

WHAT'S GROWIN' ON

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

21, 22, 23 Dec. 2009

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

VOL 8 NO. 51

"Small cheer and great welcome makes a merry feast."

- WILLIAM SHAKESPEARE



Your next boxes will be:

Jan. 5, 6, 7, 2010

BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ *Giuntoli's WINTER SQUASH(SB)(FB)
- ⌘ DESERT ARTICHOKE(S) (FB)
- ⌘ NANTES CARROTS (SB)(FB)
- ⌘ WINTER SAVOY SPINACH (SB)(FB)
- ⌘ FOG-WRAPPED LETTUCE (SB)(FB)
- ⌘ BRUSSELS SPROUTS (SB)(FB)
- ⌘ CURLY PARSLEY (SB)(FB)
- ⌘ LONG LOVELY LEEKS (SB)(FB)
- ⌘ *Thomas' SWEET POTATOES (SB)(FB)
- ⌘ FRESH, HAND-DUG YUKON GOLD POTATOES (SB)(FB)
- ⌘ *Lagier's PAGE 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

- ✦ NEW! *Lagier's PAGE MANDARINS \$11/ 3 LB.
- ✦ NEW! *Albano's PINK LADY APPLES \$10 / 4 LB.
- ✦ LONG LOVELY LEEKS \$10/4 lb.
- ✦ RED & GREEN CABBAGE \$8/7 lb.
- ✦ * Heath's SATSUMA MANDARINS \$12/ 4 LB.

DOWN ON THE FARM

"Here we are as in olden days, happy golden days of yore. Faithful friends, who are dear to us, gather near to us once more. Through the years we all will be together, if the fates allow, hang a shining star upon the highest bough, and have yourself a merry little Christmas now."

-Frank Sinatra's version of Ralph Blane and Hugh Martin's *Have Yourself a Merry Little Christmas* and my sentiments exactly. -denesse (rent *Meet Me in St. Louis* for family fun)

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

⊗ Tuesday Dec. 29 at NOON is the deadline to order Organic Abundance for the next delivery- Jan. 5, 6,7, 2010. This is also the deadline to place your box on hold or make any changes to your account. ⊗ Our office will be closed Thurs. 12/24 through Sun. 12/27; and again Thurs. through Sun. Dec. 31 to Jan. 3, 2010. ⊗ Use CSA@tdwilleyfarms.com to request a vacation hold (10-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.

FEATURED RECIPES

60-SECOND BRUSSELS SPROUTS from Chef John Mitzewich

Instead of trying to hide the flavor of Brussels sprouts, this recipe adds a few little ingredients: lemon, butter, salt, and pepper, which really bring out the natural sweetness of these tiny cabbages. about.com/southernfood/60-Second-Brussel-Sprouts.htm

- 1 to 2 dozen Brussels Sprouts
- 1 lemon, halved
- 1 Tbls. olive oil
- Salt & Pepper to taste
- 1 Tbls. butter

Cut each sprout in half and remove the core using a tiny triangle cut. Cut the Brussels sprouts into really thin slices, across the grain. Roll up all the loose leaves and slice them and add them to the pile. Heat a large skillet over super-high heat. Put in the olive oil when the pan is smoking hot. Throw in the Brussels sprouts. Squeeze in half the lemon, the other half we add at the end. Add salt and pepper. Cook the Brussels sprouts, stirring constantly for exactly 60 seconds-no more. Turn off heat, add juice from second half of lemon and butter. Stir to combine, serve when the butter has melted.

CARNIVAL SQUASH QUICHE adapted from myvegetarianrecipeof the day.com

- 2 cups Winter Squash, cooked
- 1 cup cottage cheese
- 2 eggs
- 1/2 cup milk
- 1/4 tsp. ground nutmeg
- 1 9-inch pie crust

In a blender, mix together cottage cheese and eggs till smooth. Add squash, milk, nutmeg and salt and pepper to taste. Blend until smooth. Pour into a prepared 9-inch pie crust. Bake at 350 degrees F. for 40-45 minutes or until set. Let stand for 5 minutes before serving.

This is my method for cooking any kind of squash - preheat oven to 350 degrees. Depending on your type of squash, cut in half either lengthwise (butternut, or acorn) or horizontally (for dumpling, or carnival) and scoop out the seeds and pulp. Place in a shallow baking dish (such as a cake pan), cut side down, add about 1/2" water. Bake for 20 minutes, and then check on it; some squash take up to 40 minutes, others are tender in 25 minutes. Peel after squash has cooled, run the flesh through a food mill to use in muffins, pies and soups.

