12 oz. spaghetti |
| 1 garlic cloves, minced | 1/4 cup freshly grated pecorino cheese |

Heat a grill pan over medium heat. Slice the eggplants 1/4-inch thick. Brush them with 2 Tbls. olive oil and season with salt and pepper. Grill slices until marks have formed and they are soft, about 2 to 3 minutes per side. Place onto a paper towel lined platter, scattering over 1 clove of sliced garlic, drizzle with 1 Tbls. of olive oil and the lemon juice, put on a few torn basil leaves, and season it all with salt and pepper. Set aside while you make the sauce. Coat a large sauté pan with 2 Tbls. olive oil and place over medium heat. Cook onions until soft, about 5 minutes. Add chile, minced garlic, olives and a few hand-torn basil leaves. Pour in tomatoes and a pinch of sugar; cook and stir until the liquid is reduced and the sauce is thick, about 15 minutes. Add the capers, taste, and adjust the seasoning with salt and pepper. Reduce heat, cover, and keep warm. Fill a large pot with water and bring it to a boil. Add a couple of tablespoons of salt and the spaghetti. Stir to make sure the pasta doesn't stick. Cover and return to a boil. Remove cover and cook for about 6 to 8 minutes, or until the spaghetti is al dente. Drain spaghetti and add to the tomato sauce. Add the cheese and mix well. Pile onto a platter and top it with the eggplant slices. Garnish with more basil leaves. Serves 3 to 4.

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, eggplant and onions. Allow tomatoes to reach full color at room temperature. Use microperf bags for lettuce and eggplant. Remove tops from radishes. Potatoes are physiologically ready to sprout and should be refrigerated unless used within a couple of days. Store Genovese Basil at room temperature like flowers in a water-filled

ORGANIC ABUNDANCE FOR NEXT DELIVERY

(comes in a separate carton)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- * Hemly's BOSC PEARS \$10/4 LB
 - * Rider's M^e INTOSH
APPLES \$10.50 / 4 LB.
 - * SAN MARZANO TOMATOES
\$40/ 24 LBS. OR \$15/ 6 LB.
 - * SALSA PACK \$12 - Recipe
incl. (ROMA TOMATOES, ONIONS, & CHILIES)
 - * 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 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!**



ANNUAL AUTUMN FARM TOURS

10 am; OCTOBER 17,
& October 31, 2009.

By reservation ONLY, 559-
ORGANIC (674-2642)

vase; tented with a microperf bag. Pinch off any flowers that may appear. The **Radish** genus name *Raphanus* comes from the Latin *raphanos*, meaning, "easily reared." Aptly named, this is the first "crop" young children learn to grow in their home gardens. These spicy devils are delicious diced or even shredded into pasta or potato salad. Fran and Ted Loewen closed out their Summer Fruit CSA with the **Black Cat Pluot**, a complex cross between plum and pluot from noted California breeder, Fred Zaiger. The fruit is sweet and juicy even while firm and crunchy. The breadth and number of varieties of **Muscat Grape** suggest that it maybe the oldest domesticated grape, and there are theories that most types within the *Vitis vinifera* grape family are descended from the Muscat. Scientists from the University of Pennsylvania have analyzed pots from King Midas' burial mound and determined that Muscat grapes were a key component of the alcoholic beverage served at his funeral feast. Like many other fruits, superior flavor appears to be linked to the presence of seeds. Five years ago, at Mr. Willey's urging, Joe Soghomonian grafted over some vines to Muscat Italia in their C.C.O.F. certified Fowler vineyard, certified organic since 1984. PLEASE HANDLE **JALAPENO PEPPERS WITH RUBBER GLOVES** and avoid contact with eyes or nose. Removing the ribs and seeds will decrease the heat of peppers. **Eggplants** are native to Africa and Asia, and in many parts of those continents they have come to be regarded as a satisfying substitute for meat. In this country it can be regarded as a low-carb substitute for pasta. SB will have the classic inky-purple teardrop shaped Globe Eggplant; FB has a couple of slender Italian Eggplants and a lovely Tuscan Rose, whose flesh is very creamy when roasted. Eggplant pairs well with lamb, tomatoes, mushrooms, onions, peppers, cheese cream sauces, oregano, marjoram, soy sauce and garlic. We find a spicy Asian peanut sauce to be the perfect topping for gently grilled slices of eggplant.

