

WHAT'S GROWIN' ON

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

29, 30 Sep. & Oct. 1, 2009

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

VOL 8 NO. 39

There is a harmony
In autumn, and a lustre in
its sky,
Which through the summer
is not heard or seen,
As if it could not be, as if it
had not been!

PERCY B. SHELLEY (1792 - 1822)



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ MEDITERRANEAN SEEDLESS CUCUMBERS (SB)(FB)
 - ⌘ MEI QING CHOI (SB)(FB)
 - ⌘ ROMAINE OR RED LEAF LETTUCE (SB)(FB)
 - ⌘ *Joe Perry's BROCCOLI (SB)(FB)
 - ⌘ ROMA TOMATOES (SB)(FB)
 - ⌘ TABLE TOMATOES (SB)(FB)
 - ⌘ ITALIAN FRYING PEPPERS (FB)
 - ⌘ *Foster's YELLOW ONIONS (SB)(FB)
 - ⌘ *Carrillo's THOMPSON SEEDLESS GRAPES (FB)
 - ⌘ *Foster's JONAGOLD APPLES (SB)(FB)
 - ⌘ *Todd's BARTLETT PEARS (SB)(FB)
- SB= SEEDLING BOX, FB= FAMILY BOX
* Certified Organic from Other Farms



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

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

MEMBERSHIP CORNER

(Phone 559 ORGANIC, 559-674-2642)

⊗ If you received a Statement in the mail it means we do not have a credit card authorization form or that your card has expired. Your payments, large or small, are due October 5. ⊗ As soon as I learn what fruit will be in next week's box, we send out an email to all who have requested to be on the O.A. list-serve. If you would like the latest Abundance offerings via email, send me a brief request and you will be added. ⊗ 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 farm tour reservation. We confirm ALL e-mails.

DOWN ON THE FARM

Personally, I welcome the autumnal equinox with as much gratefulness as the vernal passing brings trepidation. Every week now your boxes will include a new vegetable or a different California apple or pear. As long as the weather stays dry we will have Basil, but get your winter pesto made now. The Autumn Farm Tours will feature arugula, beets, carrots, lettuce, radicchio, radishes, kohlrabi, cabbage, chard, kale, turnips, squash, potatoes, tomatoes, leeks, onions, chilies, okra, peppers, cucumbers, eggplant, beans, parsley, cilantro, dill, collards, mei qing, artichokes, basil, fennel, parsnips, rutabagas, Brussels sprouts and spinach. Reservations are required, directions are on the website. -denesse

FEATURED RECIPES

SPAGHETTI WITH GREENS & GINGER Adapted from foodnetwork.com

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| 1 lb. package whole wheat spaghetti | 3 garlic cloves, thinly sliced |
| 1/3 cup olive oil | 1 tsp. salt |
| 1 Onion, thinly sliced | 1/4 tsp. crushed hot red pepper flakes |
| 1/2 cup golden raisins | 2 cups Mei Qing Choi, coarsely chopped |
| 1 1/2 Tbls. peeled, fresh ginger, cut into-strips | 2 cups Broccoli, cut into 1-inch pieces |
| 1 Tbls. finely grated lemon zest | 2 tsp. balsamic vinegar |

Cook the pasta in a large pot of boiling salted water according to package directions, or until al dente. Drain the pasta in a colander. Heat olive oil in a large skillet over medium-high heat. Add onion, and cook, stirring, for 2 minutes. Add raisins, ginger, zest, garlic, salt, and pepper flakes and cook, stirring, for 2 minutes. Gradually add choi and broccoli, and as the leaves begin to wilt, add more to fit in the pan, turning constantly with tongs; cook until they are wilted and bright green, about 5 minutes. Add the vinegar and cook, stirring, for 1 minute. Return the pasta to the cooking pot, add vegetable mixture, and toss to combine well. Serve hot.

APPLE AND PEAR CRISP Adapted from The Barefoot Contessa, foodnetwork.com

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|---|--------------------------------------|
| 2 cups ripe but firm Pears, cut into large chunks | 1 Tbls. freshly squeezed lemon juice |
| 2 cups Jonagold Apples, cut into large chunks | 1/4 cup granulated sugar |
| 1/2 tsp. grated orange zest | 2 Tbls. all-purpose flour |
| 1/2 tsp. grated lemon zest | 1/2 tsp. ground cinnamon |
| 1 Tbls. freshly squeezed orange juice | 1/4 tsp. ground nutmeg |

FOR THE TOPPING:

- | | |
|---|---|
| 3/4 all-purpose flour | 1/4 tsp. kosher salt |
| 1/4 cup granulated sugar | 1/2 cup old-fashioned oatmeal |
| 1/2 cup light brown sugar, lightly packed | 1/4 pound (1 stick) cold unsalted butter, diced |

Preheat the oven to 350 degrees F. Peel, core, and cut the pears and apples into large chunks to total 4 cups. Place the fruit in a large bowl, add the zests, juices, sugar, flour, cinnamon, and nutmeg. Pour into an 8 by 8-inch baking dish. In the bowl of an electric mixer, combine the flour, sugars, salt, oatmeal, and butter. Using a paddle attachment or a hand held mixture, mix on low speed for 1 minute, until the mixture is in large crumbles. Sprinkle evenly over the fruit, covering the fruit completely. Place the baking dish on a sheet pan and bake for 40 to 50 minutes until the top is brown and the fruit is bubbly. Serve warm.

