

WHAT'S GROWIN' ON

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

15, 16, 17 Dec. 2009

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

VOL 8 NO. 50

**“In the bleak midwinter
Frosty wind made moan,
Earth stood hard as iron,
Water like a stone.”**

CHRISTINA ROSSETTI (1830- 1894)



Mark your calendars:

No Boxes Dec. 29, 30, 31.

BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ RADICCHIO (SB)(FB)
- ⌘ EASTER EGG RADISHES (FB)
- ⌘ NANTES CARROTS (SB)(FB)
- ⌘ FROSTKIST LETTUCE (SB)(FB)
- ⌘ TUSCAN KALE (SB)(FB)
- ⌘ RUTABAGAS (SB)(FB)
- ⌘ LONG LOVELY LEEKS (SB)(FB)
- ⌘ BULB FENNEL (FB)
- ⌘ RED & RUSSET POTATOES (SB)(FB)
- ⌘ *Heath's SATSUMA MANDARINS (SB)(FB)
- ⌘ *Albano's GRANNY SMITH & FUJI APPLES (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

- ✕ MEI QING CHOI \$8/ 6 heads
- ✕ BEETS \$10/ 5 bunches
- ✕ LONG LOVELY LEEKS \$10/4 lb.
- ✕ "ROOT RIOT" \$10/ 7 LB.
- ✕ RED & GREEN CABBAGE \$8/7 lb.
- ✕ * Heath's SATSUMA MANDARINS \$12/ 4 LB.
- ✕ * Foster's BRAEBURN APPLES \$9/ 5 LB.

DOWN ON THE FARM

The biggest recent event at the farm is the generous rain we received last week. This storm was overdue and welcome, leaving what we hope will be the first of many snow pack deposits. Extremely low temperatures preceded the rain events, even as we are still trying to finish sizing our fall potato crop. Juan Jose and his crew have been trying to keep the potatoes under floating rowcover, despite the winds, to protect them from nightly frosts. With "a little bit o' luck" we can all look forward to an abundance of "new" potatoes for the holidays and the rest of winter. -denesse

Holiday Delivery Schedule:

No deliveries on Dec.24.

If you normally pick-up on Thursdays please retrieve your box on **Monday Dec. 21.** There are no changes to Tuesday or Wednesday deliveries! Please pick-up your box on time; **no site will accommodate LATE PICK-UPS during the holiday week.**

FEATURED RECIPES

FETTUCINE WITH LEMON (PARADISO PERDUTO) This recipe calls for homemade pasta, for a quick weeknight supper substitute store-bought noodles

- 12 oz. fresh fettuccine
- 12 oz. fresh green fettuccine
- 4 Tbls. extra virgin olive oil
- 4 Tbls. minced Leek
- 1 head Radicchio, chopped into 1-inch pieces
- 1 1/2 cups cream
- zest of 4 lemons plus juice of 1 lemon
- 1/2 cup grated Asiago cheese

Bring 6 quarts water to boil and add 2 tablespoons salt. In a 12 to 14-inch sauté pan, heat oil over high heat. Add leeks and sauté until light golden brown, about 5 to 6 minutes. Add radicchio and cook 30 seconds. Add cream, reduce by half and remove from heat. Drop pasta into boiling water and cook until tender yet al dente. Drain pasta well and toss into pan with cream mixture. Return to heat, add lemon zest and juice and toss to coat. Add half the cheese and toss again. Serve immediately in warm bowl, making extra cheese available on the side.

DENESSE'S COLCANNON FB has enough kale and potatoes to double

- 1/2 lb. Potatoes, scrubbed
- 1 small bunch Tuscan Kale
- 1 Tbls. butter
- 1 Tbls. olive oil
- 1 cloves garlic, crushed and chopped
- 1/4 cup thinly sliced Leeks
- 1 oz. fresh grated Parmesano Reggiano
- 1/4 cup cream, or half-n-half

Put the potatoes on to boil in salted water. In a large skillet slowly warm butter and oil over medium low heat. Add garlic and cook until it begins to brown. Meanwhile strip kale leaves from their stems. Use the stems in a veg stock, stack the leaves, roll them together and slice into a thin chiffonade (ribbons). Remove the browned garlic and add the kale, cover loosely and cook over medium-low heat for 15-20 minutes, stirring occasionally. When the potatoes are fork tender, drain and mash. Put through a food mill, if you don't like peels; otherwise mash them "in their jackets". Add leeks to the cream and heat just to the point of boiling, stir into mashed potatoes, until smooth. Pour the kale into the potato mixture. Season to taste with salt and pepper. Stir in grated cheese and serve.

WINTER ROOT VEGETABLE GRATIN Adapted from *The Vegetable Dishes I Can't Live Without* by Mollie Katzen. Mollie calls for a half pound each of potatoes, carrots and turnips dressed with a garlic-herb béchamel. But any combination of winter roots from carrots to rutabagas can be used.

- 2 Tbls. butter
- 1 tsp. minced garlic
- 1/2 tsp. dried thyme
- 1 1/2 Tbls. flour
- 1 1/4 cups warmed milk
- 1 bay leaf
- 1-1/2 lb. total Potatoes, Carrots, peeled Rutabagas or Fennel
- 1 cup minced Leeks
- 1 cup coarse bread crumbs
- 1/2 cup grated Swiss cheese (Gruyere or Emmenthaler)

Melt butter in a small saucepan over low heat, add garlic and thyme. Whisk in flour; continue whisking as warm milk is added in a slow stream to prevent lumps. Add bay leaf, reduce heat. Cook, stirring frequently, for about 5 to 8 minutes or until smooth and silky. Remove from heat and remove bay leaf. Stir in a bit of salt and white pepper to taste, set aside. Preheat oven to 375 degrees. Spray a 2-qt. gratin dish with non-stick spray. Cut scrubbed roots into 1/8th-inch slices. Arrange veggies, including leeks, to make a single mixed layer in the gratin dish. Sprinkle lightly with salt and black pepper. Pour the béchamel sauce over the vegetables; cover tightly with a lid, or foil. Bake in the center of the oven for 1 hour or until vegetables are fork tender. Remove from oven and remove foil. Pre-heat broiler. Sprinkle bread crumbs over all, then sprinkle grated cheese on top. Broil until cheese is melted and beginning to form a crust. Serves 4 to 6.

