

WHAT'S GROWIN' ON

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

19, 20, 21 Jan. 2010

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

VOL 9 NO. 3

An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.

MARTIN LUTHER KING JR. (1929-1968)



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ TUSCAN KALE (SB)(FB)
- ⌘ NANTES CARROTS (SB)(FB)
- ⌘ WINTER SAVOY SPINACH (SB)(FB)
- ⌘ FENNEL (SB)(FB)
- ⌘ *Fresh!* YUKON GOLD POTATOES (SB)(FB)
- ⌘ CILANTRO (FB)
- ⌘ LONG LOVELY LEEKS (SB) (FB)
- ⌘ EASTER EGG RADISHES (FB)
- ⌘ *Sanchez' NAVEL ORANGES (SB)(FB)
- ⌘ *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! *Nolan's **KIWIFRUIT**
\$11 / 3 LB
- ⌘ NEW! * Jessup's **MARSH RUBY GRAPEFRUIT** \$9.50 / 6 FRUITS
- ⌘ *Rucker's **MINNEOLA TANGELOS** \$12 / 5 LB.
- ⌘ * Jessup's **ORLANDO TANGELOS** \$9 / 4 LB.
- ⌘ NEW! **RED POTATOES** \$10/ 8 LB.

DOWN ON THE FARM

Bulb Fennel or Florence Fennel is also known as Finocchio. It comes from a large family of over 3000 species, including parsley, caraway, cumin and coriander. Yet, under any of its gastronomic guises it's an enormously pleasing food that fills the kitchen with sweetly licoriced aroma conjuring sunny Mediterranean landscapes. Italians employ the bulb, with its delicate celery texture, as a vegetable; while the French treat it as an herb, using leaves in salads and the little known fennel flower to impart additional flavor to pickled olives and capers. The fronds are the perfect raw finish to a fennel dish, sprinkled on as a bright green top layer to echo the anise flavor. Thinly slice fennel crosswise for sautés, pastas, and salads, or cut it into wedges lengthwise to roast, braise, or gratin. First, rinse the bulb and fronds well and pat them dry. Cut off the stalks close to the bulb. If you want to remove some of the slightly stringy outer layer, peel bulb with a vegetable peeler. To slice for salads or quick cooking, just cut across the bulb as thick or thin as you like. For longer cooking methods like braising and roasting, cut the bulb lengthwise into wedges of any size. Slice through the core, leaving some of it attached to each wedge to help keep the wedges together. The core will become tender with cooking. -denesse

FEATURED RECIPES

PASTA WITH KALE, SAGE, & POTATOES Adapted from Deborah Madison's *Local Flavors*

- 2 Tbls. butter
- 2 large garlic cloves, peeled and smashed
- 5 sage leaves
- 1 bunch Tuscan Kale
- 1 cups diced Potatoes, 1/2-inch
- 1/2 lb gemelli or strozzapreti pasta
- 3 oz fontina cheese, cubed
- freshly grated Parmesan cheese

Bring large pot of water to boil. Meanwhile, heat butter, garlic, and sage in small skillet over medium heat until butter is lightly browned and nutty smelling. Turn off the heat and discard the garlic. Strip kale from stems (reserving them for stock), coarsely chop leaves. Add 1 Tbls. salt and kale leaves to boiling water. Boil for 4 minutes, then add potatoes, and boil for 6 more minutes or until both are tender. Scoop out, shake off excess water and reserve in bowl. Return salted water to boil, cook pasta until al dente, then drain. Toss pasta, potatoes, and kale together with the butter and sage. Use a spatula to get all the butter into the pasta. Add fontina and a generous grating of Parmesan, and toss well. Correct seasoning with salt and pepper, serves 4.

