

# WHAT'S GROWIN' ON

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

22, 23, 24 Sept. 2009

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

VOL 8 NO. 38

There shall be  
eternal summer  
in the grateful heart.

CELIA THAXTER



## BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ BUNCHED ARUGULA (SB)(FB)
  - ⌘ ITALIAN SWEET RED ONION (SB)(FB)
  - ⌘ RED SUMMER CRISP LETTUCE (SB) (FB)
  - ⌘ \*Joe Perry's GREEN CABBAGE (SB)(FB)
  - ⌘ RED ROASTING POTATOES (SB)(FB)
  - ⌘ TUSCAN ROSE OR GLOBE EGGPLANT (FB)
  - ⌘ FRENCH BREAKFAST OR  
EASTER EGG RADISHES (SB)(FB)
  - ⌘ \*Carrillo's FLAME SEEDLESS GRAPES  
(SB)(FB)
  - ⌘ \*Hemly's GOLDEN DELICIOUS APPLES  
(SB)(FB)
  - ⌘ \*Todd's BARTLETT PEARS (FB)
- SB= SEEDLING BOX, FB= FAMILY BOX  
\*Certified Organic from Other Farms

**ANNUAL AUTUMN  
FARM TOURS 10 am;  
OCTOBER 17, & 31, 2009.**

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



**ORGANIC ABUNDANCE  
FOR NEXT DELIVERY  
(comes in a separate carton)**

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✕ WHILE THEY LAST! \*Hemly's **BOSC PEARS \$10 / 4 LB**
  - ✕ \*Foster's **JONAGOLD APPLES \$10 / 4 LB.**
  - ✕ \*Todd's **BARTLETT PEARS \$8.50 / 4 LB.**
- SALSA PACK \$12** - Recipe incl.  
(ROMA TOMATOES, ONIONS, & CHILIES)

## DOWN ON THE FARM

Remember when Obama was mocked as elitist for asking Iowa farmers about arugula? We resent and repudiate the pretentious characterizations of our cruciferous friend. Sure, Arugula's green peppery leaves surpass mundane everyday lettuce, but arugula is no *prima donna*. It earned its nickname London Rocket by being one of the first salad greens to spring up in the wake of urban bombing during WWII. Versatility makes our spicy comrade an everyday food on pizza, with pasta, or in sandwiches. -denesse

## FEATURED RECIPES

**RIGATONI WITH ARUGULA PESTO** Adapted from arugulafiles.typepad.com/

SB may add Radish leaves to make 3 cups.

- |   |                                   |
|---|-----------------------------------|
| 2 cloves garlic   | black pepper to taste             |
| 3 cups Arugula leaves, coarse stems removed                 |                                   |
| 3 Tbls. chopped walnuts                                     | 2 Tbls. of pine nuts              |
| 1/3 cup of good olive oil                                   | 8 slices of prosciutto (optional) |
| splash of rice wine vinegar                                 | 1 lb. whole grain rigatoni        |
| 1/3 cup of Parmesano Reggiano cheese, plus more for garnish |                                   |

Bring a large pot of salted water to boil and cook rigatoni until al dente; drain. Meanwhile, blend garlic, arugula, walnuts, olive oil, vinegar and black pepper in food processor to make pesto. Lightly heat prosciutto, if using, in a frying pan (you want to cook it until it's light pink; about 30 seconds on both sides) Toast pine nuts. Toss pesto over warm pasta and heat for a few minutes. Add pine nuts and prosciutto and serve right away. *Serves 4 to 6*

**ARUGULA, LINGUINE & FARM FRESH EGG** Adapted from arugulafiles.typepad.com/ Adding a fried egg on top provides protein and makes the sauce creamy, a nice contrast to the salty parmesan.

- |   |                                      |
|---|--------------------------------------|
| Juice of one lemon                      | 2 to 3 eggs (one per person)         |
| 1 Tbls. olive oil                       | 1/2 cup Parmesan Reggiano            |
| 2 cloves garlic; diced                  | 6 to 8 oz. package of fresh linguine |
| 1 bunch of Arugula, tough stems removed | Butter                               |

*You'll need two frying pans for this dish.* In a large pot of boiling, salted water, cook linguine according to package directions. Meanwhile, dice garlic. Heat the first fry pan; add olive oil and garlic. Strain linguine, reserving about 1/4 cup of the pasta water. Add linguine to the frying pan, stir to coat with garlic and olive oil. Add lemon juice and Parmesan cheese. Add pasta water to desired moisture. Stir in arugula, cover and turn off the burner; (the arugula will steam). Heat the second fry pan, add a knob of butter and start frying the eggs. You want to cook the eggs so they are runny. Divide pasta among two or three plates. Add a fried egg to the top of each plate of pasta. Season salt and fresh ground pepper.

**ROASTED RADISHES** Adapted from thebittenword.typepad.com/ **FB may double**

- |                                      |                                |
|--------------------------------------|--------------------------------|
| 1 bunch Radishes                     | fresh or dried rosemary        |
| 2 or 3 small Red Potatoes, quartered | Salt and freshly ground pepper |
| 1 Tbls. extra-virgin olive oil       | 1 Tbls. unsalted butter        |
| 1 Tbls. balsamic vinegar             |                                |

Preheat oven to 500 degrees F. Trim radishes, wash the greens, set aside to drain. Pat radish bottoms dry. In a large ovenproof skillet, heat oil until shimmering. Add radishes and potatoes, season with salt, pepper and rosemary. Cook over high heat, stirring occasionally, until lightly browned in spots, about 2 minutes. Transfer the skillet to the oven and roast for 10 minutes, until fork-tender. Return the skillet to the burner and stir in butter over moderate heat. Add radish greens, turning constantly with tongs until they are wilted, about 2 minutes. Remove from heat and dress with balsamic, serve immediately. *Serves 2.*

**TANGY COLESLAW** Adapted from www.southernfood.about.com This is the cole slaw they serve on pulled pork sandwiches in the south.