The Willey Family Holiday Dinner will feature these recipes from our website: Southwestern Squash Soup, Brussels Sprouts Cockaigne, Fennel and Potato Gratin, Steamed Artichokes with Lemon-Dill Mayonnaise. For NewYear's we'll have Potage Parmentier. Look for these and other recipes at www.TdWilleyFarms.com, from the home page, select RECIPES. Scroll down to 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 except winter squash and sweet potatoes. 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. As with all cabbages, cook Brussels sprouts uncovered, or covered very loosely so that objectionable sulfurous compounds may escape. Toss

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- * BEETS \$10/ 5 bunches
- * "ROOT RIOT" \$10/ 7 LB.
- * Nadler's POMEGRANATES \$10 / 7 LB.
- * Albano's FUJI APPLES \$11/5lb.
- * APPLE MEDLEY \$12/ 5lb.
- * GIUNTOLI'S WINTER SQUASH \$10 / 7 LB.
- * JUICING CARROTS \$12/25 lb.
- * TABLE CARROTS \$10/10 lb.
- * Albano's GRANNY SMITH APPLES \$10/ 5 LB
- * WINTER SAVOY SPINACH \$10 / 2 lb
- * Las Palmalitas' LEMONS \$8/4lb
- * Foster's ONIONS \$10 / 8 LB.
- * ARUGULA \$10 / 6 BUNCHES
- * 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

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Place Organic Abundance orders at CSA@tdwilleyfarms.com or by phoning 559-ORGANIC, (674-2642)

Tuesday Dec. 29 NOON is the Deadline to order

Organic Abundance for your Next CSA deliveries!

Sprouts with olive oil, salt and pepper, spread them out on a sheet pan so that air can circulate freely, do not crowd them. Roast at 400 degrees for about 30 minutes, until crispy on the outside. *Pommes de Terre*-The French call potatoes "apples of the earth". When you cut into these tender juicy fresh potatoes, you'll understand the French affection for them. Today one cannot graduate from the Cordon Bleu Cooking School until s/he has prepared potatoes 30 different ways! Four men hand dug and washed, all day Saturday to yield us these gorgeous new **Yukon Gold Potatoes!** 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. Because we used to grow them, I could enjoy baked sweet potatoes nearly every day. For a change of pace, try roasting sweet potatoes after coating large peeled chunks with olive oil and Cajun seasoning. Or look for Sweet Potato Walnut Bread on our website. Halve **Leeks** lengthwise, from top to bottom and hold under cold running water with the green end facing down to remove dirt and fine sand trapped in leaf layers. Use the tough green portion of the stalk to add flavor to stock or broth. You may braise or grill leek halves, or slice the white portion and sauté with chopped Portobello mushrooms and minced garlic, or add to soups and stir-fry dishes. It's been a few weeks since you've enjoyed the sweet flavor of **Winter Bloomsdale Spinach**, our special Savoy variety. Please wash 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. I used to think that **Parsley** was a frivolous herb, now I don't know how I ever cooked without it! It makes almost every prepared dish taste fresher. It stores for weeks in the refrigerator, and when it gets tired looking, I throw it in the stockpot. You may have **Carnival, or Acorn Squash** 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 unmatched by any winter squashes grown here in the Central Valley. The nearly seedless **Page Mandarins** come from John Lagier, a 4th generation farmer in Escalon, California, CCOF certified since 1996. Each generation added more diversity to the San Joaquin county farm; once dry-farmed wheat and barley, cattle and vineyards were added, then almonds. John transitioned the farm to organic, added fruits and a host of farm-made almond and fruit products. Sweet and crunchy **Granny Smith** and **Fuji Apples** were grown on the Albano Family's 256 CCOF certified acres in the Cuyama Valley.

FARTHER AFIELD

Several years back we established two California native plant hedgerows on the farm to enhance biodiversity and lure beneficial insects with nectariferous early flowering shrubs. Attracting a multitude of parasitic wasps, some varieties so minute they are difficult to identify with the naked eye, is a primary objective of our hedges. Charles Darwin's faith in the beneficence of God's design was shaken by observing the abject ferocity these creatures visit on and inside their prey, usually herbivorous caterpillars. These clever hymenopteran parasitoids hang out in our "bull pen" hedge feeding on nectar but wait for the signal whiff of a crop most likely to harbor their favorite prey. Nearing its vicinity, wasps will hone in on more specific essence of plant juices blended with caterpillar saliva to locate a victim. The hapless worm is stung, an unpleasant experience you might mistakenly recall having shared, but with this unique intrusion, eggs have been oviposited inside this victim by my mercenary wasp. Eggs may be accompanied by paralyzing venom or unique viruses able to disarm the caterpillar's immune system. When the wasp's larvae hatch inside a victim's body, they know to feed on fluids and flesh but avoid its vital organs, assuring the worm's survival for as long as invaders need to mature. After days or weeks, larvae drill exit holes, now weaving cocoons on their victim's exterior from which they will pupate into flying adults. Parasite is a term with which the public and even science has conferred little respect on creatures benefiting solely at others' expense. Newfound understanding of the dazzlingly complex ecologies of these relationships is beginning to modify that moralistic view. An insightful, pioneering microbiologist, Carl Woese, only recently convinced a stubborn scientific establishment of the correctness of his re-categorization of all forms of life on planet Earth. Woese's "Tree" depicts we animals, including our brother insects, occupying just "one little twig on only a single branch among three representing the grand domains of life." If you might be seeking an exotic holiday entertainment experience that demonstrates our affinity with the insect universe, Cirque du Soleil's masterful new production "OVO" (Portuguese for egg) might be just the ticket. It plays San Francisco until Jan. 24th and then opens in San Jose, Feb. 4th. Brazilian writer and choreographer, Deborah Colker, directs the renowned Montreal-based acrobatic troupe in a dazzling anthropomorphic tribute to our insect relatives. -Tom Willey