

WHAT'S GROWIN' ON

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

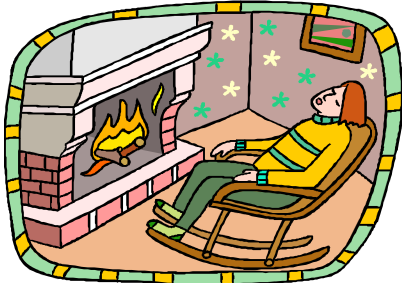
12, 13, 14 Jan. 2010

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

VOL 9 NO. 2

O Winter! Ruler
of the inverted year,...
I crown thee king
of intimate delights
Fireside enjoyments,
home-born happiness,
And all the comforts
that the lowly roof
Of undisturb'd retirement,
and the hours
Of long uninterrupted
evening, know.

-WILLIAM COWPER (1731-1800)



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ RED CABBAGE (SB)(FB)
 - ⌘ NANTES CARROTS (SB)(FB)
 - ⌘ SWISS CHARD (SB)(FB)
 - ⌘ WINTER LETTUCE (SB)(FB)
 - ⌘ ASIAN TURNIPS (SB)(FB)
 - ⌘ ITALIAN PARSLEY (SB) (FB)
 - ⌘ LONG LOVELY LEEKS (FB)
 - ⌘ *Giuntoli's WINTER SQUASH (FB)
 - ⌘ *Rucker's MINNEOLA TANGELOS(SB)(FB)
 - ⌘ *Albano's GRANNY SMITH APPLES (FB)
 - ⌘ *Albano's 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! * Rucker's MINNEOLA TANGELOS \$12 / 5 LB.
- ✘ * Jessup's ORLANDO TANGELOS \$9 / 4 LB.
- ✘ NEW! YUKON GOLD POTATOES \$10 / 6 lb.

DOWN ON THE FARM

Back in August we began seeding Swiss Chard, by mid-October we anticipated the harvest of some large succulent leaves when a strong low pressure system brought a gripping change to what had portended to be a warm dry autumn. As someone from Kansas once described, "The wind began to switch, the house to pitch and suddenly the hinges started to unhitch." The heavy rain dramatically cooled the soil, while violent winds thrashed and shredded every leaf on the farm! The result was literally one ton of ruined chard and ensuing cool, wet weather since has precluded the appearance of this delicious winter staple of greens from our boxes until now! -denesse

FEATURED RECIPES

TURNIP SUPREME Adapted from allrecipes.com Do NOT use chicken stock, it will overpower the delicate turnips, better to use a Knorr vegetable bouillon cube if you don't have any veg stock on hand.

- 1 cup veg stock
- 3 cups cubed Turnips
- 1/4 cup minced Leek
- 2 cloves garlic, minced
- salt and black pepper to taste
- 1 1/2 Tbls. sour cream
- 1/2 cup shredded sharp white Cheddar cheese
- 2 Tbls. chopped Parsley

Bring vegetable stock to a boil. Stir in the turnips, leek, and garlic, return to a boil, and cook the mixture until the turnips are tender, about 10 minutes. Reduce the heat to a simmer, and cook until most of the liquid has been evaporated, 10 to 15 more minutes. Lightly stir in the sour cream to coat the turnips. Sprinkle with salt and pepper, and top with shredded Cheddar cheese and parsley.

PASTA WITH TURNIP GREENS Adapted from seasonalchef.com

- 2 bunches Turnip Greens
- 1/2 pound orschiette, or elbow pasta
- 2 Tbls. extra-virgin olive oil
- 2 cloves garlic, chopped
- 2 anchovy filets, drained
- Pinch dried red pepper flakes

In a large pot, bring 2 to 3 quarts of water to a boil. In a large, heavy skillet or a wok, heat olive oil over **medium heat**. Add garlic and cook, stirring constantly with a wooden spoon, just until the garlic begins to color. (Take care not to let it burn or the dish will taste bitter.) Add anchovies, pressing them so they "melt" into the oil, stir in pepper flakes. While the water heats, trim the greens and wash them well. Cut the greens crosswise into 1-inch pieces or strips. When the water comes to a boil, add 1 tablespoon of salt. Toss the pasta into the boiling water. Meanwhile, add greens to the skillet, turning with tongs to coat. Keep turning the greens, they will become dark green and become tender just as the pasta is finished cooking. Drain the pasta and add to the cooked greens; toss well. Season to taste with salt and pepper. Garnish with a grating of Parmesan cheese. Makes 2 to 3 servings.

