

# WHAT'S GROWIN' ON

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

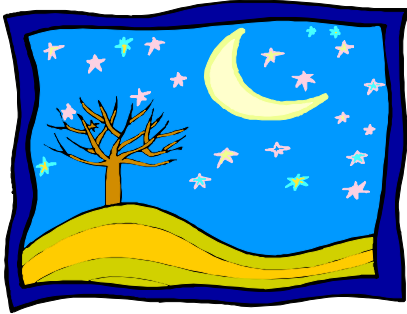
26, 27, 28 Jan. 2010

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

VOL 9 NO. 4

But see, Orion sheds  
unwholesome dews;  
Arise, the pines a noxious  
shade diffuse;  
Sharp Boreas blows, and  
nature feels decay,  
Time conquers all, and we  
must time obey.

ALEXANDER POPE (1688-1744)



## BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ☞ COLLARD GREENS (SB)(FB)
- ☞ NANTES CARROTS (SB)(FB)
- ☞ DETROIT DARK RED BEETS (SB)(FB)
- ☞ CURLY PARSLEY (SB)(FB)
- ☞ Fresh! RED LASODA POTATOES (SB)(FB)
- ☞ WINTER LETTUCE (SB)(FB)
- ☞ BABY ARTICHOKE (FB)
- ☞ LONG LOVELY LEEKS (FB)
- ☞ \* Rucker's MINNEOLAS (FB)
- ☞ \* France's CARA CARA

ORANGES (SB)(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! \* France's CARA CARA  
ORANGES \$11 / 5 LB
- ✧ WHILE THEY LAST! \* Sanchez's NAVEL  
ORANGES \$ 11/ 8 LB.
- ✧ \* Nolan's KIWI FRUIT  
\$11 / 3 LB
- ✧ \* Jessup's MARSH RUBY  
GRAPEFRUIT \$9.50 / 6 fruits

## DOWN ON THE FARM

The potato's reputation as a high-carb, white starch has removed them from the meals of many a weight-conscious eater, but this stereotype is due for a significant overhaul. It is completely true that the Irish obtained their entire protein needs from a per capita consumption of 8 lbs. potatoes and a glass of milk each day during most of the 19<sup>th</sup> century. A plant geneticist at USDA's Research Service just developed a new analytical method identifying 60 different kinds of phytochemicals and vitamins in the skins and flesh of potatoes. Red potatoes' phenolic content rivals that of broccoli, spinach and Brussels sprouts, and includes flavonoids delivering protective activity against cardiovascular disease, respiratory problems and certain cancers. Potatoes have high levels of vitamin C, folic acid, and compounds that demonstrate blood pressure lowering potential. Baked, steamed or sautéed but not fried, potatoes deserve a place in your healthy way of eating. -denesse

## FEATURED RECIPES

### CABBAGE GRATIN from the All New All Purpose Joy of Cooking

This recipe can be doubled and baked in a 9" x 13" casserole. A number of different "cabbages" can be combined in this recipe. Use Kohlrabi leaves, any kind of Kale, Green or Red Cabbage and Collard Greens alone or in combination.

- |                               |                                 |
|-------------------------------|---------------------------------|
| 1/2 cup toasted breadcrumbs   | 1/4 cup all-purpose flour       |
| 6 Cups shredded "Cabbage"     | 1 tsp. salt                     |
| 2 large eggs                  | 1/2 tsp. caraway seeds, toasted |
| 1 cup half n half             | 1/8 tsp ground cardamom         |
| 1/2 cup grated Gruyere cheese | 1/4 cup grated Parmesan cheese  |

Preheat oven to 375 degrees F. To prepare collard leaves, gently fold in half so that the center stalk protrudes, cut or pull stalk from the leaf. Use these stalks when making soup stock. Stack leaves and cut into ribbons or coarsely chop. Butter an 8" x 8" baking dish. Dust the dish with breadcrumbs. Bring 4 quarts water and 1 1/2 Tbls. salt to a rolling boil in a stockpot. Add "Cabbage" and cook for 5 minutes. Drain and press out as much water as possible. In a large bowl: Whisk together eggs, half n half, Gruyere, flour and seasonings. Add the drained cabbage, pour into the baking dish, cover the top with Parmesan: Bake until golden on top, 40 to 50 minutes.

### FRIED BEETS 'N' CARROTS adapted from From Asparagus to Zucchini by the Madison Area CSA

Coalition. This recipe, a repeat, is a favorite of our daughter and her fiancée. **Tamari** is similar to but thicker than soy sauce, a dark sauce made from soybeans. It has a distinctively mellow flavor and is used primarily as a table condiment, as a dipping sauce or for basting.

- |                    |                            |
|--------------------|----------------------------|
| 2 Tbls. olive oil  | 2 medium Beets, scrubbed   |
| 2 tsp. cumin seeds | 2 medium Carrots, scrubbed |
| Tamari sauce       |                            |

Remove tops from beets. Pinch off heavy stems (reserve for stock pot), wash leafy portion, drain and coarsely chop. Scrub carrots and beet roots, cut into 1/4-inch thick slices. Heat olive oil in skillet. Add cumin, cook about 1 minute. Add beets and carrots; fry until tender. Add beet greens, cover and cook until greens are soft. Toss with Tamari, serves four.

