

WHAT'S GROWIN' ON

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

20, 21, 22 Oct. 2009

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

VOL 8 NO. 42

“October tries its best to have us forget summer.”

Bern Williams



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ BABY DILL (SB)(FB)
- ⌘ *Foster's WHITE ONION (SB)(FB)
- ⌘ RED SUMMER CRISP LETTUCE (FB)
- ⌘ ROMAINE LETTUCE (SB)
- ⌘ MEI QING CHOI (SB)(FB)
- ⌘ GREEN SNAP BEANS (SB)(FB)
- ⌘ ITALIAN ZUCCHINI SQUASH (SB)(FB)
- ⌘ MEDITERRANEAN CUCUMBERS (SB)(FB)
- ⌘ *Giuntoli's WINTER SQUASH (SB)(FB)
- ⌘ *Foster's JONAGOLD APPLES (SB)(FB)
- ⌘ *Iwo's HACHIYA PERSIMMONS (SB)(FB)

SB= SEEDLING BOX, FB= FAMILY BOX

* Certified Organic from Other Farms

**Don't Miss Your
AUTUMN FARM TOUR
SATURDAY OCT. 31, 10 am**

Make reservations at (559)674-2642



**ORGANIC ABUNDANCE
FOR NEXT DELIVERY**

(comes in a separate carton)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✦ **THE'RE BACK! RED & YELLOW SWEET SPANISH PEPPERS \$13/ 4 LB.**
- ✦ **NEW! GREEN SNAP BEANS \$11/ 5 LB**
- ✦ **NEW! GREEN TOMATOES FOR FRYING \$10/ 6 LB (RECIPE INCLUDED)**
- ✦ ***Iwo's HACHIYA PERSIMMONS \$10.50 / 4 LB.**
- ✦ ***Silva's PIPPIN APPLES "THE PRINCE OF APPLES" \$10/ 4 LB.**
- ✦ **NEW! COLLARD GREENS \$8/ 6 bunches**

DOWN ON THE FARM

The shortening days urge our inner calendars to flip the page to autumn. The Willey family will enjoy fried green tomatoes during baseball's post season and one delicious, nutritious soup after another! -denesse

FEATURED RECIPES

SOUTHWESTERN SQUASH SOUP Adapted from Epicurious.com

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|---|---|
| 1 small Winter Squash, peeled, seeded, and cut into 1 1/2-inch chunks | 1 tsp. lime juice |
| 1/2 Onion, peeled and quartered | 1/2 tsp. ground cumin |
| 1/4 cup vegetable oil | 1/4 cup half 'n' half |
| Salt and pepper | 1 Tbls. finely chopped fresh cilantro |
| 2 cups vegetable stock | 1 Tbls. minced chipotle chiles in adobo sauce |
| 1 Tbls. honey | |

Adjust oven rack to middle position and heat oven to 450 degrees. Toss squash, onion, oil, 1 teaspoon salt, and 1/2 teaspoon pepper in large bowl, then arrange in single layer in large roasting pan. Roast, stirring occasionally, until vegetables are golden brown and softened, about 45 minutes. Add 1/2 cup stock to pan and scrape up any browned bits with wooden spoon. Return to oven and cook until liquid has reduced and vegetables are glazed, about 5 minutes. Working in 2 batches, puree squash mixture and remaining broth in blender, or food processor until smooth. Transfer pureed squash mixture to large saucepan and stir in honey, lime juice, cumin, and half 'n' half. Bring soup to simmer over medium-low heat, adding 1/4 cup water at a time as necessary to adjust consistency. Just prior to serving, stir in cilantro and chiles. Serve with dollop of sour cream, if desired. Serves 4

PERSIMMON MUFFINS Adapted from napafarmhouse1885.blogspot.com

- | | |
|----------------------------|----------------------------|
| 1 1/2 cup unbleached flour | 1/4 tsp. ground ginger |
| 1 tsp. baking powder | 2 large eggs |
| 1/2 tsp. baking soda | 1 cup persimmon puree |
| 1/2 tsp. kosher salt | 1/3 cup organic canola oil |
| 1 tsp. cinnamon | 1 1/4 cup brown sugar |
| 1/2 tsp. nutmeg | 1 1/2 tsp. cinnamon |
| 1/4 tsp. ground cloves | 2 Tbls. brown sugar |

Preheat oven to 350 degrees F. Line muffin tins with paper liners. In small bowl whisk together flour, leavening and spices. In a mixing bowl with an electric mixer, beat eggs for 30 seconds, add persimmon puree, oil and brown sugar; beat until thoroughly mixed. Stir in dry ingredients and mix until just combined, pour into prepared muffin tins, filling each 3/4 full. In a separate bowl, mix together remaining cinnamon and brown sugar; sprinkle mixture evenly over each muffin. Bake 25 to 30 minutes, until a toothpick stuck in the center of a muffin comes out clean. Place pan on cooling rack until muffins are warm and then remove from pan. Make 8 to 12 muffins.

