

WHAT'S GROWIN' ON

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

6, 7, 8, Oct. 2009

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

VOL 8 NO. 40

Autumn is the bite of
the harvest apple.

Christina Petrowsky



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ☞ GENOVESE BASIL (SB)(FB)
 - ☞ *Foster's YELLOW ONION (SB)(FB)
 - ☞ RED SUMMERCRISS LETTUCE (SB)
 - ☞ RED LEAF LETTUCE (FB)
 - ☞ TABLE TOMATOES (SB)(FB)
 - ☞ *Joe Perry's BROCCOLI (SB)(FB)
 - ☞ RUSSET POTATOES (FB)
 - ☞ CROOKNECK SQUASH (SB)(FB)
 - ☞ MEDITERRANEAN CUCUMBERS (SB)(FB)
 - ☞ *Soghomonian's AUTUMN ROYAL GRAPES (FB)
 - ☞ *Albano's HONEYCRISP APPLES (SB)(FB)
- SB= SEEDLING BOX, FB= FAMILY BOX
* Certified Organic from Other Farms

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

- ✧ NEW! *Silva's PIPPIN APPLES \$10/ 4 LB.
- ✧ NEW! *Albano's HONEYCRISP APPLES \$10/ 5 LB.
- ✧ MEDITERRANEAN CUCUMBERS \$12/ 3 LB.
- ✧ *Todd's BARTLETT PEARS \$8.50 / 4 LB.
- ✧ Last Chance! BASIL \$10/6 bunches

DOWN ON THE FARM

Since I last walked the farm, green bean plants have tripled in size and are now hung with little green matchsticks. Verdant leaves of September-planted potatoes push through their golden straw mulch. Black rolls of shade cloth, no longer needed, litter ends of the lettuce beds. Cool evenings have slowed summer production enough for a great deal of thinning and weeding to be accomplished. Old patches of tomatoes and squash have been completely disassembled and disked into warm brown patches waiting for fresh seedlings. —denesse

FEATURED RECIPES

BASIL PESTO

- | | |
|--------------------------------------|---|
| 2 cups loosely packed Basil leaves | 1 clove minced garlic |
| 2 Tbls. toasted pine nuts | 1/2 tsp. kosher salt |
| 2 to 4 Tbls. freshly grated Parmesan | 1/4 cup plus 1 Tbls. extra-virgin olive oil |

In a food processor, combine the basil, pine nuts, Parmesan, garlic, and salt. While the motor is running, drizzle in the oil until incorporated. Use immediately or store in the refrigerator with a piece of plastic wrap placed right on the surface of the pesto to prevent discoloration. Refrigerate for up to 3 days, or freeze in ice cube trays for single serving sizes. Add to sauces or defrost and use directly on pasta.

SUMMER SQUASH & PASTA

 Adapted from the All New, All Purpose Joy of Cooking

- 2 cups Crookneck Squash cut into 1/2-inch thick batons or dice
- 12 oz. penne or macaroni, cooked and drained
- 1/2 to 3/4 cup Basil Pesto

Steam squash until tender while pasta cooks in a separate pot. Toss hot squash together with hot drained pasta, dress with pesto. Serves 4

CAPRESE PANINI

 Adapted from www.CuisineAtHome.com

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|---------------------------|--|
| 1 Tbls. olive oil | 4 slices sourdough bread |
| 3/4 cup diced Tomato | olive oil |
| 1 Tbls. capers, drained | 4 Tbls. Basil Pesto |
| pinch red pepper flakes | 6 oz. fresh mozzarella cheese, thinly sliced |
| 1/2 tsp. balsamic vinegar | salt and pepper |

Heat 1 Tbls. oil in a nonstick skillet over medium-high heat. Add tomato, capers and pepper flakes; sauté until just starting to break down, about 3 minutes. Remove from heat and add vinegar. Brush olive oil onto one side of each slice of bread, spread the other sides pesto, using 1 Tbls for each slice. With the oil side down and pesto side facing you, divide mozzarella cheese evenly between two bread slices, top each with half the tomato mixture, season with a bit of salt and pepper. Top this with remaining bread slices, pesto side down and oiled side up. Toast sandwiches in a Panini press or in a skillet with a second heavy skillet on top to weight them as they cook over medium heat. When first side of sandwich is golden, flip it and repeat to cook on second side. Hint: many old-fashioned waffle irons reverse to a smooth sided grill for making grilled sandwiches. Serves 2.

FRESH BROCCOLI SALAD

 Recipe courtesy Alton Brown, 2007

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|--------------------------------------|--|
| 1 Tbls. apple cider vinegar | 1/4 cup olive oil |
| 1 Tbls. lemon or orange zest | 1 bunch Broccoli |
| 1 Tbls. freshly squeezed lemon juice | 3/4 cup coarsely chopped Tomatoes |
| 2 tsp. Dijon mustard | 3 oz. coarsely chopped, toasted pecans |
| 1 tsp. kosher salt | 2 Tbls. chiffonade fresh Basil leaves |

Rinse broccoli, cut off heavy stalks and save for another use, this will yield about 1 lb. of broccoli. Slice broccoli using a food processor or mandolin to make very thin slices. Whisk together vinegar, zest, lemon juice, mustard, salt and a pinch of freshly ground black pepper in a medium mixing bowl. While whisking constantly, gradually add the olive oil. Add the broccoli and toss to coat. Cover and place in the refrigerator for 1 hour. Stir in the tomatoes, pecan and basil. Cover and allow to rest at room temperature for another 15 minutes before serving. May add black olives and/or feta cheese if desired. 4 to 6 servings

Look for SUPER STUFFED BAKED APPLES 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 ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

Summer Items Ending SOON!