Look for **OTHER BROCCOLI OR MEI QING CHOY RECIPES** at 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 and pears to reach full color at room temperature. Use microperf bags for cucumbers, lettuce, and broccoli. Store fruits separate from vegetables. Since our Mediterranean Cucumbers need not be peeled, they make lovely tea sandwiches for entertaining guests. Layer thinly sliced cucumbers on buttered bread, lightly salted, chill before serving. First cultivated in Asia, cucumbers were brought to America by Columbus, and eventually grown by Native Americans and colonists from Florida to Canada. The Mediterranean Cucumber in your box is an edible skinned, burpless variety, with no seeds. This Israeli variety is parthenocarpic (makes fruit without pollination); and can be grown under a pest excluding row cover - essential for our region because of the prevalence of cucumber beetle (the adult form of the corn rootworm). Broccoli is from our good friend Joe Perry, his 50 acre Fremont operation is C.C.O.F. certified. The word broccoli comes from the Italian brocco, meaning "arm" or "branch." Broccoli has been cultivated for at least 2000 years, and was a favorite food of the Romans. It is a member of the cancer-fighting cruciferous family; however, always cook broccoli and other members of the cabbage family UNcovered to avoid off-putting odors of their sulfurous compounds. A phytochemical is a natural bioactive compound found in plant foods that works with nutrients and dietary fiber to protect us against disease and broccoli is loaded with them as well as being rich in vitamins, minerals, fiber and antioxidants. Research suggests that phytochemicals, working together with nutrients found in fruits, vegetables and nuts, may help slow the aging process and reduce the risk of many diseases, including cancer, heart disease, stroke, high blood pressure, cataracts, osteoporosis, and urinary tract infections. Not everyone can eat a plate of sautéed Foster's Yellow Onions, but some of us use the Organic Abundance box just for this purpose. Phil and Katherine Foster farm in Hollister and San Juan Bautista, C.C.O.F. certified since 1990. Crisp Jonagold Apples are a cross between the mellow Golden Delicious and the tart Jonathan. Also from the Fosters, this aromatic cooking apple can be used in salads or a sweet-tart pairing with strong cheeses. Ripen Todd's Bartlett Pears at room temperature. This variety turns yellow, sweet, and juicy, giving off a most delicious pear aroma when ripe. To speed ripening, place pears in a loosely closed brown paper bag at room temperature. Plastic bags don't work for ripening. Bartletts are extremely delicate when ripe,

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

ALL PRODUCTS ARE CERTIFIED ORGANIC

✧ MEDITERRANEAN CUCUMBERS

\$12/ 3 LB.

✧ WHILE THEY LAST! *Hemly's BOSC PEARS \$10 / 4 LB

✧ *Todd's BARTLETT PEARS \$8.50 / 4 LB.

✧ SALSA PACK \$12 - Recipe incl. (ROMA TOMATOES, ONIONS, & CHILIES)

✧ OKRA \$11/ 3 lb

✧ RADISHES \$8 / 6 bunches

✧ ARUGULA \$10 / 6 bunches

✧ ITALIAN SWEET FRYING PEPPERS \$9 / 3 LB.

✧ *Foster's GARLIC \$10/ 2lb.

✧ *Foster's YELLOW ONIONS \$10 / 8 LB.

✧ ROMA TOMATOES \$10/5lb

✧ EGGPLANT SAMPLER \$9/4 lb.

✧ TABLE TOMATOES \$10/5lbs

✧ 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

✧ REUSABLE MICROPORF BAGS \$6 / 12 LARGE BAGS

✧ * 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 8 OZ. 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.

Down on the Farm Fri. Oct. 2
5 to 6 pm KFCF 88.1

Elegant biological solutions
for SJV dairies with Gary
Wegner & Kevin Prins.

refrigerate for only a day or two. Dan and Alice Todd farm 57 acres of organic pears in Potter Valley CCOF, certified since 1989. Englishman William Thompson immigrated to the United States in 1863. He grafted three vine cuttings of a grape variety known as Lady de Coverly to California grapevines. Making additional graftings over a four-year period, he produced the seedless variety that bares his name. Today the **Thompson Seedless Grape** is the most popular table grape, and the most of versatile varieties, used for juice, wine and 95 percent of the raisins produced in California. Refrigerate your grapes and wash only when ready to eat. These were grown on Oscar Carrillo's 76 acres in Fresno, CCOF certified organic for 22 years.

