

WHAT'S GROWIN' ON

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

17, 18, 19 Nov. 2009

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

VOL 8 NO. 46

*The summer's gone
and all the leaves
are fallin'*



**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; **we cannot
accommodate LATE PICK-UPS
during Thanksgiving week.**

BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ ESCAROLE (SB)(FB)
 - ⌘ LONG LOVELY LEEKS (SB)(FB)
 - ⌘ RED BUTTER *OR*
RED OAKLEAF LETTUCE (SB) (FB)
 - ⌘ BULB FENNEL (FB)
 - ⌘ RED RUSSIAN KALE (SB)(FB)
 - ⌘ RED SWEET SPANISH PEPPERS (SB)(FB)
 - ⌘ NANTES CARROTS (SB)(FB)
 - ⌘ RED LA SODA POTATOES (SB)(FB)
 - ⌘ FRENCH BREAKFAST *OR*
EASTER EGG RADISHES (SB)(FB)
 - ⌘ *Albano's FUJI APPLES (SB)(FB)
 - ⌘ *Nadler's POMEGRANATES (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

- ✧ *LAST CHANCE!* EGGPLANT SAMPLER
\$9/4 lb.
- ✧ RED & GREEN CABBAGE \$8/7 lb.
- ✧ *NEW!* THOMAS' SWEET
POTATOES \$10 / 7 LB
- ✧ *GIUNTOLI'S SNACK-R-JACK
PUMPKINS \$10 / 6 LB. (Recipe incl.)
- ✧ * Nadler's POMEGRANATES
\$12 / 7 LB.
- ✧ *Albano's FUJI APPLES \$11/5lb.

DOWN ON THE FARM

I yield my time to the gentleman from the exact geographic center of California's Great Central Valley. — denesse

FEATURED CROP

Pomegranates are native from Iran to the Himalayas in northern India and have been cultivated and naturalized over the entire Mediterranean and Caucasus regions since ancient times. About 760 different local varieties of pomegranate have been recognized in Iran. Some Jewish scholars believe it to be the forbidden fruit of the Garden of Eden. Introduced into Latin America and California by Spanish settlers in 1769, Thomas Jefferson planted pomegranates at Monticello in 1771. In preliminary laboratory research and human pilot studies, juice of the pomegranate was effective in reducing the heart disease risk factors associated with atherosclerosis. Pomegranate juice acts directly to reduce blood pressure, may inhibit viral infections, and may have antibacterial effects against dental plaque. While one *in vitro* study showed that promogranate extracts can inhibit the proliferation of human breast cancer cells, no studies have shown that eating the fruit or drinking its juice has any effect on the development of breast cancer in humans. Pomegranates are a high-fiber fruit. That fiber, as well as the unsaturated fat they offer, is mostly contained in the seeds. People who choose to discard the seeds forfeit most of the benefits conveyed by the fiber and fat. To get at the illusive fruit, first cut off the end of the pomegranate with the open calyx. With a spoon or ice cream scoop, gently take out some of the center core. Be careful not to disturb the seeds. Use your knife to score the outer rind around the fruit. Put your thumbs in the center and gently pull apart the sections. To easily remove the seeds, place the pieces of pomegranate into a large bowl of cold water. Working under water, separate the juicy, red seeds from the bitter white pulp. The seeds will sink to the bottom of the bowl. With a sieve, remove the skin floating on top. When the skin is gone, strain the seeds. Our neighbor, Hunter Nadler, CCOF certified, shared with us the entire crop from his young pomegranate hedgerow.

FEATURED RECIPE

ESCAROLE AND BEAN SOUP from *foodnetwork.com* Cut out the tender, blanched center of a large head of escarole to use fresh in a salad; chopping up the coarser green leaves for this delicious soup. This is one recipe where the use of vegetable stock is not an adequate substitute for chicken broth.

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|---------------------------|------------------------------------|
| 2 Tbls. olive oil | 1 (15 oz.) can cannellini beans |
| 2 garlic cloves, chopped | 1 oz. Parmesan cheese |
| 1 pound Escarole, chopped | salt & freshly ground black pepper |
| 4 cups chicken broth | 6 tsp. extra-virgin olive oil |

Heat 2 tablespoons of olive oil in a heavy large pot over medium heat. Add the garlic and sauté until fragrant, about 15 seconds. Add the escarole and sauté until wilted, about 2 minutes. Add the chicken broth, beans, and Parmesan cheese. Cover and simmer until the beans are heated through, about 5 minutes. Season with salt and pepper, to taste. Ladle the soup into 6 bowls. Drizzle 1 teaspoon extra-virgin olive oil over each.

CIDER BRAISED KALE Adapted from *foodnetwork.com*

- | | |
|---|-----------------------------|
| 1/2 cup diced Leeks, white portion only | 1 cup chicken or veg. stock |
| 2 cups apple cider | 1 bunch Red Russian Kale |

Strip the leafy portions of the kale away from the center stems (use these to make stock). Coarsely chop leaves. Combine leeks, cider, stock, and 1 tsp. Kosher salt in a large pot and bring to a boil over medium-high heat, add kale leaves. Cover the pot and return to boil, reduce heat; simmer uncovered until greens are tender and most of liquid is absorbed, 12 to 15 minutes. Correct seasoning.

