

# WHAT'S GROWIN' ON

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

5, 6, 7 Jan. 2010

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

VOL 9 NO. 1

Although the winter  
gray with age,  
Yet reigns a sovereign  
king;  
The sun's forced rays  
will soon assuage,  
And usher in the Spring.

-FARMERS' ALMANAC



## BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ GREEN CABBAGE (SB)(FB)
  - ⌘ NANTES CARROTS (SB)(FB)
  - ⌘ DETROIT DARK RED BEETS (SB)(FB)
  - ⌘ WINTER LETTUCE (SB)(FB)
  - ⌘ RUTABAGAS (SB)(FB)
  - ⌘ BABY DILL (FB)
  - ⌘ LONG LOVELY LEEKS (SB)(FB)
  - ⌘ ARUGULA (SB)(FB)
  - ⌘ ITALIAN FENNEL (FB)
  - ⌘ \*Lagier, Heath & Jessup's  
CITRUS MEDLEY (FB)
  - ⌘ \*Jessup's ORLANDO TANGELOS (SB)
  - ⌘ \*Albano's PINK LADY 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! \* Jessup's ORLANDO  
TANGELOS \$9 / 4 LB.
- ✦ NEW! \* Albano's PINK LADY  
APPLES \$10 / 4 LB.
- ✦ New! BRUSSELS SPROUTS  
\$12 / 3 LB.
- ✦ New! BABY ARTICHOKE \$9/4lb.
- ✦ \*GIUNTOLI'S WINTER SQUASH  
\$10 / 7 LB.

## DOWN ON THE FARM

Cabbage is eaten in nearly every food culture in the world! Fermented cabbage, be it sauerkraut or kimchi, was an early and widespread form of food preservation that has nourished humanity for almost as long as agriculture itself. Like other brassicas, cabbage has been used medicinally for centuries and is still considered a digestive aid and intestinal cleanser. Pound for pound, cabbage has more vitamin C than oranges! Cabbage Gratin and Colcannon are Willey family favorites and, we hope, soon to be among yours. -denesse

## FEATURED RECIPES

### CARAWAY-SOUR CREAM CABBAGE Adapted from *completrecipes.com*

- |                           |                         |
|---------------------------|-------------------------|
| 6 cups shredded Cabbage   | 1 tsp. prepared mustard |
| 2 cups sliced Leeks       | 1 tsp. caraway seed     |
| 1-cup dairy sour cream    | 1/2 tsp. salt           |
| 2 Tbls. All-purpose flour | 1/8 tsp. pepper         |
| Paprika                   |                         |

In saucepan, bring 1/2 cup water and 1/2 tsp. salt to boiling. Add cabbage and leeks; cook, covered, till crisp-tender, 7 to 8 minutes. Drain, reserving cooking liquid. Add enough water to cooking liquid to make 3/4-cup. In same saucepan blend together sour cream, flour, mustard, caraway seed, 1/2 tsp. salt, and pepper. Stir in cooking liquid. Fold in cabbage and leek. Turn mixture into a 1 1/2-quart casserole. Bake covered at 350 degrees till just heated through, stirring once. Sprinkle generously with paprika.

### NUTTY BEET & VEGETABLE SALAD Adapted from *From Asparagus to Zucchini* by Madison Area Community Supported Agriculture Coalition.

- 2 to 3 Beets, cooked and diced
- 1 to 2 Carrots, cooked and diced
- 1 Rutabaga, cooked and diced
- 1 1/2 cup Apples, diced
- 1 1/2 cup cooked chicken, diced (optional)
- 4 cups Lettuce & Arugula, washed and torn
- 6 oz. blue cheese, crumbled
- 2/3 cup walnuts, toasted 6 to 8 minutes at 350 degrees

Dressing:  
1/3 cup minced leeks  
5 Tbls. cider vinegar  
3 Tbls. chopped fresh parsley  
4 tsp. Dijon Mustard  
1/2 cup olive oil  
Salt and pepper to taste

Make the dressing: combine leeks, vinegar, parsley and mustard. Whisk in olive oil in a thin stream. Season with salt and pepper. Alternately, mix some Dijon mustard into a prepared vinaigrette (my favorite: Newman's Own Honey Mustard). Use leftover cooked vegetables or prepare them in the microwave. One at a time, toss beets, carrots, apples, rutabagas and chicken (if using) with enough dressing to barely coat. Cover the bottom of a large wide bowl with the salad greens. Arrange the dressed ingredients on top (you can arrange them in concentric rings or in stripes, alternating colors). Sprinkle with blue cheese and walnuts, adjust seasoning and serve.

### STEAK & RUTABAGA PIES Adapted from *From Asparagus to Zucchini* by Madison Area Community Supported Agriculture Coalition. Use a 1/4" to 3/8" dice to ensure adequate cooking.

- |                                 |   |
|---------------------------------|---|
| 1 tube flaky biscuits           | 4 tsp. heavy cream                              |
| 1/2 lb. diced sirloin           | 2 Tbls. fresh Dill, parsley or Arugula, chopped |
| 1 lb. Rutabagas, peeled & diced | 1 tsp. salt                                     |
| 1/2 cup diced Leek              | 1 tsp. pepper                                   |

Preheat oven to 400 degrees. Lightly flour a work surface. Roll out the biscuits one at a time until you have 8 rounds, about 6 inches across. Combine remaining ingredients to make filling. Grease two large baking sheets. Divide filling equally among the biscuits, placing it on one half of each round. Fold dough over filling, press to seal edges, then, fold over small sections to make a ropelike edge. Place pies on baking sheets, cut a small slit into the top of each. Bake 15 minutes, reduce heat to 375 degrees and continue baking until golden brown and fully cooked, 35 to 40 minutes longer.

