

# WHAT'S GROWIN' ON

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

13, 14, 15 Oct. 2009

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

VOL 8 NO. 41

Everyone who eats  
is a farmer. -Tom Willey



## BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ TUSCAN ROSE EGGPLANT (SB)(FB)
  - ⌘ \*Foster's YELLOW OR WHITE ONION (SB)(FB)
  - ⌘ RED SUMMERCRISS LETTUCE (SB)
  - ⌘ ROMAINE LETTUCE (FB)
  - ⌘ RED LASODA POTATOES (SB)(FB)
  - ⌘ GREEN SNAP BEANS (SB)(FB)
  - ⌘ COLLARD GREENS (FB)
  - ⌘ CILANTRO (SB)(FB)
  - ⌘ FRENCH BREAKFAST OR EASTER EGG RADISHES (FB)
  - ⌘ MEDITERRANEAN CUCUMBERS (SB)(FB)
  - ⌘ \*Todd's BARTLETT PEARS (SB)(FB)
  - ⌘ \*Foster's JONAGOLD APPLES (SB)(FB)
  - ⌘ \*Albano's HONEYCRISP APPLES (SB)(FB)
- SB= SEEDLING BOX, FB= FAMILY BOX  
\*Certified Organic from Other Farms

**Don't Miss Your  
AUTUMN FARM TOUR  
THIS SATURDAY OCT. 17,  
10 am**

**OR two weeks later, Sat. Oct. 31  
Make reservations at (559)674-2642**



**ORGANIC ABUNDANCE  
FOR NEXT DELIVERY  
(comes in a separate carton)  
ALL PRODUCTS ARE CERTIFIED ORGANIC**

- ✦ NEW! \*Iwo's HACHIYA PERSIMMONS \$10.50 / 4 LB.
- ✦ NEW! \*Silva's PIPPIN APPLES \$10/ 4 LB.
- ✦ NEW! \*Las Palmitas' LEMONS \$8/ 3 LB

## DOWN ON THE FARM

We are working feverishly cleaning up the ranch for your visit this weekend. Nearly every acre is planted to the crops that have provided for us all summer or to those that will nourish us all winter. Come see your farm in its most abundant season!—denesse

## FEATURED RECIPES

### CHEF ANDREW COHEN'S TUSCAN ROSE EGGPLANT

- |                        |   |
|------------------------|---|
| 1 Tuscan Rose Eggplant | 8 oz. cremini mushrooms                 |
| 1 Tbls. kosher salt    | 1 clove garlic, minced                  |
| 2 tsp. sugar           | 2 Tbls. white wine, plus more if needed |
| 1/2 Onion, diced       | 1 tsp. marjoram (or 1/2 Tbls. fresh)    |
| olive oil              | 1 tsp. vinegar                          |

Remove cap and lightly peel eggplant; cut into 1" cubes. Salt eggplant pieces with Kosher salt and sugar, allow to sit in a non-reactive bowl for 15 to 20 minutes. Rinse well, drain and pour onto a kitchen towel. Sauté onions in about 1 Tbls. of olive oil, season with salt & freshly ground black pepper. Cut mushrooms into 1-inch pieces. Transfer cooked onions to a dish, add a touch of oil to same pan and start the mushrooms. When they are starting to soften, add white wine, garlic, fresh chopped (or dried) marjoram, salt and pepper. When these are done, add to the bowl with the onions. Turn up the heat, add just enough oil to film the pan, and add the eggplant. Keep it moving to color it but not burn. If it seems the eggplant is not cooking through fast enough to keep up with the rate of browning, add a shot of the same wine as the mushrooms received. Just before the eggplant is done, stir in onions and mushrooms. Taste- you may want to season with a little white wine vinegar to sharpen the individual flavors. Serve hot over rice, or cool to use in sandwiches.

### EMERIL LAGASSE'S CILANTRO POTATO SALAD

- |                           |                              |
|---------------------------|------------------------------|
| 1/3 cup mayonnaise        | Freshly ground black pepper  |
| 1/4 cup. Cilantro leaves  | 1/2 tsp. salt                |
| 1/2 Tbls. minced garlic   | 3 Tbls. finely minced Onions |
| 4 to 5 small Red Potatoes |                              |

In the bowl of a food processor, blend together mayonnaise with cilantro, garlic, salt and freshly ground black pepper. Microwave potatoes on high for two minutes at a time until a small wooden skewer can pierce them easily. Cut potatoes in half, cut each half into quarters, place in a small bowl. Pour dressing over warm potatoes and onions and toss to combine thoroughly; cover and refrigerate up to 24 hours before serving. This is best the next day.