CHARD CHEESE BAKE from CSA Member Fran Lowen

- 1/2 Tbls. each of olive oil and butter
- 1 cup well washed Leeks, thinly sliced
- 1 large bunch of Chard
- 1 cup bread, cubed
- 1 cup Swiss cheese, shredded
- 4 eggs, beaten
- 1/4 cup Parmesan cheese, grated
- 1 cup milk

Preheat oven to 375 degrees F. Heat butter and olive oil over medium-low heat, add leeks. Cook until tender, allow to cool. Meanwhile, steam or sauté the washed chard, thoroughly drain and chop. Combine all ingredients. Pour into a greased 2 quart baking dish. Cover and bake until set, 25 to 30 minutes. Serves 4

BLAUKRAUT (BRAISED RED CABBAGE) Unless you like blue food, do not cook red cabbage in an iron pan.

- 1 head Red Cabbage
- 3/4 cup red wine
- 1 1/2 Tbls. salt
- 1/2 cup vegetable stock
- 1/2 cup red wine vinegar
- 1/4 cup lingonberry jam or cranberry sauce
- 1 onion or Leek
- 1 Tbls. butter
- 1/2 cinnamon stick
- 1 Apple, cored and diced
- 1 to 2 whole cloves
- 1 1/2 Tbls. sugar
- 1 bay leaf
- Salt and freshly ground pepper

Cut cabbage in half. Core it and cut into thin julienne. Place cabbage in bowl with 1 1/2 Tbls. salt and red wine vinegar. Toss and let stand for 2 hours. Dice onions, or white portion of leek, sauté in butter. Stir in diced apple and sugar, sauté lightly. Strain cabbage, add to sauté pan, reserving the liquid. Stir for several minutes. Then add strained liquid, red wine, stock, jam, cinnamon, cloves, bay leaf and cook for about 40 minutes, uncovered in a heavy bottomed pan, stirring frequently to avoid scorching. Remove cinnamon stick, cloves and bay leaf. Season with salt and pepper.

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- * BRUSSELS SPROUTS \$12 / 3 lb.
- * BABY ARTICHOKE \$9/4 lb.
- * GIUNTOLI'S WINTER SQUASH \$10 / 7 LB.
- * Nadler's POMEGRANATES \$10 / 7 LB
- * Albano's PINK LADY APPLES \$10 / 4 LB.
- * Albano's FUJI APPLES \$11/5lb.
- * Las Palmalitas' LEMONS \$8/4lb
- * 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 or by phoning 559-ORGANIC, (674-2642)

Friday NOON is the Deadline to order Organic Abundance for your Next CSA deliveries!

Look for Ribollita, Swiss Chard & Potato Enchiladas or 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. Use microperforated bags for all leafy items. Remove and discard carrot tops right away. Leeks must be thoroughly washed before using. Store vegetables separate from fruits. Swiss Chard is a cousin to spinach and may be used in soups, lentil stew, with eggs, rice, or in savory tarts. In ancient times, Parsley wreaths were used to ward off drunkenness. Today, this fresh-flavored herb is more commonly added to pasta or steamed vegetables. Turnips, *Brassica rapa*, were first grown in Asia for their oil-bearing seeds. Colza oil, pressed from the seeds of Indian turnips, was imported to fill the lamps of Europe from the thirteenth century until replaced by whale oil. Through the Middle Ages, the turnip was considered a humble food; turnips appearing on an English coat-of-arms indicate the family as a benefactor of the poor. We grow a pure white Asian variety that is both "tender and mild". Tangelos are a hybrid between a tangerine and the large grapefruit-like Pomelo, hence the name tangelo. They look like knobby oranges, but have a bright, crisp flavor and are easy to peel. The two most widely available varieties are the Orlando that we enjoyed last week from Bill Jessup, and this week's Minneola from Rucker Homestead in Coachella, certified by Guaranteed Organic. Add tangelo segments to coleslaw or tuna salad for a delicious and colorful treat. Red Cabbage's distinctive color derives from anthocyanins, the same class of pigment molecules that color flower petals and autumnal foliage. Use a stainless steel knife and a non-reactive pan to prevent red cabbage from turning blue when cooked. Sweet and crunchy Granny Smith and Fuji Apples were grown on the Albano Family's 256 CCOF certified acres in the Cuyama Valley. FB may have Sweet Dumpling, Carnival, or Acorn Squash from Carla and Paul Giuntoli, owners of Warren Creek Farms, 114 CCOF certified organic acres, in Arcata.

