

WHAT'S GROWIN' ON

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

23, 24, 25 Nov. 2009-SPECIAL HOLIDAY BOX-13886 ROAD 20, MADERA CA 93637 (559)ORG-ANIC VOL 8 NO. 47

"Thanksgiving, after all, is a word of action."

-W.J. Cameron



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(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

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- SB= SEEDLING BOX, FB= FAMILY BOX
* Certified Organic from Other Farms



MEMBERSHIP CORNER

(Phone 559 ORGANIC, 559-674-2642)

☞ **Statements have been mailed for December. Monthly payments must be received by Dec. 5th**; PAYMENTS FOR ORGANIC ABUNDANCE ARE DUE WHEN YOU RECEIVE THE PRODUCT, NOT AT THE END OF THE MONTH OR QUARTER. ☞ **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 (7-day notice), order organic abundance (before noon on Friday), inquire about or make changes to your account or to make a farm tour reservation (24 hour notice). **Look for a confirmation from Stacy or Marie.** ☞ To receive a Weekend Box Preview via E-mail or to receive late breaking news on Organic Abundance offerings SEND an e-mail to denesse@TdWilleyFarms.com

DOWN ON THE FARM

What I love about Thanksgiving—it's a holiday that cannot be ruined by commercialization. It is a day to celebrate the incredible bounty provided by our loving care of the earth. There is no "deeper" meaning to Thanksgiving that might be lost as we wheel our heaping carts to the check-out stand; it's only about food and lots of it, a day set aside for unlimited vegetable side dishes! By now, we have seen more than a few Canadian Geese winging their way south. The leader has the hardest job, while the others in the V-line formation each gain a bit of a draft from the preceding bird. They call out to one another, hence the nick-name "Canadian Honkers". I wonder about these aerial communications; are they gossiping about the tidiness of farms over which they pass or might they be words of encouragement for the flight leader? The sound is both exciting and forlorn, reminiscent of homecomings associated with these winter holidays. I wish tender memories, and lingering conversation over a lovingly prepared meal for all of you. — denesse

FEATURED RECIPES

FENNEL & POTATO GRATIN Adapted from Farmer John's Cookbook, Angelic Organics

- 1 Fennel bulb
- 2 cups thinly sliced Potatoes
- salt and freshly ground black pepper
- 2 cups half-n-half
- 3 Tbls. butter, divided

Preheat oven to 350 degrees F. Lightly coat a shallow 1 1/2-qt. baking dish with 1 Tbls. of the butter. Slice fennel crosswise into 1/8-inch slices. Cover the bottom of the baking dish with a layer of fennel slices. Cover this layer with a layer of potato slices. Season with salt and pepper. Repeat layers until you've used up all the slices. Bring half-n-half to a gentle boil in a medium pan over medium heat. Pour over fennel and potatoes. Use a large spatula to press down all around, submerging vegetable slices. Dot top with remaining butter. Bake until potatoes are tender and top is golden, about 1 hour. Serves 4 to 6.

MASHED POTATOES

- 1 lb. Potatoes, quartered
- 2 tsp. kosher salt, plus more for seasoning
- 1/2-cup whole milk
- 4 Tbls. unsalted butter
- 2 Tbls. chopped fresh Parsley
- Freshly ground black pepper

Put the potatoes in a saucepan with cold water to cover, add salt. Bring to a simmer over medium-high heat, uncovered, until the potatoes are tender but not mushy, about 15 minutes. Combine milk and butter in a small saucepan, warm over low heat until the butter is melted. Drain potatoes and run through a food mill or potato ricer while still warm. Gently fold in heated milk mixture. Stir in parsley, season with salt and pepper, to taste.

KALE CELERY SAUTÉ Adapted from *Greens Glorious Greens!* by Johnna Albi & Catherine Walthers

- 1 bunch Tuscan Kale
- 2 tsp. olive oil
- 1 cup thinly sliced Celery
- 1 tsp. minced fresh garlic
- 1 cup diced Sweet Green Pepper
- pinch red pepper flakes

Wash kale and strip the leaves off the stalks (save these for stock making). Coarsely chop kale leaves. Heat olive oil over medium heat, stir in garlic. Stir in celery, peppers and kale, turning with tongs until all the kale is wilted. Add about 1/4-cup water to "steam" the vegetables, cook uncovered until all liquid is absorbed about 10 minutes. Season to taste with salt and red pepper flakes. Serves 3.

