

WHAT'S GROWIN' ON

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

27, 28, 29 Oct. 2009

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

VOL 8 NO. 43

“No spring nor summer beauty hath such grace as I have seen in one autumnal face.” JOHN DONNE



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ BLOOMSDALE SPINACH (SB)(FB)
- ⌘ *Foster's WHITE OR YELLOW ONION (SB)(FB)
- ⌘ RED SUMMERCRISS LETTUCE (SB)
- ⌘ ROMAINE LETTUCE (FB)
- ⌘ KOHLRABI (SB)(FB)
- ⌘ RED SWEET SPANISH PEPPERS (SB)(FB)
- ⌘ NANTES CARROTS (FB)
- ⌘ MEDITERRANEAN CUCUMBERS (SB)(FB)
- ⌘ RUSSET POTATOES (SB)(FB)
- ⌘ *Rider's FUJI APPLES (FB)
- ⌘ *Soghomonian's GRAPES:
- AUTUMN ROYAL (SB) RIBIER(FB)
- SB= SEEDLING BOX, FB= FAMILY BOX
- * Certified Organic from Other Farms



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! *Giuntoli's WINTER SQUASH MEDLEY \$10/ 7 LB
- ⌘ NEW! *Albano's GRANNY SMITH APPLES \$10/ 5 LB
- ⌘ *Iwo's HACHIYA PERSIMMONS \$10.50 / 4 LB.
- ⌘ NEW! *Rider's FUJI APPLES \$11/5 LB.
- ⌘ *Silva's PIPPIN APPLES "THE PRINCE OF APPLES" \$10/ 4 LB.

DOWN ON THE FARM

The Festival of Samhain (Oct. 31) falls on the cross quarter day between the Autumnal equinox and the Winter solstice. Celtic priests would perform ceremonies to thank and honor the sun; looking backward in thanksgiving for the gathered summer harvest and forward in trepidation to the onset of winter. The enlightened leaders bringing Christian faith to Celtic lands "baptized" many ancient festivals, giving them new meanings steeped in biblical faith. Christians had long celebrated Nov 1st as All Saints (or All Hallows') Day and the preceding evening, dedicated to prayer, became All Hallows' Eve; now shortened to Halloween. The custom of wearing costumes and frightening masks began in the Middle Ages, to frighten off evil spirits that were thought to inhabit the darkest days of the year, now approaching.-denesse

FEATURED RECIPES

GREEK POTATO SPINACH & FETA CHEESE OMELET Courtesy of Sara Moulton

- 1 large or 2 smaller Potatoes, scrubbed
- 1/3 cup feta cheese, crumbled
- 4 Tbls. olive oil, divided
- 4 eggs
- 2 cloves garlic
- 1 Tbls. butter
- 1 bag of Willey Spinach, washed, spun dry

Heat 1 Tbls. olive oil in a small nonstick skillet. In a food processor with grating attachment, grate potato. Transfer potato to skillet. Pat into thin pancake. Cook until golden on one side, 4 to 5 minutes. Turn pancake over and cook until golden on other side, 4 to 5 minutes more. Pour remaining olive oil into another non-stick skillet. Thinly slice 2 cloves of garlic. Place garlic in cold oil and bring up to heat slowly, until garlic is just golden. Remove garlic from pan, preserve. Add spinach to garlic infused oil, cook until just wilted. Remove from pan. Beat 4 eggs until just combined. Do not beat too much air into eggs or the texture will be dry. Add 1 Tbls. butter to second pan. After foam has subsided, pour in the eggs. Once the bottom of the omelet has set, slide potato pancake onto it. Add spinach and crumbled feta cheese on top of potato. Run omelet under broiler until cheese starts to melt. Remove from broiler and fold into half moon shape. Sprinkle sautéed garlic slices over top of omelet.

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 onion. Use microperforated bags for all leafy items and cucumbers. Remove and discard tops from carrots. Always protect potatoes from exposure to light. Store vegetables separate from fruits. Four small potatoes will not make a meal, but they are the perfect amount to thicken a soup, or add dimension to a frittata. When I am "backed up" on potatoes, I will make a shepherd's pie or a pot of clam chowder. Kohlrabi belongs to the Brassica Family that includes broccoli, cabbage, turnips and collard greens; nicknamed "cabbage-turnip," from the German words, *Kohl* (cabbage) and *Rabi* (turnip). Appearing in Northern Europe just some 500 years ago, it has a very unique globe-shaped, swollen stem at the soil's surface from which tubular stalks emerge and support its large leaves. To prepare leaves, gently fold in half so that the center stalk protrudes, cut or pull stalk from the leaf. Use these stalks when making soup stock. The leaves possess a cabbage like flavor, cut into fine ribbons and add to a green salad or enjoy in stir-fries or added to soups. Brassicas are known for antioxidants and are potent stimulators of natural detoxifying enzymes. Kohlrabi is particularly rich in Vitamins A and C. The bulbous stem has a crisp, apple-like white flesh with a nutty cabbage flavor. Peel the outer surface of the bulb to reveal a delectable flesh inside. Slice thinly, sprinkle with salt and eat raw as a snack. Kohlrabi can also be roasted like a turnip, cooked with mashed potatoes or grated. Sauté kohlrabi greens with some minced onion and butter, or any flavorings you desire, add a cup of water or stock. Cook, uncovered, over medium heat until just tender, about 15 or 20 minutes, adding more stock to prevent scorching. Cut up the peeled kohlrabi bulb and stir-fry in peanut oil with shiitake mushrooms, Sweet Red Peppers, Onion slivers, minced ginger root, and cashews or pine nuts. Season with rice wine, soy sauce, sesame oil and a pinch of sugar. If desired, thicken with a bit of cornstarch mixed with cold water. White or Yellow Onions come from Phil and Catherine Foster's San Juan Bautista acreage, CCOF certified since 1990. Make refreshing