Look for more Escarole or Kale 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. Use microperforated bags for all leafy items. Remove and discard tops from carrots. Always protect potatoes from exposure to light. Store vegetables separate from fruits. Trim the dark green tops from Leeks and use them in your stock pot. The tender

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- * JUICING CARROTS \$12/25 lb.
- * TABLE CARROTS \$10/10 lb.
- * 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
- * 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
- * Full Belly's SHELLED WALNUTS \$12/1lb. OR \$31/3 lb.
- * Peterson's FRANQUETTE WALNUTS \$8 / 3 LB. (NATURALLY DRIED IN THE SHELL)
- * Koda Farms' MEDIUM GRAIN NEW HARVEST RICE SPECIFY WHITE OR BROWN \$10 / 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 \$16/ 2-64oz. bottles \$40 / 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
- * "EVERYONE WHO EATS IS A FARMER" 100% ORGANIC SHOPPING BAG 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!

blanched light green and white parts are delicious grilled, in soups or even shaved into salads. Nothing ruins a gourmet experience like grit in the food, so be sure to wash leeks, cut in half lengthwise, under running water, fanning the leaves to remove any hidden soil. **Red Russian Kale (*Brassica napus*)** is an heirloom variety with burgundy leaves resembling those of an oak. Kale is one of the oldest forms of cabbage, originating in the Eastern Mediterranean, and believed to have been used as a food crop as early as 2000 B.C. A good source of calcium, one serving provides all the adult daily requirements of vitamin A and C. Kale, used as a green vegetable, can be steamed and served with butter or vinegar, or added to soups. It carries the benefits of high fiber, and the reputation for anti-cancer properties common to all crucifers. Kale requires longer cooking than chard or spinach, usually needing about 15 minutes. Slice stems away from leaves by folding the leaf length wise and slicing along the stem. Precook before adding to omelets, frittatas or vegetable sautés. Use stems for stock or minced into longer cooking dishes. Kale's hearty flavor pairs well with potatoes, beans, lentils, and pasta. All chicories, including **Escarole** add a lovely bitter accent to any salad, pairing well with those that include apples, nuts or cheese. It is an essential ingredient in Italian Wedding Soup. Wash the broad, open head that resembles leaf lettuce, taking special care to go over the base of the inner leaves with your fingers where soil often clings. Add **Red Sweet Spanish Peppers** to any of this week's recipes. The Albano family grew the sweet and crisp **Fuji Apples** in Cuyama Valley, CCOF certified. The Fuji is a cultivar developed in Morioka, Japan in the late 1930's and brought to market in 1962. It is a cross between two American heirloom varieties, the Red Delicious and old Virginia Ralls Genet apples. **Fennel**, known as finocchio in Italian cooking, has a light anise flavor when cooked. Use it alongside onions and celery when preparing soups or braised dishes.

CLOSER AFIELD

Seasonal transformation on a farm like ours is a time of promise blended with a sense of dread, testing one's faith in the generosity of nature's benevolence. Witnessing crop after summer crop "exit stage left" over the past weeks, each abandoned harvest elevates my anxiety over what will replace its income to keep our ship buoyant. Always first to go is the basil, three acres of summer's "green gold", gainfully occupying nearly a dozen nimble handed ladies, pruning and re-pruning fragrant herbal sprays from May to October which puts considerable change in the bank. Basil is the most sensitive of summer's crops to a waning season's cool nights and heavy dews, even when pampered like a child as farmhands dutifully pull protective fleece over its acreage each evening. I cringe every fall when denesse invariably delivers the verdict: "The leaf quality won't stand up, we'll damage our reputation, I'm quitting." Pressure ratchets up on Tom who must have a successor crop ready to take up slack in our year round, full employment scheme. Next succumbs tomato harvest, green fruits stubbornly refusing to blush any color. Still lush vines summarily put to sword, summer's signature friends, when lugs of fruit each patch turns out fail to balance substantial costs of gathering them. Forbid should we all be judged so harshly. Peppers and Eggplant can tolerate more chill; yields diminish but usually allow this wily pair to dodge the executioner until after a hard frost or two, inevitability around Thanksgiving. Once every three or four years though, Halloween delivers a light October surprise; such was 2009. Just the slightest nip of a frost at "trick or treat" denied us our final patch of tender snap beans; loaded with verdant matchsticks they were. Fall squash vines blackened but like dutiful, wounded soldiers they yet produced a week's meager harvest before final collapse. These lost transition crops bridging summer heat and winter cold, cut down in their prime, necessitates reducing staff hours for our entire crew. Hardier potatoes of Andes origin took a singe but should bounce back; ample blankets rolled up in furrows were unfurled this past more threatening weekend. Winter leaf can withstand most of what our mild Mediterranean winters dish out and root crops just smile, sweetening with each frost. Likely, faith untested is of shallow depth. The garden teaches, the vine instructs, as so deftly illustrated in an abundance of biblical parables. —Tom Willey

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

If you are disappointed, so are we: We endeavor to deliver only quality, delicious produce. Please let us know promptly if any item does not meet this standard. ☎ **Our CSA phone 559-ORGANIC (674-2642) is available to you 24 hours a day. As well as the email address CSA@tdwilleyfarms.com** to request a vacation hold, order organic abundance, inquire about or make changes to your account or to make a farm tour reservation. We confirm ALL e-mails. ☎ To receive a Weekend Box Preview via E-mail or to join the Organic Abundance list SEND an e-mail to densee@TdWilleyFarms.com.