

WHAT'S GROWIN' ON

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

10, 11, 12 Nov. 2009

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

VOL 8 NO. 45

Autumn is a second spring when every leaf is a flower.

ALBERT CAMUS (1913 - 1960)



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ RADICCHIO (SB)(FB)
 - ⌘ *Foster's YELLOW ONION (SB)(FB)
 - ⌘ RED BUTTERHEAD OR RED OAKLEAF LETTUCE (SB) (FB)
 - ⌘ MEI QING CHOI (SB)(FB)
 - ⌘ RED SWEET SPANISH PEPPERS (SB)(FB)
 - ⌘ NANTES CARROTS (SB)(FB)
 - ⌘ MEDITERRANEAN CUCUMBERS (FB)
 - ⌘ YUKON GOLD POTATOES (SB)(FB)
 - ⌘ FRENCH BREAKFAST OR EASTER EGG RADISHES (SB)(FB)
 - ⌘ *Rider's FUJI APPLES (FB)
 - ⌘ *Albano's GRANNY SMITH (SB)(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

- ✘ NEW! GREEN CABBAGES \$8/8 LB.
- ✘ RED & YELLOW SWEET SPANISH PEPPERS \$13/ 4 LB. WHILE THEY LAST!
- ✘ LAST CHANCE! *Iwo's FUYU PERSIMMONS \$10.50 / 4 LB.
- ✘ NEW! * Peterson's FRANQUETTE WALNUTS \$8 / 3 LB. (NATURALLY DRIED IN THE SHELL)
- ✘ NEW! *GIUNTOLI'S SNACK-R-JACK PUMPKINS \$10 /6 LB. (Recipe incl.)
- ✘ NEW! * Nadler's POMEGRANATES \$12 / 7 LB.

DOWN ON THE FARM

When our son, Patrick, was born, we were given some tree-ripened Granny Smith apples and I have been looking for another ripe Granny Smith ever since! Lamenting the ruination of this variety by picking an unripe apple in order to enter an early market, our friend Paul Buxman says "they should call them Teenage Smith". Patrick turns 22 this Friday and requests "the cake that is baked in a skillet" (Sour Cream Cake) in commemoration! -denesse

FEATURED RECIPES

BAKED RADICCHIO AND MOZZARELLA PASTA RECIPE adapted from Chow.com

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| 1 Tbls. unsalted butter | 1/4 cup heavy cream |
| 1 garlic clove, minced | 1/2 pound penne rigate or ziti pasta |
| 1/2 cup diced Onion | 4 oz. fresh mozzarella, diced (about 3/4 cups) |
| 1 15 oz. can tomatoes, chopped | 1/4 cup finely grated Parmigiano-Reggiano |
| 1 head Radicchio, sliced crosswise into 1/2-inch strips to make 2 cups | |

Boil the oven to 400°F and arrange a rack in the upper third. Bring a large pot of salted water to a boil over high heat. Melt butter in a medium saucepan over medium heat. When it foams, add garlic and onion, season well with salt, and cook until translucent. Add tomatoes and their juice and let simmer until slightly reduced and thickened, about 10 minutes. Add radicchio and cream, and cook until radicchio is wilted, about 5 minutes. Taste and adjust seasoning as necessary. Meanwhile, cook pasta in the salted water for about half the time recommended on the packaging and drain. (Do not rinse.) Set aside. Once sauce has finished simmering, combine it with half-cooked pasta and mix until pasta is evenly coated. Place pasta mixture in a 1 quart baking dish and sprinkle mozzarella and Parmigiano over top. Place in the oven and bake until mixture is bubbling, pasta is al dente, and top is golden brown, about 20 minutes.

SESAME-GLAZED MEI QING from Jack Bishop's *Vegetables Every Day* FB may double

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| 2 tsp. rice vinegar | 1 Tbls. peanut oil |
| 2 tsp. soy sauce | 1 head Mei Qing Choi |
| 1 tsp. toasted sesame oil | 1 garlic clove, minced |
| 1/4 tsp. sugar | 1/2 Tbls. grated fresh gingerroot |
| 1/2 Tbls. sesame seeds | 1/4 cup Onion, cut into slivers |

Combine vinegar, soy sauce, sesame oil and sugar in a small bowl, set aside. Wash mei qing well, slice in half lengthwise through the bulb end, slice each half lengthwise again to make 4 quarter-heads. Toast sesame seeds in a dry non-stick skillet over medium heat until golden, transfer to a small bowl. Returning skillet to stove, heat on high; add 2 teaspoons of the peanut oil to skillet. When hot, place mei qing, cut side down in the skillet in a single layer, sauté until lightly browned, about 2 minutes, turn mei qing to the other cut side, repeat, transfer to a platter. Heat the remaining teaspoon of peanut oil in the now, empty skillet over medium-high heat, add garlic, ginger and onions. Stir-fry until fragrant, less than 1 minute. Stir in vinegar mixture and simmer until thickened, less than 1 minute. Return the mei qing to the hot skillet and warm through, turning to warm each side about 15 or 20 seconds. Sprinkle with sesame seeds and transfer to a platter, serves 2.

BEST APPLE CAKE OF THE WHOLE WIDE WORLD from thecookshopinenglish.wordpress.com

Have all ingredients at room temperature. You may use all oil and no butter if you prefer. If you use a whole grain flour, add 1 Tbls. baking powder to dry mix.