- ✦ **SALSA PACK \$12** - Recipe incl. (ROMA TOMATOES, ONIONS, & CHILIES)
- ✦ **OKRA \$11/ 3 lb**
- ✦ **ROMA TOMATOES \$10/5lb**
- ✦ **EGGPLANT SAMPLER \$9/4 lb.**
- ✦ **TABLE TOMATOES \$10/5lbs**
- ✦ **ITALIAN SWEET FRYING PEPPERS \$9 / 3 LB.**
- ✦ **YUKON GOLD POTATOES \$10 / 6 lb.**
- ✦ *Foster's **GARLIC \$10/ 2lb.**
- ✦ *Foster's **YELLOW ONIONS \$10 / 8 LB.**
- ✦ **ARUGULA \$10 / 6 BUNCHES**
- ✦ **RADISHES \$8 / 6 bunches**
- ✦ **RUSSET POTATOES \$10/ 8 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 \$11 / 2- 12 OZ tubs**
- ✦ * **VICTOR's ORGANIC RAISINS \$12 / 3-15 oz. Cans**
- ✦ **WILLEY FARMS CANVAS BAG 100% ORGANIC & USA MADE \$15**

*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!

MORE RECIPE AND STORAGE TIPS..<http://whfoods.org/foodstoc.php>

Refrigerate everything except tomatoes, basil and onions. Allow tomatoes to reach full color at room temperature. Use microperf bags for cucumbers, broccoli and lettuce. Potatoes are physiologically ready to sprout and should be refrigerated. As we pass the autumnal equinox, any day could be that last chance to make pesto from our heirloom **Genovese Basil**. I will be making our winter stash this weekend and freezing it in ice cube trays. These make perfect size portions for sauces or Pasta al Pesto (the secret to our 30 year union.) Do not refrigerate basil, place stems in a vase of water at room temperature, tent the bunch with a large microperf bag, pinch off blooms as they appear. Combine unpeeled sliced **Mediterranean Cucumbers** and **Table Tomatoes**; dress with balsamic vinegar, olive oil, fresh basil leaves and a sprinkling of salt and pepper to make a scrumptious salad. Like all cruciferous vegetables, **Broccoli** is thought to ward off many types of cancer while offering vitamins A and C, calcium, iron, and potassium. Children prefer to eat broccoli raw with a creamy dip. Peel the stems and use them too. The broccoli is from our friend Joe Perry, the last grower in the once famous South Bay garden district of Fremont. His CCOF acreage is leased from an Alameda county "history farm" park. The **HoneyCrisp Apple** was developed at the University of Minnesota in 1974, but it's parentage remains a bit of a mystery. A crunchy blend of sweet and tart flavors makes a very satisfying apple to eat out of hand; from the Albano Family's QAI certified orchards in the Cuyama Valley. Caramelize **Foster's Yellow Onions** over low heat for the better part of an hour, and use as a pizza topping. They prefer a dark, dry storage place with good air circulation. Phil and Catherine Foster of San Benito County supply the CCOF certified onions. The Soghomonian Family is winding down their grape harvest with these **Autumn Royal Seedless Grapes** from their C.C.O.F certified farm in southwest Fresno are a lovely black, crunchy and very sweet grape.

FARTHER AFIELD

It's been some decades since our local schools remained shuttered each fall until all raisins were picked up and secure in barns. Thousands of rural families farming 20 or 40 acres of Thompsons depended on their children to feverishly stack wooden trays of drying grapes against threat of rain to safeguard a year's income. Gradually a more porous border facilitated Valley youths' cracking the books early while migrant labor tended the raisin crop; now drying on disposable paper trays that could be rolled into "cigarettes" or "biscuits" during inclement spells. All that has changed as well, hand picked wine and raisin grapes hereabouts have nearly gone the way of the dodo or long since mechanized tomato and cotton harvests, which formerly employed legions in seasonal peonage. You could now be driving past raisin vineyards wondering why each vine appears half dead, dry brown leaves in stark contrast to those yet verdant. Thompsons, unlike most grape varieties, only fruit on long canes selected from the previous year's growth. Pruners usually leave four or five of these per vine along with a similar number of stubbed "renewal spurs" from which sprout fresh canes for next year's selection. To facilitate today's mechanical harvests, all canes bearing ripe fruit are severed from a vine's trunk to commence the drying process. When berries are half shriveled, attached to lifeless canes wrapped on trellis wire, they can be mechanically shaken and spread over a continuous paper tray laid on the vineyard floor to finish drying into raisins. Vines robbed of nearly half their photosynthetic capacity from as early as late August are certainly less able to store nutrient reserves for a following year's production. The less common and more costly new arbor systems might offer an elegant solution by vastly increasing a vine's total leaf canopy surface, spread across a much-elaborated overhead trellis. It remains to be seen how modern harvest systems will effect the entire productive life of Thompsons which were once cultivated for up to a century by more caring hands. It used to be a struggle for vegetable growers paying hourly wages to retain workers once grape harvest "fever" set in. No longer, many hands that used to gather grapes in local vineyards now knock on our back door during August and September, suffering for lack of the intense activity by which they previously "put something away" to spell them through an idle winter. —Tom Willey

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

✦ Use denesse@TdWilleyFarms.com if you would like a preview of next week's box or wish to receive late breaking Organic Abundance offerings. ✦ **Thank you to all who have paid on time!** ✦ Please use CSA@tdwilleyfarms.com to request electronic statements, a vacation hold, to order organic abundance, inquire about or make changes to your account or make a farm tour reservation. We confirm ALL e-mails.