

WHAT'S GROWIN' ON

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

15, 16, 17 Sept. 2009

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

VOL 8 NO. 37

“Live each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influences of each.”

HENRY DAVID THOREAU (1817 - 1862)



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ ITALIAN SWEET RED ONION (SB)(FB)
 - ⌘ ROMAINE LETTUCE (SB)
 - ⌘ RED LEAF LETTUCE (FB)
 - ⌘ *Foster's JONAGOLD APPLES (SB)(FB)
 - ⌘ TABLE TOMATOES (SB)(FB)
 - ⌘ MEI QING CHOI (SB)(FB)
 - ⌘ YUKON GOLD POTATOES (FB)
 - ⌘ ITALIAN FRYING PEPPERS (SB)(FB)
 - ⌘ FRENCH BREAKFAST OR
EASTER EGG RADISHES (SB)(FB)
 - ⌘ *Joe Perry's BROCCOLI (SB)(FB)
 - ⌘ *Rider's MCINTOSH APPLES (FB)
 - ⌘ *Todd's BARTLETT PEARS (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

- ✧ * Hemly's BOSC PEARS \$10 / 4 LB
- ✧ NEW! *Foster's JONAGOLD APPLES \$10 / 4 LB.
- ✧ NEW! *Todd's BARTLETT PEARS \$8.50 / 4 LB.
- ✧ *Rider's M^c INTOSH APPLES \$10.50 / 4 LB. WHILE THEY LAST!
- ✧ LAST CHANCE! SAN MARZANO PASTE TOMATOES \$40/ 24 lbs. OR \$15/6 lb.
- ✧ SALSA PACK \$12 - Recipe incl. (ROMA TOMATOES, ONIONS, & CHILIES)

DOWN ON THE FARM

Potatoes are planted, and covered with shiny gold straw to reflect away a bit of the sun's warmth. Mei Qing (say "me king") makes its first fall appearance; arugula is anticipated for next week and, the return of cucumbers soon thereafter. We are still waiting for flowers to appear in our first green bean patch, and the fruits of their labor three to four weeks later. Slowly but surely we're occupying ground that has rested over the summer with hopes for an excellent autumn. You won't want to miss the fall tour. -denesse

FEATURED RECIPES

SPICY PEANUT NOODLE SALAD Adapted from Ming Tsai

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|------------------------------|---|
| 2/3 cup creamy peanut butter | 2 Tbls. soy sauce |
| 1 Tbls. sesame oil | 1/2 c canola oil |
| 1/3 cup rice wine vinegar | 1 pound linguini, cooked and refreshed |
| 1 Tbls. red chile flakes | 2 to 3 heads Mei Qing Choi, thinly sliced |
| 1 Tbls. sugar | 2 Italian Peppers, thinly sliced |
| 1 Tbls. Dijon mustard | 2/3 cup Sweet Red Onion, thinly sliced |
| 1 Tbls. ground coriander | 2/3 cup Radishes, thinly sliced |

In a bowl, whisk together peanut butter, sesame oil, vinegar, chile, sugar, Dijon, coriander and soy until smooth. Whisk in the canola oil and adjust seasoning. In a large bowl, toss dressing with the pasta, Choi, peppers and onions. Garnish with 1/2 cup roasted salted peanuts, chopped (optional). Correct seasoning. Serves 4 to 6.

ORECCHIETTE WITH BROCCOLI & CHICKPEAS Adapted from foodnetwork.com

- | | |
|---|--------------------------------------|
| 1 can organic garbanzos (chickpeas), drained | 1 Tbls. minced garlic |
| 2 Tbls. extra-virgin olive oil, plus more for drizzling | 1/2 tsp. red pepper flakes, optional |
| 1 Tbls. salt | 1 1/2 cup diced Tomatoes |
| 2 cups Broccoli florets and peeled chopped stems | Freshly ground black pepper |
| 6 oz. ounces orecchiette | 3 Tbls. toasted bread crumbs |
| 1/2 cup minced Red Onion | grated Romano Pecorino, for serving |

Place the drained chickpeas in a bowl and drizzle with a bit of olive oil. Bring a large pot of water to a boil. Add the salt and then drop in the broccoli and cook until tender but not too soft, 4 to 5 minutes. Remove with a slotted spoon and refresh in cold water to set the color. Drain and set aside. Then drop orecchiette into the same boiling salted water. While the pasta cooks, heat 2 tablespoons olive oil in a sauté pan over medium heat. Add onion, stir until translucent, add tomatoes and cook until tender, about 8 minutes. Add garlic, red pepper flakes, if using, and chickpeas and cook for 2 minutes. Season, to taste, with salt and pepper. Drain the pasta when it is al dente; add it and the broccoli to the sauce. Stir in toasted breadcrumbs. Warm through. Transfer to warmed bowls and sprinkle with Pecorino, if desired. Serves 2 to 3.

