

# WHAT'S GROWIN' ON

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

8, 9, 10 Dec. 2009

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

VOL 8 NO. 49

*One kind word  
can warm three  
winter months.*

Japanese proverb



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

## BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✂ ESCAROLE (SB)(FB)
- ✂ RED CHARD (FB)
- ✂ BABY DILL (SB)(FB)
- ✂ BRAUNY LETTUCE (FB)
- ✂ GREEN CABBAGE (SB)(FB)
- ✂ ASIAN TURNIPS (SB)(FB)
- ✂ MEI QING CHOI (SB)(FB)
- ✂ RUSSET POTATOES (SB)(FB)
- ✂ \*Foster's YELLOW ONIONS (SB)(FB)
- ✂ \*Heath's SATSUMA MANDARINS (SB)(FB)
- ✂ \*Albano's GRANNY SMITH & FUJI APPLES (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! \* Heath's SATSUMA MANDARINS \$12/ 4 LB.
- ✂ \* Foster's BRAEBURN APPLES \$9/ 5 LB.
- ✂ \*APPLE MEDLEY \$12/ 5lb.
- ✂ \*Jessup's FAIRCHILD TANGERINES \$8/ 3 LB.
- ✂ \* THOMAS' SWEET POTATOES \$10 / 7 lb
- ✂ RED & GREEN CABBAGE \$8/7 lb.
- ✂ \* Nadler's POMEGRANATES \$11 / 5 LB.
- ✂ \*Albano's FUJI APPLES \$11/5lb.

## DOWN ON THE FARM

We are busily transplanting Italian Sweet Red Onions in Field One, but ran short of prepared rows and must wait for neighbor, Tom Bursey to spread more compost. Tractor drivers Antonio and Fausto will incorporate the life giving inoculum and pitch up some beds for impatient, tender onion shoots. -denesse

## FEATURED RECIPES

**STIR-FRIED MEI QING WITH CASHEW SAUCE** Adapted from *From Asparagus to Zucchini* by Madison Area Community Supported Agriculture Coalition.

- |                             |                                 |
|-----------------------------|---------------------------------|
| 1/2 cup roasted cashews     | 2 heads Mei Qing Choi           |
| 1 Tbls. minced fresh ginger | 1/4 cup soy sauce               |
| 1/4 cup rice vinegar        | 1/4 cup peanut oil              |
| pinch red pepper flakes     | hot cooked rice                 |
| 3 Tbls. sugar               | 1 cup cooked chicken (optional) |

Combine cashews, vinegar, sugar, soy sauce, ginger, red pepper flakes and 2-4 Tbls. water in a blender or food processor; puree until smooth, set aside. Wash mei qing stems and leaves well, making sure to rinse away dirt in the ribs. Separate leaves from stalks. Cut stalks into 1 inch pieces, coarsely chop leaves. Heat oil in a large skillet or wok, until hot but not smoking. Add stalks. Cook, stirring, until crisp tender, 2 to 3 minutes. Add the leaves and cook until wilted and dark green. Stir in chicken, if using. Spoon stir-fry over a platter of hot rice, pouring cashew sauce over all. Serves 4

**TURNIPS WITH RAISINS** Adapted from *From Asparagus to Zucchini* by Madison Area Community Supported Agriculture Coalition.

- |                             |                                      |
|-----------------------------|--------------------------------------|
| 2 Tbls. butter, divided     | 1 bunch Asian turnips                |
| 2 tsp. olive oil            | 1/2 cup raisins                      |
| 1 cup Onion or leeks, diced | 12 oz. orzo or bow tie pasta, cooked |

Wash turnips and trim leaves from the root. Cut roots in half and then, cut each half into quarters. Discard stems and coarsely chop the well-washed turnip leaves. Heat 1 Tbls. butter and the oil in a large skillet over medium heat. Add onions or leeks, stirring until they begin to soften, about 5 minutes. Stir in turnip bottoms, cover and cook until fork tender, about 8 min. Uncover, increase heat to medium high, cook stirring occasionally until turnip edges start to brown. Add the greens and raisins, tossing until greens are tender and bright green, 3 to 4 minutes. Add remaining butter, and cooked pasta. Correct seasoning. Serves 4

**Look for Dill, Turnip, Escarole or Potato recipes** at [www.TdWilleyFarms.com](http://www.TdWilleyFarms.com), from the home page, select RECIPES. Scroll down to FALL or WINTER, 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. Always protect potatoes from exposure to light. Store vegetables separate from fruits. It is thought that wild (non-heading) cabbage was brought to Europe around 600 B.C. by groups of Celtic wanderers. It was grown in Ancient Greek and Roman civilizations that held it in high regard as a general panacea capable of treating a host of health conditions. New research is revealing that phytonutrients in crucifers, such as **cabbage**, not only disarm free radicals before they can damage DNA, cell membranes and fat-containing molecules such as cholesterol, but actually signal our genes to increase production of the cleansing enzymes that help our bodies eliminate harmful compounds. Recent studies show persons eating the most cruciferous vegetables have a much lower risk of a number of cancers, even when compared to those who regularly eat other vegetables. Mandarins are believed to have originated in China many centuries ago; evidence suggests they were named after the colorful gowns worn by the well-respected Mandarins of the official court. The mandarin fruit spread from China into Japan, India, Arabia and North Africa before reaching Europe. The **Satsuma mandarin** was first reported in Japan more than 700 years ago where it is now the major cultivar grown. The name "satsuma" is credited to the wife of a United States minister to Japan, who sent trees home in 1878 from a former province on Kyushu Island's southern tip, where it is believed to have originated. These nearly seedless fruits come from Ron & Melanie Heath's 36 acres in Orland California, CCOF certified organic since 1982! Enjoy **Mei Qing Choi** fresh in salads and slaws or you may steam, boil, braise, or stir-fry. Separate stems and rinse well, rubbing with your

## MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- \* GIUNTOLI'S SNACK-R-JACK PUMPKINS OR WINTER SQUASH MEDLEY \$10 / 7 LB.
- \* 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 Palmitas' LEMONS \$7/3lb
- \* Foster's ONIONS \$10 / 8 LB.
- \* ARUGULA \$10 / 6 BUNCHES
- \* RADISHES \$8 / 6 bunches
- \* RUSSET 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

\* 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!**

To receive a Weekend Box Preview 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.

thumb to remove stubborn soil. Tear or cut leaf greens from ribs, and cook the leaves and stems separately. Since our son, Mike, is a Ramen soup fanatic, we use Mei Qing by cooking sliced stalks with the noodles then stirring thin ribbons of greens in with the seasoning. **Escarole** is green chicory with a broad, open head resembling leaf lettuce. Wash well, taking special care to go over the base of the leaves with your fingers where soil often clings. Use the coarse green leaves in soups reserving tender blanched hearts for salads. **Dill**, a member of the *Umbelliferae* Family, is a lively complement to roasted vegetables and adds a subtle flair to fish. Dill's flavor diminishes the longer it is cooked, so add at the last minute. Make delicious, fresh dill and lemon mayonnaise by combining 1/4 cup chopped dill, 1 tsp. finely grated lemon zest, and lemon juice to taste to 1-cup mayonnaise. Use in egg salad, tuna salad, pasta or potato salad. Make dill butter by adding 1/4 cup minced fresh dill to 1/2 cup softened butter. Mix well, cover and refrigerate at least 2 hours. Use with broiled seafood or as a spread on savory breads. **Russet Potatoes** are the high starch potato used for "chipping", baking and frying. In Ireland the potatoes are boiled "in their jackets" until not quite tender, drained and returned to fire to "steam". When the jackets burst open, they are served with just butter and salt (black pepper still regarded as an exotic spice). Our **Asian Turnips** need not be peeled and may be eaten raw or cooked. Shred or julienne raw turnips to use in salads, or slice and enjoy with dips. Trim the greens from the roots and add to a stir-fry. The bottoms can be cooked as you would potatoes; try baking with roasted meats as they absorb the flavor well. Turnips and potatoes pair well mashed or pureed. Use the puree as a base for a cream soup. The succulent stalk of **Chard** is the favored portion in Europe, where it is cooked much like celery. Wash the leaves well and drain. Enjoy in soups, stew, in quiches and omelets, or lightly sautéed. Both **Granny Smith** and **Fuji Apples** were grown on the Albano Family's 256 CCOF certified acres in the Cuyama Valley.

## FATHER AFIELD

Were you as incredulous as was I reading a Nov. 27<sup>th</sup> headline story which predicted, over the next twenty-five years, diabetes cases in our country will double to 44 million and costs of caring for this insidious disease will triple to \$336 billion? Lest you consider a University of Chicago medical research team's projection alarmist hyperbole, several like attempts over the last two decades at predicting the magnitude of this eminent crisis proved overly conservative. One in seven Americans, afflicted by a cruel but largely preventable disease, draining two percent of our nation's entire economic output in its treatment will surely dash any promise of significant health care reform. For some time, paleobiologists have been unearthing evidence that warns modern industrial grain-based diets have us eating dangerously outside our human evolutionary boundaries. Prior to agriculture's quite recent dawn, our ancestors commonly obtained 65% of their food energy from fruits and vegetables, often sourcing fifty to one hundred species over a year's time. The chief dietary innovation which accompanied agriculture involved adopting cultivated cereal grains as the principle source of food energy, reducing fruit and vegetable's role to 20% or less. In the century just past, food industry innovations such as grain fed animals, highly refined cereals and cold pressed seed oils have pushed our diet towards a tipping point beyond which human bodies are apparently not yet equipped by evolution to handle. Complicating matters, we moderns obtain the highest calorie intake per unit of physical energy spent foraging food in our species' history, upsetting the classical ratio between muscle and fatty tissues. Facilitated by insulin transport, both tissues take up blood sugar absorbed from digested carbohydrate foods, but well-exercised muscle is much more efficient than fat at doing so. This immense carbohydrate load our naturally vegetable craving bodies must now assimilate is overtaxing and wearing out the vital ability to produce sufficient insulin, proceeding to glucose intolerance and overt diabetes. We could keep this up until an inevitable evolutionary process of adaptation takes over, but this will come at great cost in human suffering, lives and treasure. Conversely, we can admit grain-based agriculture is failing us and deliberately shift food production to a grass, fruit and vegetable dominance. Our CSA boxes, often featuring several vegetables with which you are unfamiliar, can be a challenge, even initially for the Willey household. Rest assured, such reorientation of diet to a high diversity of fruits and vegetables will pay your family handsome dividends and could also lead a frightfully unhealthy nation out of the dark thicket in which it is mired. —Tom Willey

For more info see: Eaton & Eaton, "Evolution, Diet and Health"

<http://www.cast.uark.edu/local/icaes/conferences/wburg/posters/sboydeaton/eaton.htm>

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

⊗ Do Not ignore a Pink Sticker on your box even if you are sure your spouse mailed the payment! ⊗ Use 559- Organic or [CSA@tdwilleyfarms.com](mailto:CSA@tdwilleyfarms.com) to request a vacation hold (7-day notice), order organic abundance, 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. ⊗