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✦ GREEN SNAP BEANS \$11/5 lb
- ✦ COLLARD GREENS \$8/6 bunches
- ✦ *Las Palmitas' LEMONS \$8/3lb
- ✦ 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

sandwiches of sliced unpeeled **Mediterranean Cucumbers**, on a sturdy bread that has been spread with chèvre (fresh goat's milk cheese). **BLOOMSDALE SPINACH** (*Spinacia oleracea*) This is a Savoy (curly) leaf variety with excellent flavor and a graceful appearance. The sweetness of its leaves and stems is remarkable, much different than the grassy flavor sometimes associated with flat-leaf varieties of spinach. This has become a signature crop of our farm and one we are very proud to feature. Spinach is a magnet for soil; please follow the washing instructions on the bag. Drain spinach in colander, and proceed with your recipe. We think that the best recipe for our spinach is on the bag. It also makes a lovely Spinach Salad; use a salad spinner or pour washed, drained leaves onto a thick kitchen towel, cover with a second towel and roll it up like a jelly roll. Refrigerate spinach in its perforated bag. **Spinach pairs well with:** butter, cream, olive oil, dark sesame oil, red pepper flakes, sweet red pepper, pimento, garlic, parsley, dill, basil, curry, nutmeg, lentils, onions, chickpeas, mushrooms, pine nuts, raisins, eggs & pasta. The Soghomonian Family is winding down their grape harvest. **Autumn Royal Seedless Grapes** from their C.C.O.F certified farm in southwest Fresno are a lovely black, crunchy, and very sweet grape. Native to France, the **Ribier** variety traveled to Argentina and South Africa on its journey to California cultivation. These large, black, seeded **grapes** are high in anti-oxidants. Refrigerate and rinse just before eating. The Soghomonian family farm has been certified organic since 1984. **Fuji Apples** were grown in Watsonville by Bruce Rider and Sons, who farm 57 acres, also CCOF certified.

FARTHER AFIELD

When we relocated our farm north to Madera in 1995, I did so with considerable trepidation around entering a federally managed San Joaquin River watershed and leaving behind the more generous Kings River basin under local control. The recent 2009 Nobel Prize in Economics awarded to Elinor Ostrom set me to contemplating how the disparate management of our region's two river systems reflects her investigations of natural resource management by powerful outside interests vs. local community coalitions. When dam construction contracts for irrigation and flood control on these two rivers were awarded to separate agencies of the federal government, just before and after WWII, fateful consequences which would play out over many decades may not have been well understood. The U. S. Bureau of Reclamation was engaged first to build Friant Dam on the San Joaquin, resulting in that federal agency's control and management of its impounded water to this day. On the other hand, US Army Corps of Engineers, eager to keep busy after a war, gladly built Pine Flat on the Kings for a simple repayment of costs, turning management of its water resource back to our local community. Nearly seven decades hence, we suffer a hopelessly bureaucratic water management and distribution system on the San Joaquin subject to congressional meddling and incessant environmental attack over a dewatered streambed. According to a recent Fresno Bee opinion piece (10/19/09) penned by former Clovis Mayor, Harry Armstrong, local cooperative problem solving is rampant on the Kings. Though the once magnificent Tulare Lake fed by a less tamed Kings was lost, that river still runs an otherwise normal course supporting a cold-water fishery, acclaimed by sportsmen, just below the dam. Nobel winner Ostrom's contention that, under favorable conditions, local communities' management of vital natural resources can produce more sustainable outcomes than government control or privatization may be well illustrated by our "tale of two rivers". Ostrom's findings and our Kings River's management contradict the "tragedy of the commons" notion that naked self-interest will necessarily destroy public resources unless a big stick solution is imposed. I often remind farming friends I left behind in Fresno Irrigation District they live in a water "Disneyland" compared to those of us reliant on federal San Joaquin water. There may be no escaping the bitter dilemma in which we are ensnared up here, but we'd best protect and treasure the cooperative community managing our sister stream to the south. -Tom Willey

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

- ✦ **Monthly statements have been mailed, payments are due by November 5th.**
- ✦ To receive a Weekend Box Preview via E-mail or to join the Organic Abundance list SEND an e-mail to denesse@TdWilleyFarms.com.
- ✦ **Clever CSA members make gift wrap from the kraft paper that lines your boxes. Some spritz and spatter water-color paints on it, others stamp it with purchased or home made stamps, let your imagination get the best of you now and you will have plenty of gift wrap for the holidays. Your packages will look great, and you'll feel great about it.**
- ✦ 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 use CSA@TdWilleyFarms.com.