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✧ THOMAS' SWEET POTATOES
\$10 / 7 lb
- ✧ * Nadler's POMEGRANATES
\$10 / 7 LB.
- ✧ * Albano's FUJI APPLES \$11/5lb.
- ✧ * APPLE MEDLEY \$12/ 5lb.
- ✧ * 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
- ✧ 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 or by phoning
559-ORGANIC, (674-2642)

**FRIDAY NOON is the Deadline to
order Organic Abundance for Next
week's CSA deliveries!**

Look for Fennel, Rutabaga, Kale or other recipes at 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. Remove and discard tops from carrots. Always protect potatoes from exposure to light. Store vegetables separate from fruits. Radicchio's bitterness comes from intybin, a stimulant of the appetite and digestive system and a tonic for the blood and liver. With marbled wine-red leaves and white ribs, this cabbage-shaped chicory has crisp raw leaves delicious in salads, or sturdy enough for braising or grilling which will bring out its sweet nature. Radicchio pairs well with polenta, pasta, white beans and risotto. Trim the dark green tops from Leeks and use them in your stock pot. The tender blanched light green and white shaft is delicious grilled or substitutes for onion in any recipe. Do not fail to wash leeks, cut in half lengthwise, under running water, fanning the leaves to remove any hidden soil. A thick and fibrous covering protects the dense, sweet, golden, firm flesh of the Rutabaga. Using a large knife cut off the crown. You will see the thickness of the peel; use a sharp paring knife, not a vegetable peeler, to remove. These under-appreciated, subterranean beauties are nutritious additions to soups and stews or grated raw into a salad. The 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 and believed to have been used as a food crop as early as 2000 B.C.E. Kale will take longer to cook than chard or spinach, usually 15- 20 minutes, but like cabbages should be cooked uncovered, or loosely covered allowing sulfurous gases to escape. Kale's hearty flavor pairs well with potatoes or beans, lentils, pasta, Italian or Kielbasa sausage, soups, red pepper flakes, vinegar, garlic, Parmesan or Asiago cheese, olive oil, sesame oil and butter. The nearly seedless Satsuma mandarins come from Ron & Melanie Heath's 36 acres in Orland California, CCOF certified organic since 1982! Both Granny Smith and Fuji Apples were grown on the Albano Family's 256 CCOF certified acres in the Cuyama Valley.

FATHER AFIELD

Animals eating seed, the grains in our daily bread included, is not exactly in the best interest of plants, which produce them for the purpose of reproduction. So has ensued an eons-old cat and mouse game between flowering botanical species and those who would eat their young in embryonic form. Tricksters that they are, plants offering floral nectars entice animals to provide vital pollination service and to disperse seeds, lured by delicious digestible fruits within which reside those vital germs of life, cleverly protected from becoming a meal for others. Many seeds resist digestion but are uniquely enhanced by a journey through an animal's gut to germinate. Some seeds taste unpleasantly bitter, still others are protected by plants manufacturing some of the deadliest poisons known; ricin, cyanide, strychnine and in the case of cotton, gossypol. Though the long familiar genus, *Gossypium*, native to several continents, has been domesticated some seven thousand years for its versatile fiber, cotton has stubbornly denied humans its seed as food. Farmers in our antebellum South saved a small fraction of seeds for replanting and crushed some for use as fertilizer. However valuable, oil and protein contents of cottonseed were largely ignored for almost a century following the 1794 invention of Whitney's gin. Enormous amounts of seed were carelessly discarded as waste, creating serious environmental problems. Post-civil war, oil crushed from cottonseed gradually became valuable industrially, further advances in its refinement were later adopted, guised as Wesson Oil and Crisco, into America's kitchens. High protein (24%) cottonseed meal however, stubbornly holds onto poisonous gossypol and can only be tolerated by ruminant animals at low levels in carefully managed diets. Chickens exclusively fed the otherwise valuable meal expire from its toxicity in a week. Efforts to eliminate gossypol from cotton plants employed classical breeding methods in the 1950's and met success but resulting varieties, no longer able to defend themselves, were invariably ravaged by pests and disease. A freshly announced breakthrough in excluding gossypol from just the seeds is being achieved by Texas A & M researcher Keerti Rathore who exploits a 2006 Nobel Prize-awarded genetic engineering technique known as RNA interference. If approved for human consumption, gossypol-free cottonseed meal could eventually supply protein needs for 500 million people, but most will likely find its way into domestic animal rations. Some plants' seed protection measures were rather easily foiled, as with common beans, by the ancient invention of cooking; others like almonds when humans long ago domesticated rare mutant trees that failed to express poison. Cotton, collaborating otherwise with humans over millennia, has until the present most cleverly refused to feed us. —Tom Willey

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

☞ Use CSA@tdwilleyfarms.com to request a vacation hold (7-day notice), order organic abundance, inquire about or make changes to your account. Look for a confirmation from Stacy or Marie. ☞ To receive a Weekend Box Preview SEND an e-mail to denesse@TdWilleyFarms.com; you can also request to be notified of late breaking Organic Abundance offerings.