### ALTON BROWN'S BEST EVER GREEN BEAN CASSEROLE

- |  |                                      |
|--|--------------------------------------|
| 1 to 2 Onions, thinly sliced             | 2 Tbls. unsalted butter              |
| 1 beaten egg                             | 12 oz. mushrooms                     |
| 1/4 cup all-purpose flour                | 1/2 tsp. freshly ground black pepper |
| 2 Tbls. panko bread crumbs               | 2 cloves garlic, minced              |
| 1 tsp. kosher salt                       | 1/4 tsp. freshly ground nutmeg       |
| Nonstick cooking spray                   | 2 Tbls. all-purpose flour            |
| 2 Tbls. plus 1 tsp. kosher salt, divided | 1 cup chicken broth                  |
| 1 pound fresh Green Beans                | 1 cup half-and-half                  |

Preheat the oven to 425 degrees F. Coat onions in beaten egg, then toss with 1/4 cup flour, panko and salt in a large mixing bowl. Coat a sheet pan with nonstick cooking spray and evenly spread the onions on the pan. Place pan on the middle rack of the oven, bake until golden brown, watching carefully for 20 to 30 min. Toss the onions 2 to 3 times during cooking. When golden, remove from oven and set aside until ready to use. Turn the oven down to 400 degrees F. While the onions are cooking, prepare the mushrooms and beans; wash, trim and cut beans in half. Wash mushrooms and cut into 1/2-inch pieces. Bring a gallon of water and 2 tablespoons of salt to a boil in an 8-quart saucepan. Add the beans and blanch for 5 minutes. Drain in a colander and immediately plunge the beans into a large bowl of ice water to stop the cooking. Drain and set aside. Melt the butter in a 12-inch cast iron skillet set over medium-high heat. Add mushrooms, 1-teaspoon salt and pepper and cook, stirring occasionally, until the mushrooms begin to give up some of their liquid, approximately 4 to 5 minutes. Add garlic and nutmeg and continue to cook for another 1 to 2 minutes. Sprinkle 2 Tbls. flour over the mixture and stir to combine. Cook for 1 minute. Stir in broth and simmer for 1 minute. Decrease the heat to medium-low and add half-and-half. Cook until the mixture thickens, stirring occasionally, approximately 6 to 8 minutes Remove from the heat and stir in 1/4 of the onions and all of the green beans. Top with the remaining onions. Place into the oven and bake until bubbly, approximately 15 minutes. Remove and serve immediately.

## MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✦ *THE'RE BACK!* \*Foster's JONAGOLD APPLES \$10/ 5 LB.
- ✦ \*Albano's HONEYCRISP APPLES \$10/ 5 LB.
- ✦ MEDITERRANEAN CUCUMBERS \$12/ 3 LB.
- ✦ *While they Last!* \*Todd's BARTLETT PEARS \$8.50 / 4 LB.
- ✦ EGGPLANT SAMPLER \$9/4 lb.
- ✦ ITALIAN SWEET FRYING PEPPERS \$9 / 3 LB.
- ✦ YUKON GOLD POTATOES \$10 / 6 lb.
- ✦ \*Foster's GARLIC \$10/ 2lb.
- ✦ \*Foster's 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 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 \$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](http://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!**

Look for more recipes 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 pears, eggplant and onions. Use microperf bags for cucumbers, eggplant, green beans and leafy items. Separate Radish tops from bottoms, which may be kept in a shallow dish of water. Potatoes are physiologically ready to sprout and should be refrigerated. Eggplant is the natural low-carb substitute for pasta, and a source of Vitamin C, Iron and antioxidants. It is okay to refrigerate Eggplant overnight, but we have found that 3 or 4 nights at room temperature, in a microperf bag, maintains superior flavor and performance than a fruit that has suffered cold damage. We are hoping for enough dry weather that Green Beans may grace our boxes for the next month. Ripen Bartlett pears at room temperature; do not place in a plastic bag. They will give off a lovely aroma and turn yellow when ready to eat. Dan Todd's 57-acre orchard in Potter Valley has been CCOF certified since 1989. The HoneyCrisp Apples, a crunchy blend of sweet and tart flavors, are from the Albano Family's Cuyama orchard, QAI certified organic. Phil and Catherine Foster of San Benito County supply the CCOF certified Onions and Jonagold Apples. Collard Greens have large wide, smooth, blue-green leaves that contain almost as much calcium as milk. To prepare leaves, fold in half so that the center stalk protrudes, cut or pull stalk from the leaf. These stalks will lend wonderful depth to either your vegetable or meat based soup stock. The cancer fighting compounds present in cruciferous vegetables are potent antioxidants and stimulate the natural detoxifying enzymes in the body. When cooked, all members of the cruciferous cabbage family, should be left UNCOVERED or only partially covered to allow the escape of unfriendly sulfurous compounds.