**Look for Carrot & Rutabaga Mash and other recipes at [www.TdWilleyFarms.com](http://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. Use microperf bags for all leafy items. Because they continue to grow, drawing both moisture and sugar from the roots, remove and discard carrot tops right

## MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- \* Nadler's POMEGRANATES  
\$10 / 7 LB.
- \* Albano's GRANNY SMITH  
APPLES \$10/ 5 LB
- \* Albano's FUJI APPLES \$11/5lb.
- \* APPLE MEDLEY \$12/ 5lb.
- \* Las Palmitas' LEMONS \$8/4lb
- \* Foster's ONIONS \$10 /8 LB.
- LONG LOVELY LEEKS \$10/4 lb.
- RED & GREEN CABBAGE  
\$8/7 lb.
- BEETS \$10/ 5 bunches
- "ROOT RIOT" \$10/ 7 LB.
- JUICING CARROTS \$12/25 lb.
- TABLE CARROTS \$10/10 lb.
- WINTER SAVOY SPINACH  
\$10 / 2 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 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 your Next CSA deliveries!**

away. Store vegetables separate from fruits. Pinch off the coarse stems from **Beet Greens**, then, sauté greens with raisins and lemon juice or use in a frittata with leeks and Swiss cheese. Trim away the dark green tops of **Leeks** and use them and the stemmy parts from beets to make stock. The lanky allium may hide a bit of sand between the leaves. When washing, slice lengthwise and rinse well. Leeks go well with eggs, potatoes, fennel, thyme, tarragon, butter, olive oil, and Parmesan, Cheddar, Gruyere and goat cheese. **Carrots** were once highly prized both as an exotic food and delicate ornament. Ladies of the Stuart court pinned young feathery carrot plumage on their splendid hats! **Rutabagas** are in the cruciferous mustard family. Experts believe them to be the offspring of the wild cabbage and the turnip. Their dense, sweet, golden, firm flesh is protected by a thick and fibrous covering. Using a large knife, cut off the crown. You will see the thickness of the peel; use a paring knife, not a vegetable peeler, to remove. Loaded with complex carbohydrates, dietary fiber, and rich in flavor, add them to soups and stews or grated raw into a salad. **Arugula** is a spicy addition to your salad or sandwich. This "weed" was the first edible green to spring up after the German bombing of English cities during WW II. Thus you will often hear this tender tasty green called "London Rocket". Crisp, sweet **Pink Lady Apples** are perfect for snacking, or added to a cole slaw. CCOF certifies the Albano family orchard in Santa Barbara's Cuyama Valley. Bill Jessup grew the **Orlando Tangelos** on his CCOF certified farm in Oasis, CA. The tangelo is a cross between a grapefruit and a tangerine, and the Orlando is known for a complex flavor with just the right balance of sweet and tart. **Baby Dill** will pair well with carrots, potatoes, and beets. There are quite a few sauces and recipes on our website using this lovely fresh herb. **Fennel** is a favorite of the Italians, who believe that finishing a meal with a bit of anise will prevent "aggita", indigestion. Quarter fennel lengthwise, grill, braise or roast fennel or make an antipasta with thin slices, drizzled with olive oil, lemon juice, salt and pepper. Use the stems in soup stocks in place of fennel's botanical cousin, celery. FB will also have the last of Heath's **Satsuma Mandarins** and/or Lagier's **Page Mandarins**. Both CCOF certified.

## FARTHER AFIELD

You might be as bewildered as is farmer Tom each year waking to the fact that picking tomatoes in June requires one to begin farming same in January. Yes, in just a couple weeks, we'll be seeding legions of pinhead-sized germs of suspended tomato animation into soil-filled cells of plastic greenhouse trays. Then we must set about fooling these into believing it's another time of year. When I worked in conventional farming, we would directly seed tomatoes into hundreds of acres of open field about Christmas time. Those patient seeds, protected from winter weed competition by herbicides, knew not to sprout until March once conditions for their survival had improved. This technique saved farmers from failing to seed their crop on time if late winter turned out to be quite wet. Each canning tomato field is pre-contracted to be picked and delivered during a specific summer week. If the narrow target is missed, an unharvested field of tomatoes will likely have to be plowed under. That high stress industry has since employed greenhouses to meet field planting schedules, now that automation has immensely reduced costs of transplant production. According to Pliny the Elder's accounts, we Westerners have been playing at indoor growing since Roman times when emperors' out of season cucumbers thrived under oiled cloth or wafer-thin sheets of mica. Personally, I find indoor culture too technical for my druthers and since I'm farming outside the year-round anyway, I leave greenhouse wizardry to my longtime friend, Kenny Lucero. Managing the controlled greenhouse environment is akin to raising a small infant in one's home; just a few minutes of inattention can spell disaster. Kenny, once our region's premiere cultivator of Japanese eggplant, now plies his farming art in table grape vineyards but he yet enjoys raising all our vegetable transplants, to exacting organic standards, as he has skillfully done for over twenty years. Kenny will soon be stretching new plastic over his high hooped greenhouse, firing up boilers that course warm water through spaghetti tubing under grow tables and hollering for fresh seeds I've sourced from across the globe. Mr. Lucero will then magically orchestrate his "fake spring" under glass, beguiling our tomatoes out of hibernation. I've just got to pull some similar trick on myself to get it up for another season. —Tom Willey

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

☀ A heartfelt Thanks to all who included holiday best wishes with their payments! ☀  
Use [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. **Look for a confirmation from Stacy or Marie.** ☀ 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.