FENNEL, ORANGE, & SPINACH SALAD Adapted from foodnetwork.com

- 1 large bulb Fennel
- 2 Navel Oranges, peeled
- 1/4 cup extra virgin olive oil
- 2 Tbls. minced Leeks
- 2 ounces Parmesan, thinly shaved with a vegetable peeler
- 1/2 tsp. salt
- 1/4 tsp. freshly ground black pepper
- 8 oz. Savoy Spinach, chopped
- 20 oil-cured black olives

Wash spinach according to package directions, drain well. Coarsely chop stems and leaves, pat dry. Slice fennel as thinly as possible using a mandolin or very sharp knife. Segment the oranges over a bowl to catch any juices. Whisk together the orange juice, oil, leeks, salt and pepper. Add the fennel, orange segments and spinach to the "dressing", and toss to coat. Divide the salad among 4 plates and top each with 5 olives. Top each salad with cheese and a few reserved fennel fronds. Serve immediately.

FENNEL, LEEK, & POTATO SOUP Adapted from myrecipe.com

- 1 Tbls. butter
- 1 cup Fennel bulb, chopped
- 1 cup Leek, thinly sliced
- 1 cup Potato, (1-inch) cubed
- 1/2 cup water
- 1/2 tsp. salt
- 1/4 tsp. fennel seeds
- 1/8 tsp. black pepper
- 2 cups chicken or veg. stock
- 2 Tbls. diced Fennel fronds

Melt the butter in a Dutch oven over medium-high heat. Add fennel bulb and leek; sauté 4 minutes. Add potato, water, salt, fennel seeds, pepper, and stock, and bring to a boil. Cover, reduce heat, and simmer 20 minutes or until potato is tender. Place half of the soup in a blender; process until smooth. Pour pureed soup into a bowl. Repeat procedure with remaining soup. Return pureed soup to pan; simmer 5 minutes or until slightly thick. Garnish with fennel fronds.

With potatoes and leeks in the box, many of you will attempt the famous Potage Parmentier. Your efforts will be rewarded if you take the time to mash the potatoes by hand. BEWARE, the use of a food processor or emersion blender will result in a gluey mess! Look for this 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 ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✦ YUKON GOLD POTATOES
\$10 / 6 lb.
- ✦ BRUSSELS SPROUTS \$12 / 3 lb.
- ✦ BABY ARTICHOKE \$9/4 lb.
- ✦ * Nadler's POMEGRANATES
\$10 / 7 LB
- ✦ * Albano's PINK LADY APPLES
\$10 / 4 LB.
- ✦ * Albano's FUJI APPLES \$11/5lb.
- ✦ * Las Palmitas' LEMONS \$8/4lb
- ✦ LONG LOVELY LEEKS \$10/4 lb.
- ✦ GREEN CABBAGE \$8/8 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
- ✦ 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!**

MORE RECIPE AND STORAGE TIPS..

<http://whfoods.org/foodstoc.php>

Refrigerate everything except Potatoes. Use microperf bags for all leafy items. Remove and discard carrot tops right away. Leeks must be thoroughly washed before using. Store vegetables separate from fruits. Always protect potatoes from light. The Italian heirloom, *Nero di Tosca*, Tuscan Kale, with its long blue-green leaves is highly nutritious, delicious and extremely hardy. One of the oldest forms of cabbage, Kale originated in the eastern Mediterranean and is believed to have been used as a food crop as early as 2000 B.C.E. A good source of calcium, one serving provides all the adult daily requirements of vitamin A and C. Don't forget the benefits of fiber, high calcium and the kale family's proven reputation for anti-cancer properties. Chefs and their patrons love the intense flavor of our **Winter Savoy Spinach** when grown in a biologically active, fertile organic soil. The plant's sweetness is most concentrated in its tender stems. A serving of spinach is an excellent source of Vitamins C, B-complex and enough Vitamin A for 2 days! Spinach is a magnet for soil; please follow the washing instructions on the bag. The "Washington" **Navel Oranges** are an old sweet Brazilian variety, first planted here in the late 1870s. We're at the height of the season for local navel oranges, these are from Nacho and Cassi Sanchez's QAI certified organic farm in Dinuba. **Pink Lady Apples** are CCOF certified from the Albano family in Santa Barbara County's Cuyama Valley. The sweet, tangy Pink Lady Apples are superb for enjoying both fresh and cooked.