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, pears and onions. Allow tomatoes to reach full color at room temperature. Use microperf bags for lettuce, broccoli, radishes and unwashed peppers. Potatoes are physiologically ready to sprout and should be refrigerated unless used within a couple of days. We embark on a long and varied trail of cruciferous vegetables with this week's Mei Qing Choi, (*Me King Choy*) a fast growing and tender baby Bok Choy. Edible plants in the family *Brassicaceae* are termed Cruciferous vegetables because their seeds are marked with a tiny cross that can be seen under magnification. Considered to be very healthful foods, crucifers are high in vitamin C and soluble fibre and contain multiple nutrients with potent anti-cancer properties. *Brassica* is a genus of plants in the mustard family that may be collectively known either as cabbages, or as mustards. Crops from this genus are sometimes called *cole crops*, which is derived from the Latin *caulis*. This genus is native to western Europe, the Mediterranean and temperate regions of Asia and is remarkable for comprising more important agricultural and horticultural crops than any other. Almost all botanical parts of some kind of brassica or other have been developed for food, including the root (turnips, rutabegas), stems (kohlrabi), leaves (choy, kale and cabbage), flowers (cauliflower, broccoli), and seeds (including mustard seed, canola).

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!

☼Use

denesse@TdwilleyFarms.com if you would like a preview of next week's box or wish to receive last minute Abundance offerings.

Cook all brassicas uncovered so that sulfurous compounds can easily escape, perserving both flavor and appearance. This week's **Broccoli** is from our friend Joe Perry. Joe is the last grower in the once famous South Bay garden district of Fremont. His CCOF certified 90 acres are leased from an Alameda county "history farm" park. Use **Italian Sweet Frying Pepper** fresh in potato and pasta salads. This pepper is traditionally sautéed for use in sauces or on sandwiches. The **Jonagold Apple's** name describes its heritage, a cross between the tart Jonathan and the super sweet Golden Delicious developed in the 1940s. The coloring is yellow with large flushes of red. This is a crisp apple with gleaming white flesh, excellent for applesauce, pies and salads, grown by long-time CCOF certified organic farmers, Phil and Katherine Foster on their farm in San Benito County. Dan Todd's **Bartlett Pears** are a light-green pear that turns completely yellow and gives off a sweet aroma when fully ripe. Handle with care as ripe Bartletts bruise easily. Dan Todd's CCOF certified organic farm is in Potter Valley, up in Mendocino County. The fruit you receive will be extremely hard because "tree ripened" pears develop a mealy texture and oddly are not as sweet as those picked in this "firm ripe" stage of maturity. Ripen pears at room temperature, then refrigerate up to 3 days when aromatic. Do not store pears in plastic bags. The **McIntosh Apples** from Bruce Rider and Sons have tender white flesh under red and green skin with a tart flavor. The Riders farm 57 Watsonville acres, CCOF certified.

FARTHER AFIELD

Driving the length of our Central and Southern San Joaquin Valley in autumns past one could be struck "snow-blind", gazing over a million acres of harvest-ready cotton. No longer; on a recent train journey south, even J. G. Boswell's Corcoran "cottonopolis" appeared eerily void of the white stuff, now reduced to fewer than one fifth of those peak acres in barely over a decade. Cotton was an insignificant Valley or California crop prior to World War I but rapidly supplanted all others as the state's most valuable farm product over just three decades and another world war, largely due to little recognized efforts by our U.S. Government. When the First World War raged, high quality, long staple cotton was a strategic material important for fabric-covered aircraft wings and as the strengthening fiber in rubber tires, synthetics not having yet been developed. Sea Island cotton, *Gossypium barbadense* from South Carolina's low country was increasingly in demand for those manufacturing qualities just as a newly introduced pest, the infamous boll weevil, torpedoed its production. At the War Department's urging, USDA dispatched a newly minted agronomist, Wofford B. Camp, out west to California in 1917, charged with reviving long staple lint production in a weevil-free environment. Camp not only succeeded at this critical mission but also should be awarded significant credit for birthing industrialized agriculture on a grand scale. Cotton has been a human-cultivated crop for over 8,000 years in Southern Mexico, one of its several ancient homes, where the plant was maintained as a perennially producing "tree" and yielded up the genetic building blocks Camp was looking for. The intrepid agronomist quickly established the USDA Cotton Research Station at Shafter and began breeding our Valley's now world-renowned Acala varieties, named for the Chiapas village of their origin. Camp was further responsible for passage of an unprecedented 1925 "single variety law" by California's legislature, henceforth requiring all SJV cotton growers to exclusively plant USDA's superior Acala strains. This measure uniquely unified our Golden State's nascent industry and distinguished it qualitatively from the "Cotton South" where varietal cross contamination plagued a formerly high reputation. The successful strategic intervention of our government in developing Valley cotton culture was unprecedented for its time and quite likely set the stage for subsequent publicly financed, massive irrigation projects which account for this region's enduring primacy in specialty crop production on a worldwide scale. —Tom Willey

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

☼ Free Organic Abundance! For every new member you send our way we will mail you a certificate good for a free Organic Abundance up to \$15 in value. The new member (not just a trial customer) must list you as their referral. ☼ If your name is on the sign-off sheet, A BOX HAS BEEN PREPARED AND DELIVERED FOR YOU. This is why it is so important to take only the box that bears your name. If your box appears to be missing, please contact the host or the Farm immediately, so that we may help you find your produce. ☼ Each organic abundance order comes in its own box and is listed separately on the sign-off sheet. ☼ 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.