## FARTHER AFIELD

Often scientific advancement evolves from artful observations of nature. My recent "Down on the Farm" radio guests, a grain farmer-inventor from Eastern Washington state and a conventional herdsman from nearby Oakdale have parlayed clever scrutiny of a common bacterial species into an elegantly simple system for purifying liquid waste from dairies. Large-scale operations in which cows are confined continuously or for long periods flush concrete floored barns several times daily to remove excreted waste. Efforts are made to remove solids before the liquid is stored in lagoons for re-circulation or periodic removal to croplands. Such concentrated ponds commonly stagnate and in the absence of oxygen, off-gas methane, hydrogen sulfide (rotten egg smell), ammonia and other volatile organic compounds (VOCs). The meteoric rise in our San Joaquin Valley's dairy cow population over the last few decades, owing to relocations from suburbanizing Southern California, is alarming in its scale as some milking operations now generate more waste than moderate sized Valley cities. Grain farmer, Gary Wegner began his inquiry into nutrient cycling from waste streams several decades ago, in search of economic soil improvement and fertility inputs for low margin wheat and barley grown on his century-old family spread. He discovered only 20% of the nutrients fed to dairy cows are captured in milk, while as much as 80% are excreted as waste and often disposed of in environmentally polluting ways. Wegner considered two observations made from natural systems; moving stream water tends to purify and "red water" ponds, dominated by blooms of photosynthesizing purple sulfur bacteria, sometimes develop spontaneously when nutrient rich water circulates from bottom to top. Today, Gary's two exemplary SJV collaborators, the Prins and Verburg family Stanislaus County dairies employ unique purple sulfur bacteria pond circulation systems to metabolize nitrogen, sulfur and VOCs in flush water, eliminating almost all noxious volatile emissions from their waste. Instead, these innovative dairymen produce valuable compost and nutrient stabilized effluent with which they improve feed crops, soil and the health of their animals. Being a staunch doubting Thomas, I visited Prins' Dairy and was amazed to find it free of all foul odors as well as the horde of flies common to most operations. Several public agencies have investigated and documented the efficacy of the purple sulfur bacteria management approach. What remains is to nurture this innovative seed into a full bloom of adoption by dairies throughout our Valley. -Tom Willey

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

✦ If you have a PINK STICKER on your box, WE MUST RECEIVE YOUR PAYMENT BY FRIDAY TO PREVENT DISRUPTION OF YOUR SERVICE. Please phone if you have a question about your statement. ✦ Use [denesse@TdWilleyFarms.com](mailto:denesse@TdWilleyFarms.com) if you would like a preview of next week's box or wish to receive late breaking Organic Abundance offerings. ✦ Please use [CSA@tdwilleyfarms.com](mailto: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.

# COLLARDS AND POLENTA

Adapted from Mollie Katzen's *Vegetable Dishes I Can't Live Without*

This recipe is considerably enhanced by the addition of Prairie Valley organic bacon.

4 cups water

1 cup organic polenta

Up to 1 cup grated cheese (your choice)

2 Tbls. olive oil

1 bunch Collard Greens

1/2 small Onion, slivered

1 bunch Radishes

2 tsp. minced garlic

Place polenta in a bowl with 1-cup cold water, stir until completely moistened. Pour remaining 3 cups water into a medium saucepan, add 1/2 tsp. salt and bring to a boil. Reduce heat to simmer and spoon in wet polenta, cook over medium-low heat, stirring often until creamy thick, about 20 minutes. Remove from heat, stir in cheese and correct seasoning. While polenta is cooking, trim radish roots and thinly slice. Wash both collard and radish greens, trim away central stem of collards, and coarsely chop both greens. Heat olive oil or bacon fat in a large, deep skillet over medium-high heat. Sauté radishes and onion until soft. Add collards and radish greens with the water still clinging to their leaves, turning with tongs to evenly cook greens. Add some additional water if needed, to avoid scorching. When greens are fully wilted, stir in garlic and reduce heat, add salt and freshly ground black pepper to taste. Divide cheesy polenta among 4 plates and top with cooked greens.