FARTHER AFIELD

Friend Bruno Luconi, who stewards "The Oasis Garden" in Clovis for Japan's Mokichi Okada Association, just returned from one of his frequent continuing education junkets to that island nation. Bruno has kept me abreast of developments in Asia's Nature Farming movement since we visited Japan together some years back. Our respective organic communities could benefit from a greater sharing of knowledge but language barriers are formidable. Japan experiences negative consequences of hyper-urbanization to a more profound degree than do we Americans and this is driving an emerging synthesis between agriculture, environment and healthcare they have christened "Agromedicine". Presently of paramount concern are mental and physical disease issues related to an agriculture six times as chemically intensive as North America's that plague Japan's urban populations living in dense near-virtual environments, devoid of contact with soil or nature. The late critic of industrial society, Mokichi Okada and his followers' recipe blending Nature Farming and pure food with Western medicine complemented by Eastern spiritual approaches to wellness, emphasizing the profound role played by beauty and art in healthy civilizations is gaining traction among academic leaders of Japan's major medical and agricultural universities. Several of these have established collaborative facilities combining alternative practices of both agriculture and medicine with the emphasis on analyzing each from an evidence-based scientific perspective. In Thailand, a major hospital has developed an adjacent organic nature farm from which they now feed inpatients. Impetus for our own organic movement derived from Westerners' contacts with more ancient and rich traditions of nature-based farming in India, Japan, Korea and China. Japan's near train wreck with chemical agriculture over the last century has engendered a newfound respect for and willingness to reexamine the potential of these traditions. Japanese medical science, approaching a "salutogenic model", now seeks to therapeutically reconnect urban populations with soil and natural environments. These trends, although nascent in our country, seem to be gaining more widespread, rapid acceptance in socially homogenous Japan. We have much to learn from our brethren in the East and I'm grateful to Bruno and his MOA colleagues for opening a small window into that world for me. —Tom Willey

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

☼ If you are disappointed, so are we: Farming with "natural systems agriculture" means that our crops can be either blessed or abused by nature. We endeavor to deliver only quality, delicious produce. Please let us know promptly if any item does not meet this standard. ☼ If your name is on the sign-off sheet, A BOX HAS BEEN PREPARED AND DELIVERED FOR YOU. Should you find that your box is missing, please contact the host or the Farm immediately, so that we may help you find your produce. You will NOT be given a credit for a "missing" box unless we hear from you within 12 hours of your pick up time. Our CSA phone (674-2642) is available to you 24 hours a day. ☼ E-mail denesse@TdwilleyFarms.com if you would like a preview of next week's box or wish to be added to the O.A. add-on list. But, please use CSA@tdwilleyfarms.com to request electronic statements, a vacation hold, order organic abundance, inquire about or make changes to your account. We confirm ALL e-mails. ☼

CILANTRO PESTO

Adapted from simplyrecipes.com

Use in salsa, guacamole, on eggs or grilled fish, stir into cottage cheese for a delicious chip dip or use as a seasoning in soup.

1 bunch of Cilantro, large stems removed

1/3 cup blanched almonds

1/2 cup chopped Leeks

1 to 2 pinches red pepper flakes

1/2 teaspoon Kosher salt

1/4 cup olive oil

In a food processor, pulse cilantro, almonds, leeks, red pepper, and salt until well blended. With the food processor running, slowly add the olive oil in a steady stream. Add more oil as needed for your use. Makes about 1 cup.

Whatever you don't use within the week can be frozen. Line an ice cube tray with plastic wrap and fill in the individual cube spaces with the pesto. Freeze and remove from the ice tray, put in a sealed freezer bag for future use.