DILLY GREEN BEANS Adapted from Recipezaar.com

- | | |
|---------------------------------------|--------------------------------------|
| 12 oz. Green Beans, tipped and tailed | 1/2 White Onion, finely chopped |
| 1/2 cup vegetable broth | 3 Tbls. butter or olive oil |
| 4 Tbls. chopped fresh Dill | Salt and freshly ground black pepper |

Place fresh green beans in a large saucepan with vegetable broth, onions and dill. Cover; bring to a boil. Uncover, spread green beans out into as much of a single layer as possible reduce heat and simmer for 10 minutes or until tender. Drain if all the liquid has not yet been absorbed. Stir in butter or oil, adding salt & freshly ground black pepper to taste.

AUTUMNAL MINISTRONE II For the meat eaters among you: render the fat from 4 oz. of pancetta or bacon instead of olive oil and use Beef Stock.

- | | |
|------------------------------------|--|
| 2 Tbls. olive oil | 1 Tsp. oregano |
| 1 Onion, diced | 1 1/2 cups Green Beans, cut into 1-inch pieces |
| 1 clove garlic, minced | 2 small Zucchini, cut into large pieces |
| 1 Mei Qing Choi | 1 cup dried pasta (penne, shells or elbows) |
| 4 cups vegetable stock | 1 1/2 cups canned tomatoes, juice included |
| Salt & freshly ground black pepper | 1 small can Cannellini Beans |

Heat oil in a large soup pot over medium heat. Add onions and garlic. Cover and allow to "sweat". Separate the leaves from the Mei Qing, wash well, stack them. Cut the thick stems in half inch slices working up the stalk until you reach the tender green leaves. Add stem to the soup pot. Roll up the leafy portion and cut into 1/4-inch ribbons, reserve. Do not brown the vegetables, when they

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

*Las Palmitas' **LEMONS** \$8/3 lb

*Foster's **JONAGOLD**

APPLES \$10/ 5 LB.

* **MEDITERRANEAN CUCUMBERS**
\$12/ 4 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)

* **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!

Please mail payments for organic

abundance no later than the next day

after receiving the product, thank you

are tender and translucent, stir in the stock, oregano and salt pepper to taste. Bring to a boil, reduce heat. Add green beans and dried pasta, simmer gently until almost tender, about 10 minutes, add zucchini, canned beans and tomatoes. When pot returns to a simmer, add mei qing ribbons. Cook gently until all the vegetables are desired tenderness. Correct seasoning. Serve with grated Parmesan. Feeds 4 to 6.

Look for more 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 winter squash, persimmons and onions. Use microperf bags for cucumbers, green beans and leafy items. You may have **Butternut, Carnival, Green or White Acorn, Butter Cup, or Delicata Squash** from Carla and Paul Giuntoli, owners of Warren Creek Farms, 114 certified organic acres, in Arcata. Only 35 of their acres are irrigated so this dry farmed winter squash carries an intense flavor unmatched by any winter squashes grown here in the Central Valley. **Mei Qing Choi** (say "me king" choy) is a variety of Baby Bok Choy that enjoys our fall weather. It is a natural to stir-fry and tender enough to add an Asian flair to salads. What a treat to have fresh local organic **Green Beans**, for just a few weeks each Spring and Fall! String beans, wax beans, limas, pintos, kidney and navy beans are all "new world" crops. We pick our "snap beans" by hand at a stage when their seeds are immature and pods are tender and crisp. Fresh beans are living, they respire and give off heat even after they are picked, refrigerate in a microperf bag. To prepare, snip the ends, and wash. While many believe that boiling is best, if you are using beans in a salad or as a side dish, steaming preserves more of their vitamins and flavor. Boil whole beans uncovered in plenty of salted water to cook them evenly and maintain bright green color (covering the pot turns beans gray). For cut or "snapped" beans, steam in a basket over water at a full rolling boil until beans are slightly resilient to the tooth – about 5 minutes. Phil and Catherine Foster of San Benito County supply the CCOF certified **Onions** and **Jonagold Apples**. Leave Vince Iwo's **Hachiya persimmons** on the counter until very ripe and mushy. Slice in half lengthwise, remove large brown seeds, then puree pulp in a blender or food mill. Vince has grown organic persimmons, in Reedley, certified by Q.A.I., since 2002.