- |   |                       |
|---|-----------------------|
| 1 Cabbage, cored and shredded                   | 1 tsp. dry mustard    |
| 1 medium red Onion, quartered and thinly sliced | 1 tsp. celery seed    |
| 1 cup sugar                                     | 1 cup vinegar         |
| 1 tsp. salt                                     | 2/3 cup vegetable oil |

Combine shredded cabbage with sliced onion, set aside. In a small saucepan, combine remaining ingredients and bring to boil. Pour over cabbage and toss. Cool, then refrigerate.

## MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✦ OKRA \$11/ 3 lb
- ✦ RADISHES \$8 / 6 bunches
- ✦ ARUGULA \$10 / 6 bunches
- ✦ 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.

Look for **WICKEDLY GOOD POTATO SALAD** at [www.TdWilleyFarms.com](http://www.TdWilleyFarms.com), from the home page, select **RECIPES**. Scroll down to **FALL**, 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 arugula, radish tops, and lettuce. Potatoes are physiologically ready to sprout and should be refrigerated unless used within a couple of days. Two cruciferous vegetable cousins, NOT in the brassica family are **Arugula and Radishes**. Radishes are a sandwich favorite among Midwestern farmers. Use a sturdy white bread and enough real butter to hold onto a half-inch of thinly sliced radishes, sprinkled with just a bit of salt. When serving this open-faced as an appetizer, I am invariably asked "what kind of cheese is this?" The simple combination of quality ingredients renders a "gourmet" delight (is this elitist?). Todd's **Bartlett Pears** from last week may now be ripe enough to make an **Arugula, Pear** and Gorgonzola Salad. Dan & Alice Todd farm 57 acres in the Potter Valley, CCOF certified since 1989. This is the last picking of **Flame Seedless Grapes** from Oscar Carrillo's 76 acres on S. Marks Ave., CCOF certified organic for 22 years. **Cabbage** is eaten in almost every food culture of the world! Fermented cabbage, be it sauerkraut or Kimchi, is a widespread form of food preservation that has nourished humanity for nearly as long as agriculture itself. Since our own cabbage plants are only six inches tall, we feature Joe Perry's, CCOF certified organic since 1990. The **Golden Delicious** is a very sweet, yellow skinned apple cultivar not genetically related to the Red Delicious apple. A favorite for salads, apple sauce, and apple butter, it is prone to bruising so needs careful handling. In the nineteen-sixties *The Charleston Daily Mail* published the first hand account by J. M. Mullins of the 1891 discovery of the chance seedling that later became known as Golden Delicious on his family's farm in Clay County, West Virginia. Yours were grown by Matt and Doug Hemly up in Courtland, CCOF certified since 1997.

## FARTHER AFIELD

Our friend Joe Perry with sons Jim and Doug are pretty much the last vegetable farming Mohicans in a once famous southern Alameda County commercial gardening district across the bay from San Francisco. The northern San Joaquin Valley is today refuge to many generational farm families driven from the greater Bay Area by waves of urbanization. Our Valley's southern half provided new land for the agriculturally dispossessed from Southern California's San Fernando and Chino Valleys as well as Orange County's once renowned citrus belt. This cultivator diaspora begs a question; what happens once the same intensity of urbanization overcomes our Central Valley? Near-octogenarian Joe Perry, farms the fewer than one hundred acres of vegetables yet remaining in a district that boasted 25,000 acres of truck crops as recently as World War II. Joe and sons' refuge is a "history farm", belonging to Ardenwood Regional Park, which they lease from the East Bay Regional Park District. The tenacious Perry family cultivates a great diversity of organic vegetables, which are sold at a well-trafficked on-farm stand, but they also specialize in shipping the traditional lettuces, broccoli and cauliflower for which their district's climate and soil are perfectly suited. Denesse finally fired me as our broccoli grower, as she had already done with cauliflower a few years back. Our sandy soils' lower yields and a more extreme climate make these crops perennial money losers on this farm. So, with the boom lowered on any further attempts on my part, we'll import some of our friend's lovely broccoli and cauliflower from time to time. Joe's family emigrated from the Azores to our S.F. Bay Area by way of Angel Island where Perriera was anglicized to Perry. His dad borrowed \$500 each year from A.P. Gianini's Bank of Italy to grubstake the farm. His sudden passing put Joe plowing behind a horse at age 13. My veteran gardening friend invested in his first tractor in 1949, a year after I was born, which Joe still nurses up and down the vegetable rows. The Perry family is revered for a four decades running annual fall pumpkin patch which features hay wagon rides in addition to the iconic gourds, opening for business this October 1<sup>st</sup>. If you're traveling to the Bay Area soon, stop by for a chat with one of the sweetest and most accomplished gardeners on the planet. You might wind up telling him you're glad farmer Tom can't figure out how to grow broccoli. —Tom Willey

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

✦ Statements for October and the Fourth Calendar Quarter have been mailed. Your payments, large or small, are due October 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.