

# WHAT'S GROWIN' ON

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

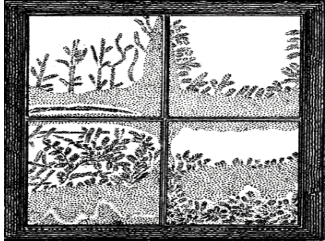
1, 2, 3 Dec. 2009

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

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*“The frost performs  
its secret ministry  
Unaided by any  
wind”*

-SAMUEL COLERIDGE (1772-1834)



**There will be no deliveries  
Dec. 29, 30, 31.**

## BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ ARUGULA (SB)(FB)
  - ⌘ RADICCHIO (SB)(FB)
  - ⌘ LONG LOVELY LEEKS (FB)
  - ⌘ ITALIAN PARSLEY (SB) (FB)
  - ⌘ DETROIT RED BEETS (SB)(FB)
  - ⌘ KOHLRABI (SB)(FB)
  - ⌘ SWEET GREEN PEPPERS (FB)
  - ⌘ NANTES CARROTS (SB)(FB)
  - ⌘ RED LASODA POTATOES (SB)(FB)
  - ⌘ \*Foster's YELLOW ONIONS (SB)
  - ⌘ \*Todd's BARTLETT PEARS (SB)(FB)
  - ⌘ \*Jessup's FAIRCHILD TANGERINE (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**

- ✦ 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.
- ✦ \* THOMAS' SWEET POTATOES \$10 / 7 lb
- ✦ GREEN CABBAGE \$8/ 8 LB.

## DOWN ON THE FARM

**Invest in well made stocks.** Do not discard your washed leek tops, parsley stems or cabbage trimmings, save them with carrot peels (but NOT tops) and coarse stems from your kitchen prep work. Refrigerate in a microperf bag until the weekend. Place your collection in a stockpot, add enough cold water to cover and any herbs that strike your fancy, bring to a boil, reduce heat until the water just barely quivers. Simmer for at least an hour and up to 5 or 6. Strain, and refrigerate or freeze for use in making sauces, soups, and stews, or cooking rice. Your meat trimmings or bones can be simmered along with the veggies, but I try to always have vegetable stock handy when preparing food for my vegetarian guests. -denesse

## FEATURED RECIPES

**BEET AND GOAT CHEESE ARUGULA SALAD** Recipe courtesy Giada De Laurentiis

- |   |  |
|---|--|
| 2 Tbls. balsamic vinegar                  | 1 to 2 bunches fresh Arugula               |
| 4 tsp. Leeks, thinly sliced               | 1/4 cup walnuts, toasted, coarsely chopped |
| 1/2 Tbls. honey                           | 2 Tbls. fresh Pomegranate seeds            |
| 5 Tbls. extra-virgin olive oil            | 2 oz. soft fresh goat cheese               |
| 3 to 4 medium Beets, cooked and quartered |  |

Line a baking sheet with foil. Preheat the oven to 450 degrees F. Whisk the vinegar, leeks, and honey in a medium bowl to blend. Gradually whisk in the oil. Season the vinaigrette, to taste, with salt and freshly ground black pepper. Toss the beets in a small bowl with enough dressing to coat. Place the beets on the prepared baking sheet and roast until the beets are slightly caramelized, stirring occasionally, about 12 minutes. Set aside and cool. Toss arugula, walnuts, and pomegranates together in a large bowl with enough vinaigrette to coat. Season the salad, to taste, with salt and freshly ground pepper. Mound the salad atop 4 plates. Arrange the beets around the salad. Sprinkle with the pomegranates and coarsely crumbled goat cheese, and serve.

**GRILLED RADICCHIO** (Serves 4) Adapted from Judy Gorman's *Vegetable Cookbook*

- |                                      |                     |
|--------------------------------------|---------------------|
| 1/3 cup olive oil                    | 4 tsp. lemon juice  |
| 2 cloves garlic, sliced              | 1 head of Radicchio |
| Salt and freshly ground black pepper | Fruit garnish*      |

In a small saucepan, combine oil and garlic, cook over low heat until the garlic turns golden. Do not allow it to brown. Remove from the heat and pour through a sieve. Whisk in the lemon juice, salt and pepper. Cut the radicchio, through the stem, into quarters and brush the cut sides with the oil mixture. Place on a hot grill (or a non-stick fry-pan indoors). Cook 3 to 5 minutes, turning twice, until radicchio is dull brown in color. Transfer to 4 salad plates and drizzle with remaining oil mixture. \*Garnish with pomegranate seeds, tangerines sections or sliced pears.

**KOHLRABI VEGETABLE STEW** (serves 4) from member Brian Paulsen

- |   |                                    |
|---|------------------------------------|
| 2 medium Kohlrabi, bulbs and greens         | 1 bay leaf                         |
| 1 tsp. olive oil                            | 1/2 tsp dry oregano                |
| 1 Onion, or leek, cut in slivers            | 1 tsp. salt                        |
| 2 medium carrots cut in 3/4" pieces         | Fresh ground black pepper to taste |
| 1/2 cup uncooked pasta                      | 1 Tbsp. Dijon mustard              |
| 1 cup Italian style canned chopped tomatoes | 1/2 Tbsp. molasses                 |
| 3 cups vegetable broth                      |                                    |

Separate leaves from kohlrabi bulbs. Peel bulbs and cut into large pieces. De-rib leaves and cut into thin strips. Set aside. Heat oil in stockpot, add onions and sauté. Add broth and all other ingredients (except pasta and kohlrabi leaves) bring to boil on medium high setting. Add pasta and boil for 4 minutes, reduce heat to medium low and simmer for about 10 minutes. Add kohlrabi leaves and simmer for another 5 minutes. Correct seasoning and serve.