Look for **Potato & Artichoke Ragout, Chocolate Beet Brownies, Denesse's Collard Greens** or 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 except potatoes. Use microperforated bags for all leafy items. Remove and discard carrot tops right away. Leeks must be thoroughly washed before using. Always protect potatoes from exposure to light. Store vegetables separate from fruits. The Fuji Apple is a cultivar developed in Morioka, Japan in the late 1930's and brought to market in 1962. It is a cross between two American heirloom varieties, the Red Delicious and old Virginia Ralls Genet apples. Sweet and crunchy, our Fuji Apples are bit rough looking, but eat quite well; grown on the Albano Family's 256 CCOF certified acres in the Cuyama Valley. Short cold days have brought the Nantes Carrots to their peak. Unlike the bright orange varieties most familiar in this country, early Carrots derived from purple species first grown in Afghanistan during the seventh century. The Moors brought seeds of purple carrots, together with a yellow mutant variety, to

## MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- \* RED POTATOES \$10/ 8 lb.
- \* Jessup's ORLANDO TANGELOS \$9 / 4 LB.
- \* YUKON GOLD POTATOES \$10 / 6 lb.
- \* BRUSSELS SPROUTS \$12 /3lb.
- \* 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 Palmalitas' LEMONS \$8/4lb
- \* LONG LOVELY LEEKS \$10/4 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](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!**

Western Europe. In the Middle Ages, Dutch gardeners produced the bright orange carrot we know today. English colonists brought carrots with them to the new world and by the nineteenth century, the roots were a staple vegetable in both Europe and America. Beta-carotene is a deep orange compound abundant in carrots, sweet potatoes, and cantaloupes. The body converts this compound into Vitamin A. While a person can overdose on the Vitamin A found in nutritional supplements, naturally occurring beta-carotene is non-toxic even in large amounts. In fact, populations whose diets are naturally high in this compound have low incidence of lung, colon, prostate, cervical and breast cancer. Our **New Red LaSodas** defeated even popular yellow potato varieties in blind taste tests. Fresh winter potatoes are crisp and juicy with just a hint of sweetness. Enjoy them roasted, mashed or baked, but they are too fresh for frying. Trim tops from **Detroit Red Beets** reserving the tender inner leaves for use in mixed salads. Wash the roots and roast at 350 °F for the better part of an hour, or until easily pierced with a knife. When cool enough to handle, don a pair of kitchen gloves to peel, skins should slip off easily. Leave whole or quarter them, marinate in cider vinegar, salt & pepper. Add oil just before serving. They combine well with any kind of citrus. **Collard Greens** are an ancient cousin to cabbage, forming large fan-shaped leaves instead of a dense head. They are nutrient dense, rich in Vitamins A & C, calcium and potassium, and all the cancer fighting elements shared with other members of the Brassica family. Well adapted to warm climates, collards became a popular food among African slaves brought to North America to work on Southern plantations, sometimes eaten at nearly every meal. Like all cabbages, cook uncovered. **Cara cara** is a type of navel orange with a deep rosy flesh comparable to red grapefruit. Sweet and low in acid, the flavor is more complex than most oranges. These seedless fruits come from John France's C.C.O.F. certified farm in Porterville. The **Minneola** is a 1931 cross between the Duncan Grapefruit and Dancy Tangerine; from Rucker Homestead in Coachella, certified by Guaranteed Organic.

## FARTHER AFIELD

Consumer Reports (January, 2010) has just published noteworthy results from their most recent of periodic surveys examining pathogen contamination of chicken in the American marketplace. Unlike CR's previous 2007 survey, this time both store and name branded organic chickens demonstrated significantly lower levels of salmonella and campylobacter contamination than did two of the three major conventional brands. Most significant for our CSA members was the finding that, comparing all categories, air chilled organic brands "proved especially clean"; our local Mary's Chickens being one. This region's dominant conventional producer, Foster Farms' birds tested clean of both pathogens only 16% of the time, while organic name brands were found clean at a 47% frequency. The key appears to be recent adoption by some organic poultry processors, including Mary's, of air chilled technology, long used in Europe but uncommon until now in the U.S. It follows the same principle as our farm's spray washing potatoes on screens rather than dragging them through a common water bath that often serves as a spoilage organism inoculant. Mary's air chilled system, installed at considerable expense, conveys slaughtered birds on a circuitous hanging conveyor, traveling at a snail's pace through several chill rooms while they are blown on by cold, moist air. An offset conveyor design prevents birds from dripping on each other and cross contaminating. Conventional common bath chilling causes a chicken to retain up to 10% of its shelf weight as absorbed, chlorinated, cross-contaminated water. Mary's full line of poultry products, including the new "California Bronze" pastured chickens, are available at Kristina's Natural Ranch Market in Fresno. Fewer Mary's products are carried by The Market. Both these local, family owned grocers host CSA pick up sites and their enthusiastic support for locally produced foods is both remarkable and deserving of our patronage. I met the Madera-based Pitman Family, three-generation poultry producers, some fifteen years back when we moved our farm to this community. They are an excellent example of conventional producers who perceived public criticism of industrial practice as an opportunity rather than a threat, leading them to found Mary's Chickens, Turkeys and Ducks. Mary and Rick are long time CSA members, good friends and local farming innovators in whom we can take pride. —Tom Willey

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

☼ **Monthly Statements for February have been mailed. Your payments are due Feb. 5.** ☼ For your convenience, we accept Visa and Mastercard. ☼ ☼ If you would like a preview of your next box, e-mail [denesse@TdwilleyFarms.com](mailto:denesse@TdwilleyFarms.com). But, please use [CSA@tdwilleyfarms.com](mailto: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. ☼