GINGER BUTTER

Mix together in a small bowl:

- 1/2 cup butter, room temperature
- 1/2 tsp. ground ginger
- 3 Tbls. packed brown sugar
- 3 Tbls. minced crystallized (candied) ginger
- 1/4 tsp. ground cinnamon
- 1 Tbls. molasses
- pinch of ground cloves

Slit open baked sweet potatoes, hot out of the oven. Spoon 1/2 tablespoon of ginger butter into each sweet potato and serve. Also good with cooked pumpkin.

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 sweet potatoes, pumpkin, and onions. Use microperf bags for leafy items. Store fruits separate from vegetables. Celery is from the Peixoto family in the Pajaro Valley on the central coast of California. Dick Peixoto started his farming career in eighth grade by hiring neighborhood kids to pick tomatoes on his family farm so he could market them. In 1996 he recognized the advantages of organic farming, they are now one of the largest family organic vegetable operations in their region, certified by QAI. To prepare fresh **Snak-R-Jack Pumpkins**: The stem of the pumpkin should snap off easily allowing you to cut pumpkin in half. Scoop out the seeds and preserve in a colander, the seeds are uniquely hull-less and roast up deliciously well for use as a snack or salad topping. Invert the cut side onto the oiled surface of a rimmed baking sheet and bake at 350 degrees F. for 35 to 45 minutes until very tender. Alternately microwave, covered, for 25 to 20 minutes on high. Scoop out flesh and run through a food mill or mash as you would potatoes. **Pumpkins** are from Carla and Paul Giuntoli, owners of Warren Creek Farms, 114 CCOF certified organic acres in Arcata. Only 35 of their acres are irrigated, so this dry-farmed squash carries an intense flavor and unmatched storability. Italian heirloom, **Tuscan Kale (Nero di Tosca)** with long blue-green leaves is flavorful, and highly nutritious. Kale is the one of the oldest forms of cabbage, originating in the eastern Mediterranean

ORGANIC ABUNDANCE FOR NEXT DELIVERY

(comes in a separate carton)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- NEW! * Barsotti's **SATSUMA MANDARINS \$10/ 3 LB.**
- NEW! * Foster's **BRAEBURN APPLES \$9/ 5 LB.**
- NEW! * **APPLE MEDLEY \$12/ 5lb.**
- NEW! * Jessup's **FAIRCHILD TANGERINES \$8/ 3 LB.**
- RED & GREEN CABBAGE \$8/7lb.**
- * Thomas' **SWEET POTATOES \$10 / 7 LB**
- * Nadler's **POMEGRANATES \$12 / 7 LB.**
- * Albano's **FUJI APPLES \$11/5lb.**
- 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!**