FARTHER AFIELD

Boldly declaring that microbes are allies, not enemies can raise drooping eyelids at drone on produce safety hearings like those recently hosted by USDA in Monterey. My remarks attracted the attention of a Canadian Broadcasting Corp. radio correspondent, a budding science journalist from the San Jose Mercury News and a researcher with consumer rights group, Food and Water Watch. Each appropriately challenged me to provide scientific evidence supporting my assertions. Though not a trained scientist, I've learned to negotiate my way around research articles in a myriad of scientific journals published across the Western world and sometimes beyond. A fine investment of our tax dollars, provided by the U.S. National Library of Medicine, PubMed (www.pubmed.gov) maintains an open access database comprising more than 19 million citations for life science journal articles related to human health. The geniuses who developed science writing also invented the "abstract", a single paragraph "cut to the chase" summary of a research paper's scope and its conclusions. Access to PubMed's extensive, cross-referenced library on the Internet allows even a rube like me to keep abreast of evolving scientific knowledge. Spurred by personal interest or requests from others, I descend into the PubMed abyss for long hours over several days, always emerging with deeper understanding. I spent last week's grand rainstorm on an odyssey to discover what is known about microbial communities residing on plant leaves and how hospitable or intolerant they are to colonization by human pathogens like *E. coli* 0157:H7 or *Salmonella*. Leaf microbe communities can be more ephemeral than those in soil owing to greater exposure to a harsh, changing environment. Recent investigations of phylosphere communities have revealed some amazing strains of microflora aggressively antagonistic to human pathogens. Cultivating and even augmenting these protective natural communities could hold greater promise for food safety than efforts toward sterilization, which sometimes backfire, as "nature abhors a vacuum." Peer reviewed science, assembling building blocks of empirical knowledge about our natural world, has been practiced since nearly the time of Galileo. Consider engaging in some citizen science sleuthing yourself, as greater education is the most valuable tool we can wield to guide a successful, functioning democracy. . –Tom Willey

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

☼ Watch this space to learn about changes in holiday delivery days and times! (Hint; there will be no deliveries Thanksgiving Day) ☼

PERSIMMONS

from the *All New All Purpose Joy Of Cooking*

Brilliant-orange persimmons herald autumn and see us through the winter holidays. A favorite fruit in Japan (called *kaki*, also their name in much of Europe), persimmons are appreciated here in the west for their jelly smoothness and apricot-rich taste. Hachiya persimmons are large and acorn shaped. Until they mature to silky soft ripeness, they are as astringent as a harsh tannic wine. By contrast, Fuyu persimmons, resembling orange tomatoes, are tannin free, even while firm and crisp. If you can remember that acorns are bitter or tomatoes are sweet, you will never bite into the wrong persimmon.

Persimmons turn orange before they ripen, they will be heavy for their weight, with no cracks, and have all four sepals (heart-shaped leaves) green and attached. Ripen persimmons uncovered at room temperature or in a paper bag with an apple, turning frequently. This can take weeks. To preserve ripe fruits, freeze them whole.

When ripe, all persimmons need for serving in rinsing, cutting out the sepals and cap, then slicing in half from top to bottom. Taste a bit of the peel: If it is bitter, scoop the pulp out of it with a spoon; otherwise, leave it. Serve Hachiyas in halves with a spoon. Fuyus can be sliced for adding to salad or fruit cups. Ripe persimmons are wonderful in a batter for bread, pudding, or cake. Include the very finely chopped skin.

Pureed ripe persimmon makes a splendid sauce for cold poultry or nonrich desserts. It may need nothing more than a little lemon juice. Push halves or quarters of the fruit through a nylon sieve. Or puree cut-up persimmons in a food processor, but first check for seeds. When finely processed, the skin makes tiny darker flecks in the sauce, adding texture; strain them out if you wish. Persimmons freeze and dry well.