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| 1 cup unsalted butter | 1 tsp. baking soda |
| 1/3 cups canola oil | 1 tsp. salt |
| 3 cups all-purpose flour | 1 2/3 cups sugar |
| 1 Tbls. ground cinnamon | 3 large eggs |
| 1 tsp freshly grate nutmeg | 1 tsp. pure vanilla extract |

3 to 4 Granny Smith Apples, cored and cut into 1/2-inch pieces to make 3 cups

Preheat oven to 350 degrees. Spray a 12-cup Bundt pan with cooking spray; set aside. In a large bowl, sift together flour, cinnamon, nutmeg, leavening, and salt. In the bowl of an electric mixer fitted with a paddle attachment, cream together butter and oil until smooth. Add sugar and eggs; mix on high speed until smooth. With mixer on medium speed, gradually shake in dry ingredients until just incorporated. Fold in apples and vanilla with a spatula. Pour batter into prepared pan, and bake until a cake tester inserted in the center comes out clean, 75 to 90 minutes. Remove from oven, cool 5 min. in the pan. Invert cake; turn cake right-side up on a wire rack to cool completely.

Look for *Sour Cream Cake* "the cake that is baked in a skillet" or many POTATO 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 ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- * JUICING CARROTS \$12/25 lb.
- * TABLE CARROTS \$10/10 lb.
- * Iwo's HACHIYA PERSIMMONS \$10.50 / 4 LB.
- * Rider's FUJI APPLES \$11/ 5lb.
- * Silva's PIPPIN APPLES "THE PRINCE OF APPLES" \$10/ 4 LB.
- * Albano's GRANNY SMITH APPLES \$10/ 5 LB
- * WINTER SAVOY SPINACH \$10 / 2 lb
- * Giuntoli's WINTER SQUASH MEDLEY \$10/ 7 LB
- * COLLARD GREENS \$8/6 bunches
- * Las Palmalitas' LEMONS \$8/3lb
- * EGGPLANT SAMPLER \$9/4 lb.
- * 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 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)
- * 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 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. Radicchio is a small, cabbage-shaped red chicory that adds a pungent bite to mixed salads and is especially good quartered, brushed with olive oil and grilled. Since the Nantes Carrots have a nutritious thin skin, it is not necessary to peel them, just rub the dirt off, under running water, with a clean washcloth or kitchen towel. One pound or bunch yields about 3½ cups chopped. Mei Qing Choi is a variety of Baby Bok Choy that enjoys our fall weather. It is a natural in stir-fries and tender enough to add an Asian flare to salads. Potatoes provide a wealth of complex carbohydrates and a fair amount of protein. They are fat-free and a good source of Vitamins B₁, C and niacin. Minerals like potassium, calcium and phosphorus concentrate near the peel of root and tuber vegetables so cook them in their skins. Radishes never make it to the fridge in our house, we snack on them while putting away groceries. If you find a few radishes building up, try adding them to a stir-fry, or soup. Yellow Onions come from Phil and Catherine Foster's San Juan Bautista acreage, CCOF certified since 1990. Fuji Apples were grown in Watsonville by Bruce Rider and Sons, who farm 57 acres, also CCOF certified. Granny Smith Apples are believed to be descended from French crabapples cultivated by Australian grandmother, Maria Ann Smith. The Albano Family of the Cuyama Valley just harvested these "grannies", their farm is CCOF certified.

FARTHER AFIELD

The implication of nitrogen's exaggerated use in modern agriculture is of immense importance, not only to the production of food for our world's burgeoning human population but for the cascade of environmental effects set in motion by what may well have been the most important invention of the 20th century. Half today's 6.7 billion people owe their existence to Haber and Bosch's nitrogen synthesis invention, claims a panel of international scientists that last year authored "How a Century of Ammonia Synthesis Changed the World". Three-quarters of all the ammonia fixed world wide in Haber-Bosch plants is applied to agricultural land but only a fraction of this is taken up by growing crops; much of the rest escapes into our larger environment where it creates significant mischief. This includes triggering aquatic algal blooms that result in reduced marine biodiversity, leaching into drinking water supplies and volatilization of polluting compounds into the atmosphere where these disrupt ozone levels and exacerbate climate change. With demand for food crops ever increasing, the authors cite an urgent need to put negative effects of our nitrogen genie "back in the bottle". Organic systems employ more stable forms of nutrients and sequester them more effectively but it must be recognized much of the nitrogen we could use on T & D Willey farm, though "sanctified" by being biologically recycled, actually may have originated from a Haber-Bosch plant. I've met admirable British organic vegetable farmers who grow all their nitrogen, seeding *Rhizobium* inoculated legume covers in rotation; supported in this lesser productive effort by a vegan customer base abhorrent of any animal inputs. I don't, at present, aspire to this extreme. But those aforementioned Nature Geoscience authors, reviewing a century of "the nitrogen economy", warn we can no longer tolerate an inefficiency of applying 100 million tons of Haber-Bosch nitrogen to crops world wide while retrieving less than one fifth of those in harvested foodstuffs humans consume. A resulting annual waste of one percent of all our energy expenditures plus the disruptions this escaped nitrogen creates cascading through natural ecosystems must be addressed quickly. It appears an elegant thrift in nature's production and cycling of nitrogen for biological use would be the model to further study and mimic. We are a clever species, currently "in a fix"; we must become more clever yet to avoid being victimized by our own success. —Tom Willey

If you wish to see this difficult to access article

from *Nature Geoscience* Vol.1, Oct. 2008, email: mrwilley@tdwilleyfarms.com

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

⊗ Please do not ignore a pink sticker on your box, even if you think it is an error. ⊗

There will be no deliveries on Thanksgiving Day. If you normally pick-up on Thursdays please retrieve your box on **Mon. Nov. 23**. There are no changes to Tuesday or Wednesday deliveries! Please pick-up your box on time; **no site will accommodate LATE PICK-UPS during Thanksgiving week.** ⊗ 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. **Look for a confirmation from Stacy or Marie.** ⊗