FARTHER AFIELD

TESTIMONY OF TOM WILLEY, OWNER, T & D WILLEY FARMS, Madera, California at a hearing on the proposed National Leafy Green Marketing Agreement (NLGMA), Monterey, California, Sept. 24, 2009.

More Info: www.nlgma.org

My wife and I own and operate a 75-acre, certified organic truck farm just outside of Madera in the central San Joaquin Valley. We grow over fifty vegetable crops, including many in the leafy green category, farming the year round to supply West Coast specialty retailers, restaurants and our own local subscriber network of 800 families who are members of T & D Willey Farms CSA. I've spent most of our farm's near 30-year history pursuing the knowledge and art of biologically intensive soil management in an effort to gain a reputation for the most flavorful and nutritious produce in the marketplace. I am proud to boast a handful of my soil harbors nearly six billion living microbial organisms of vast diversity, equal to the number of human beings inhabiting earth, which generously power the fertility cycle upon which we all depend for our very lives. Eschewing toxic inputs while relying only on biological processes to grow high quality, high yield vegetable crops is a stimulating intellectual and scientific challenge for which I and my customers have been well rewarded. I'm afraid some significant problems in food safety and misguided approaches to their solution, like NLGMA, could derail achievements in biological agriculture and a greater promise of food made safe through respect for and cooperation with the microbial community which owns and operates this planet upon which we are merely guests. The antibiotic resistant and increasingly virulent organisms contaminating our produce from time to time are mutant creatures introduced into the larger environment from confined industrial animal operations across the American countryside. Confined Animal Feeding Operations (CAFO) using as much as 70% of the nation's annual antibiotic supply in subtherapeutic feeding regimes to mitigate crowding, stress and unnatural diets have been documented by the Pew Commission on Industrial Farm Animal Production to have created at least several of the very dangerous pathogens which episodically threaten today's produce supply. This commission's membership includes such environmental wackos as Dan Glickman, former USDA secretary of Agriculture and John Curlin, former Kansas Governor. Why our vegetable industry refuses to throw rocks at the glass house of industrial animal production is beyond me to comprehend. Instead we pretend it is possible to superimpose a paradigm of sterility over vegetable farms by implementing the more extreme practices suggested by LGMA or rogue buyers and processors to mollify an ignorant and nervous public. If animal manures were an inherently dangerous agricultural input, the human race would have long since become extinct; instead its judicious use has remained a hallmark of good fertility management for centuries if not millennia. If manure is now uniquely dangerous, we must investigate why and rectify it or prepare to pack animal waste into space capsules for rocketing to the moon. The cornerstone of my farm's fertility program is thermophilically digested composts from both dairy cows and urban green materials. These are produced to rigorous National Organic Program standards and regularly tested for the absence of human pathogens. Robust and diverse soil microbial communities, enhanced by additions of quality composts, have been demonstrated to be less friendly environments for human pathogens by excluding or more quickly eliminating them. There is no recognition given this proven strategy in LGMA metrics, on the contrary a great pall is cast over the use of manure or compost that would frighten your average grower to death. We test our water for human pathogens and impose worker sanitation protocols but I refuse to soak my produce in chlorine or ozone baths out of respect for a healthy association people require with soil life for digestion, nutrient absorption and healthy immune function. Besides, disrupted microbial ecologies, even on leaf surfaces, offer greater colonization opportunity for pathogens, also completely unrecognized in LGMA metrics. So in short, I do not wish to join the club, which I'm told is my sole prerogative. But LGMA competitors, pursuing sterility, will sport a USDA approved seal suggesting their produce is safer than mine when the opposite could very well be true. I've already lost my Canadian accounts as that nation's government, in ignorance, prohibits imports of leafy produce not signatory to the current LGMA. The alternative potential of unleashing moon-suited FDA squads over vegetable farms may be less palatable than a privately regulated LGMA under Department of Agriculture authority. However, I cannot personally endorse an approach to produce safety that is essentially a marketing gimmick, as is the LGMA scheme. Our entire society must take more responsibility for the quality and safety of the food we eat. Much more publicly funded research and education will be required to forward greater food safety in our over-industrialized cheap-food system. Fortunately the National Institutes of Health has recently launched a five-year research initiative, the Human Microbiome Project, to uncover the complex relationships our species enjoys with cohabiting microbes enhancing human health. On and within the body of a healthy adult, living microbial cells outnumber human cells by a factor of ten to one. The human body is more properly described as an ecosystem, hosting trillions of microbial hitchhikers in elegant symbiosis. I've dedicated my farming career to the enhancement of these interspecies relationships through the food I grow for my customers. Misguided approaches to food safety arising from an atmosphere of hysteria and ignorance threaten to disrupt the genuine advances this nation requires to improve its food and our citizens' health. -Tom Willey