FARTHER AFIELD

Newly evolved weeds, refusing to play dead for Roundup herbicide, could be argued of peripheral concern to organic farmers, but another GMO resistance train wreck on the near horizon could result in losing one of the most ecologically benign pest control tools known to humankind. I'll never forget a parable with which farmer-philosopher, Fred Kirschenmann admonished the final assembly of an FDA sponsored group of scientists debating approval of GMO crops in Washington D.C. some fifteen years back. Fred equated conscription of a long used biological pesticide, *Bacillus thuringiensis* (Bt), by the emerging biotechnology industry as akin to a community's common ownership of a fruit-bearing tree in the town square. As long as each passerby plucks a single fruit, the resource is preserved for all. Should a greedy citizen strip that tree bare, the larger community is impoverished. Bt, a soil-dwelling bacterium, was discovered in Japan at the 20th century's dawn and its unique crystalline proteins (Cry toxins) have been employed to control insect pests, mostly Lepidopteron caterpillars, since the 1920's. The gut poison produced by each Bt type is lethal on only one or two insect orders while nontoxic to vertebrates and most beneficial arthropods. Pest resistance has been almost totally avoided over a near-century of use because topical Bt formulations persist in the environment only one or two days, limiting insects' exposure. When biotechnology concerns successfully inserted Bt genes into crops, which henceforth would express Cry toxins in plant tissue 24/7 over an entire season, the resistance alarm was raised. Such concerns were purportedly mollified by a requirement that farmers seeding engineered Bt crops also plant small non-GM refuges to support unexposed insect populations that could crossbreed with any pests developing resistance and thus dilute the effect. Bruce Tabashnik, University of Arizona research entomologist and GMO advocate, has just published a study documenting 41 reports from five continents of Lepidopteron Bt resistance associated with engineered crops. This "tip of the iceberg" evidence suggesting organic farmers, indeed all of agriculture, may lose a bulwark protecting both our food and the larger environment harkens back to Kirschenmann's storied warning. Have we unwisely allowed a few rogue citizens to strip the Bt tree of its marvelous fruit for short-term gain, condemning us all to future hunger? —Tom Willey

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

Please do not ignore a pink sticker on your box! If you would like a preview of next week's box, e-mail denesse@TdwilleyFarms.com. But, please use CSA@tdwilleyfarms.com to request a vacation hold, order organic abundance, inquire about or make changes to your account or to make a farm tour reservation. We confirm ALL e-mails.

STUFFED WINTER SQUASH

Adapted from cdkitchen.com

1 medium or 2 small winter squash

2 Tbls. olive oil

4 or 5 leaves Swiss Chard

8 oz. ricotta cheese

1 Tbls. grated Parmesan cheese

1/4 tsp. freshly ground black pepper

1/8 tsp. salt

1/8 tsp. ground nutmeg

Preheat oven to 325°F. Cut squash crosswise in half. Scoop out seeds and fibers; discard. Brush insides and outsides of squash halves with olive oil. Place in large shallow roasting pan. Bake, uncovered, 35 to 40 minutes or until tender when pierced with fork. Meanwhile, strip chard leaves from center stalk. Finely dice stalks and coarsely chop leaves. Steam or saute chard until tender, spread on kitchen towel to cool. In medium bowl, combine room temperature chard, ricotta, Parmesan, pepper, salt and nutmeg. Spoon equal amounts of spinach mixture into squash halves. Bake, uncovered, an additional 10 to 15 minutes or until heated through.