and believed to have been used as a food crop as early as 2000 B.C.E. Kale takes longer to cook than chard or spinach, usually 15- 20 minutes. Kale's hearty flavor pairs well with potatoes, beans, lentils, pasta, Italian or Kielbasa sausage, soups, red pepper flakes, vinegar, garlic, Parmesan or Asiago cheese. We grew **Sweet Potatoes** for many years in Caruthers and later in Clovis, before moving our farm to Madera. They are a fascinating crop, requiring 10 months and the sandiest of soil, so Mr. Willey refuses to grow them here. When I have an abundance of "yams", I make sweet potato pie without any additional sweetener. Children of all ages love the idea of pie as a vegetable side dish! **Sweet Potatoes** are from A.V. Thomas of Livingston, who, began with a small acreage in 1988, and is now the largest certified grower of organic sweet potatoes in the United States, certified by both OCIA and COFA. Baste Sweet Potatoes with oil, pierce the skins in a few places using a fork, and bake on a baking sheet at 350°F until tender (30-40 min). Sweet potatoes do not store well, so use them this week. Please wash **Bloomsdale Spinach**, our special Savoy variety, as described on the reusable package. We think this is the best spinach for salads; it is also superb in omelets and quiches, or as a tasty side dish. Both **Parsley** varieties, flat and curly, have been traced back at least 5000 years to the southern and eastern Mediterranean regions. Ancient Romans first integrated parsley into everyday life, where it played an important role in both cuisine and culture. Parsley was considered an aphrodisiac, and it was used to both calm an upset stomach and prevent drunkenness. An ancient Celtic ruler with a pitifully under-equipped militia once exploited the Greeks' fear of parsley by sending hundreds of donkeys blanketed with the herb to meet an advancing Greek army. At the sight of the parsley (used to dress the deceased), the superstitious Greeks turned and fled, sparing the Celtic kingdom from invasion. Although both varieties are Italian, flat-leaf parsley is called "Italian" to distinguish it from curly-leaf parsley that is widely recognized by most Americans. Adding chopped parsley confers a fresh taste to any dish, especially one with carrots or potatoes. Use parsley stems in your stockpot. **Fennel** is used as an aromatic much like celery, carrots and onions. It pairs well with poultry (think stuffing), fish, veal and ripe cheeses. I find it essential in homemade meatballs and as a base flavoring in many soups. Toss wedges of **fennel, onions** and peeled **snak-r-jack pumpkin** with olive oil, cumin, chili powder and salt, roast in a hot oven until tender. This is the end of the season for warmth loving **Sweet Green Peppers**. Most children love stuffed peppers and grilled pepper strips are good on turkey sandwiches. **Braeburn Apple** is an old-fashioned type with firm texture that holds up well to baking, featuring both sweet and tart flavors. It is thought to be a chance seedling cross between Granny Smith and Lady Hamilton, discovered in New Zealand nearly fifty years ago. The apple itself is named after Braeburn Orchard where it was first commercially grown. These and **Yellow Onions** are from Phil and Catherine Foster's CCOF certified Hollister Ranch. Onions are one of the oldest vegetables, used in recipes spanning almost the totality of the world's cultures. Claims have been made for the effectiveness of onions against conditions ranging from the common cold to heart disease, diabetes, and osteoporosis. They contain chemical compounds believed to have anti-inflammatory, anticholesterol, anticancer, and antioxidant properties. Bill Jessup's **Fairchild tangerines** are a cross between a Clementine tangerine and an Orlando tangelo. The deep orange skin is thin and somewhat pebbly, but doesn't peel as easily as some other tangerines. They are juicy with a rich and sweet flavor. Cut the fruit cross wise, working over the sink, use a fork or the point of small paring knife to remove the numerous seeds that seem to be associated with flavorful fruits, be they watermelon, grapes or citrus. Organic pioneer, Bill Jessup's 30 acres in Oasis, California have been C.C.O.F. certified for 22 years.

FARTHER AFIELD—by Tom Willey

Mendicant religious communities of begging friars and nuns emerged almost as a spiritual insurrection during the Late Middle Ages in reaction to an ascendant materialism infecting the Church. Francis of Assisi's ascetic followers, ministering to the destitute, were self-dispossessed of worldly attachments and required to bare cupboards of foodstuffs each evening to demonstrate an extreme faith in God's providence. Remnants of such communities still exist today, one is Little Sisters of the Poor in Washington D.C. that shelters elderly indigents and is provisioned by an energetic "begging nun", Marie Sophie Bax, who considers blind dependence on others' generosity to be a "privileged life style". The current National Geographic (Dec. 2009) recounts a remarkable tale of the present-day Hadza, a human society of one thousand that rejects the "privilege" of agriculture by yet practicing a hunter-gatherer existence in one hardscrabble corner of Tanzania's Great Rift Valley, a region heralded as the homeland of our foremost hominid ancestors. Though surrounded on all sides by agriculturists, these intimate, nomadic Hadza communities grow no food, raise no livestock and live without rules or calendars, as did all we *Homo sapiens* some 10,000 years ago. Egalitarian Hadza practice no warfare, do not live densely enough to suffer from infectious disease and have no history of famine while subsisting on a diet described as more varied and stable than that eaten by most of our modern world's population. Hadza enjoy an extraordinary amount of leisure, foraging only four to six hours daily, and have over thousands of years left a nearly imperceptible footprint on the land. Renowned geographer and physiologist, Jared Diamond, while admitting we may not have otherwise appreciated the Sistine Chapel or Bach's cantatas, insists agriculture is "the worst mistake in the history of the human race." The immense productivity of our species' short experiment with agriculture has been won at the expense of human freedom and equality, along with disease and nutritional deficiencies. We successful cultivators now appear to have radically altered a living planet about which we know precious little of what we may have undone. Abraham Lincoln, immersed in a previous crucible of conflict, urged us to set aside this annual day of giving thanks for "bounties, which are so constantly enjoyed that we are prone to forget the source from which they come." Now that most of us are obligate tillers of soil, banished to somewhere east of Eden, feeding ourselves by the sweat of brow and clever devices of industry, we'd be wise to remain mindful that the Great Author's nature is yet the fountain from which we drink. Leon Poe, my late farming mentor, oft quoted his synopsis of Biblical gardening counsel: "I sow my seed, withdraw my hand, and the increase comes from God."