FARTHER AFIELD

This summer a British chap, professor of biology at Harvard University, published a book which some of his colleagues believe may finally solve a riddle evolutionists have been long at odds to explain; just how humans emerged and differentiated themselves from the apes. A wry New York Times reviewer summarized Richard Wrangham's elegantly simple theory in *Catching Fire* thusly: "It's the cooking, stupid." The primatologist and co-director of Uganda's Kibale Chimpanzee Project posits that a subset of apes, nearly two million years ago, descended from treetops and began preconditioning their food by employing fire, becoming "the cooking apes, creatures of the flame" then over time the big-brained, highly intelligent species we are today. Wrangham explains that cooking denatures protein, gelatinizes starch and softens all foods, affording much more complete digestion and extraction of energy and nutrients. The raw diet of wild primates, yet gathered and tediously chewed for many hours daily yields only enough nourishment for survival and reproduction. *Homo Sapiens'* mastery of the cooking fire enabled our evolved big brains, presently only 2.5% of a body's weight, to command 20% of our metabolic energy while our now highly efficient digestive system has become, much smaller and less demanding of resources. Is Wrangham's thoroughly plausible "cooking hypothesis" the Holy Grail explanation for the explosion in human intelligence that Darwin and succeeding generations of biologists simply missed? Should it be, I suggest you may yet obtain a first edition copy of *Catching Fire: How Cooking Made Us Human* before this volume wins a distinctive place on library shelves near *On the Origin of Species*.

So, if cooking is now the "world's oldest profession", what haired-netted ladies once served up from cafeteria kitchens in every school across this nation was, indeed, pretty important. About the time of my birth began the late stages of an experiment in which we are all witting or not so witting guinea pigs: the industrialization of food and agriculture. Applying synthetic chemistry and hyper-mechanization to the growing of crops, we've been able to reduce the number of farmers to one percent of the U.S. population; only a hundred years ago we were 35%. Most farms now deliver the harvest to industrial processors where it is refined and remanufactured into the food-like substances we distractedly consume on the run, in school lunch rooms or less frequently at table, no longer cooking from basic, fresh ingredients. Our international Slow Food movement, 100,000 strong worldwide, grew up in protest against the disconnection between today's fast eating and the seminal role food plays in traditional human cultures. Though high-yield agriculture and industrial processing deliver vast quantities of low-priced edibles, we "cooking apes" are being shortchanged in significant ways by our modern diet. Many late generation crop cultivars, while immensely productive, are documented to be significantly less nutrient dense than their counterparts of sixty years ago, leading scientists to theorize a "dilution effect" to explain the decline. Today's population consuming high calorie diets, emphasizing refined sugars and starches is coming up short on minerals and the complex phytonutrients that promote health in the "human ape". The gravity of this for educators lies in the fact that today's children are allowed or encouraged to eat foods contributing to behavioral and cognitive problems manifest in the classroom. Slow Food USA has adopted the cause of reintroducing real, whole foods into school nutritional programs as its first nationwide project of a new activist agenda. Over the Labor Day weekend, 300 "eat ins" across all fifty states took place to examine "What's For Lunch" in our nations schools. Slow Food believes poor diets will be remedied by returning agriculture to its biologically intensive roots, reclaiming preparation of edibles from a realm of industry for that of the kitchen arts and pursuing food's enjoyment in an atmosphere of mindful community, historically the cornerstone of human culture.

The significant and enabling legislation known as the Child Nutrition Act was first signed by Lyndon B. Johnson in 1966 as the wily social architect asserted, "Good nutrition is essential to good learning". The act is up for reauthorization this fall and provides the funding for school lunch and breakfast for more than thirty million American students. We advocate raising the reimbursement rate by one dollar per lunch to \$3.57, empowering schools to source fresh and local foods. We challenge community schools to reopen their kitchens, and rehire the now blue-haired ladies to craft tasteful and nutritious meals from local farms and on-campus gardens. There are a growing number of exemplary schools across the land where students have become engaged in growing their own food and practicing culinary skills. If cooking is what made us human, then what we eat, its preparation and how we enjoy it is more vital to our survival than most of us were led to believe throughout this late industrial age. Please sign our petition to support real food in schools at

www.slowfoodusa.org/index.php/campaign/time_for_lunch/

-Tom Willey