**Look for more recipes** at [www.TdWilleyFarms.com](http://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 microperf bags for all leafy items. Remove and discard tops from carrots. Always protect potatoes from exposure to light. Store vegetables separate from fruits. Kohlrabi, nicknamed “cabbage-turnip,” from the German words, *Kohl* (cabbage) and *Rabi* (turnip), belongs to the Brassica Family that includes broccoli, cabbage, turnips and collard greens. It has a globe-shaped swollen stem at the soil surface, from which tubular stalks emerge and support its large leaves. Brassicas are rich in antioxidants and potent stimulators of natural**

## MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- \* GIUNTOLI'S SNACK-R-JACK PUMPKINS OR WINTER SQUASH MEDLEY \$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
  - \* 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 8 OZ. 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
- \* Certified Organic from Other Farms  
Place Organic Abundance orders at [CSA@tdwilleyfarms.com](mailto: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!**

detoxifying enzymes, and kohlrabi is particularly rich in Vitamins A and C. The green tops can be enjoyed sautéed, in stir-fries or added to soups. The bulbous stem sports a crisp, apple-like white flesh with a nutty cabbage flavor. Peel the outer surface of the bulb to reveal the delectable flesh inside. Thinly slice, sprinkle with salt and eat raw as a snack. Bulbs can also be quartered and roasted like a turnip or grated raw into salads. Use the white part of the mild allium, **Leek**, in any recipe calling for onions. Slice leeks lengthwise in half and wash under running water to remove any sand that might be between leaves. Use green fibrous tops when making stock. Looking like a small head of red and white cabbage, **Radichio** (pronounced with a hard 'c' like the *ch* in Pinocchio) is an Italian chicory. Cooked or raw in a salad, radichio pairs well with beets, and acidic fruits like tangerines and pomegranates. Use **beets greens** as you would its cousins, spinach or chard. Wash well, pinching off the coarse stems. Bill Jessup of Oasis, California admits that the sweet **Fairchild Tangerine** is not easy peeling, we just cut them into quarters and eat them like an orange. Organic pioneer, Bill's 30 acres have been C.C.O.F. certified for 22 years. To easily remove the seeds from a **Pomegranate**, work under water in a large bowl of cold 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, and then strain the seeds. Our neighbor, Hunter Nadler, CCOF certified, shared the entire crop from his young hedge. Use Todd's **Bartlett Pears** to make an **Arugula, Pear** and Gorgonzola Salad. Dan & Alice Todd farm 57 acres in the Potter Valley, CCOF certified since 1989.

## FATHER AFIELD

Farm implement dealers across the rural south relish selling a \$100,000 tractor or \$300,000 combine or picker, but the field tool in greatest demand from them this season was a \$25 long handled hoe. "Chopping" used to engage many a thousand field hands across the Cotton South but pretty well became an anachronism nearly fifteen years back with the advent of seductively convenient "Roundup Ready" varieties. This seemingly miraculous, universal weed-zapping chemical can be sprayed over RR genetically engineered crops to no ill effect and has inspired some growers to exclaim, "Roundup is the greatest thing in agriculture in my lifetime" while others grouse, farming is now rather a bore. What's presently upsetting this chemical wizardry in the cotton patch is a newly evolved Roundup (glyphosate) resistant strain of Palmer amaranth, a.k.a. "pig" or "careless" weed, which has seemingly overnight infested a million plus Southern acres. *Amaranthus palmeri*, described by scientists as a "perfect storm" weed, is capable of growing an inch per day and over ten feet tall, easily out competing a crop for water and nutrients, achieving stalk girth equal to a baseball bat's which can destroy a mechanical cotton-picker in its tracks. Palmer pigweed is just one of nine, out of control, newly emerged glyphosate resistant species just reported to EPA by Weed Science Society of America (WSSA) officials and examined in a fresh "Critical Issue Report" released last week by The Organic Center, titled "The First Thirteen Years". A delegation of which I was a member, organized by The Union of Concerned Scientists some fifteen years ago, warned giddy proponents of these recombinant technologies, during an EPA sponsored GMO conference in Washington D.C., about the inevitability of evolved resistances. Biological systems are cleverly adaptable and their complex survival mechanisms are never gamed for long by such simple chemical foils. According to USDA data, analyzed in TOC's report, genetically engineered crops have so far failed to deliver reduced pesticide loads on the farmed environment as promised; rather chemical applications to GE crops over thirteen years since their adoption have actually increased by over three hundred million pounds. Farmers now inclined to "run for the exits" will find it quite difficult to source conventional seeds. Monsanto and cohort conglomerates have cannibalized nearly every significant commercial seed producer and often prosecute seed saving farmers and millers assisting them. The Roundup Ready convenience scam may be about to play itself out or another genetic-genie might emerge from the bottle. However, nature will always have the last word, as biology is mightier than the sword. -Tom Willey

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

⊗ Statements have been mailed for December. Monthly payments must be received by Dec. 5<sup>th</sup> ⊗ Our CSA phone is available to you 24 hours a day. As well as the email address [CSA@tdwilleyfarms.com](mailto: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 SEND an e-mail to [denesse@TdwilleyFarms.com](mailto:denesse@TdwilleyFarms.com); you can also request to be notified of late breaking Organic Abundance offerings.