

WHAT'S GROWIN' ON

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

2, 3, 4 Feb. 2010

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

VOL 9 NO. 5

The tendinous part of the mind, so to speak, is more developed in winter; the fleshy, in summer. I should say winter had given the bone and sinew to literature, summer the tissues and the blood.

JOHN BURROUGHS (1837-1921)



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ BRUSSELS SPROUTS (SB)(FB)
- ⌘ SNOW WHITE TURNIPS (SB)(FB)
- ⌘ RED OR RAINBOW CHARD (SB)(FB)
- ⌘ BABY DILL (SB)(FB)
- ⌘ *Fresh!* RED LASODA POTATOES (SB)(FB)
- ⌘ RED BUTTER LETTUCE (SB) (FB)
- ⌘ LONG LOVELY LEEKS (FB)
- ⌘ * Halperin's YELLOW ONIONS (SB)
- ⌘ * Rucker's ROYAL MANDARINS (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
- ✘ NEW! * Rucker's ROYAL MANDARINS \$ 12/ 6 LB.
- ✘ * Nolan's KIWI FRUIT \$11 / 3 LB
- ✘ * Jessup's MARSH RUBY GRAPEFRUIT \$9.50 / 6 fruits

DOWN ON THE FARM

The abundant rains have delayed us in transplanting our last onions and reseeding the numerous vegetables that will soon be flowering. We have been able to slog out the potatoes, and with them come a reminder of our Irish heritage. It is 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 19th century. The Irish have a lovely way of cooking "praties in their jackets", knowing just when the potatoes are almost tender, pouring off all the water and returning the pot to the hot stove to steam them in the remaining moisture. That is, as Tom's Papa used to say, "how ye could make an entire meal out of a potato." – *denesse*

FEATURED RECIPES

PAN HAGGERTY Adapted from *The Potato Year* by Lucy Madden *FB may double*

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|--|--------------------------------------|
| 3/4 lb. Potatoes, sliced as thin as possible | 3 oz. grated cheese |
| 1 Tbls. butter | 1 cup Onion or Leeks, sliced |
| 1/2 Tbls. canola oil | salt and freshly ground black pepper |

Melt the fats in a frying pan and swirl around to cover the base. Line the pan with half the potatoes. Combine cheese, onion or leeks and seasonings, spread over the potatoes. Arrange remaining potatoes on top. Cover (use a plate if you don't have a lid) and cook over low heat for about 40 minutes or until potatoes are very tender. Remove cover and brown the top under oven broiler. Serve very hot.

TURNIP SALAD Adapted from Judy Gorman's *Vegetable Cookbook*. *FB may double*.

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|---|---|
| 4 Tbls. mayonnaise | 1 Tbls. grated Onion or Leek, patted dry |
| 2 tsp. whole grain mustard | salt & freshly ground black pepper to taste |
| 1 tsp. lemon juice | 4 to 6 leaves of Red Butter Lettuce |
| 2 large Turnips, trimmed, scrubbed and shredded | |

Drain shredded turnips in a colander. Meanwhile, combine mayo, mustard, lemon juice and grated onion or leeks in a large bowl. Add turnips, toss to combine. Correct seasoning, cover bowl, refrigerate one to two hours. Wash and dry lettuce leaves. Make a bed of two leaves on each salad plate. Spoon the turnip mixture on top. Serve at once. Serves 2 to 3.

SESAME BRUSSELS SPROUTS Adapted from allrecipes.com *FB may double*

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|--|------------------------------|
| 1/2 pound fresh Brussels Sprouts, halved | 1 tsp. sugar |
| 1 Tbls. butter | 1 tsp. cornstarch |
| 1 Tbls. canola oil | 4 tsp. soy sauce |
| 1/2 cup water, divided | 2 garlic cloves, minced |
| few drops sesame oil | 1 tsp. sesame seeds, toasted |

In a large skillet cook the Brussels sprouts cut side down, in butter and oils with 1/4 cup water over medium heat until tender, about 12 to 15 minutes. Remove from heat, but keep warm. In a sauce pan, combine sugar, cornstarch, soy sauce, garlic and water until blended. Bring to a boil over medium heat; cook and stir for 1 minute or until thickened. Add sprouts and toss to coat. Sprinkle with sesame seeds.

Look for Brussels Sprouts Cockaigne 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 potatoes. Use microperf bags for all leafy items. Leeks must be thoroughly washed before using. Always protect potatoes from exposure to light. Store vegetables separate from fruits. Leafy Red or Rainbow Chard makes a delicious frittata with well washed, sliced Leeks or Onions. Chard is a variety of beet grown for its tops, not its root. Europeans consider the stalks the best part of the plant. It is easy to strip leaves from the colorful stems. Once leaves are stripped, washed, and drained, they can be used as one would use spinach – in soups, casseroles, as braised greens, and in savory tarts. Chard pairs well with pasta, potatoes, tofu, rice, eggs, lentils, red pepper flakes, garlic, basil pesto, cilantro, lemon, olive oil, Gruyere or Swiss cheese and tomatoes. For thousands of years before the Spanish arrived, Peruvians had cultivated an enormous diversity of potato varieties in the high Andes Mountains. Their unique method of "freeze-drying" makes the tuber one of the first preserved foods. Potatoes are fat-free,

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✦ **RED POTATOES \$10/ 8 lb.**
WHILE THEY LAST! * 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 or by phoning 559-ORGANIC, (674-2642)

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

and a good source of Vitamins B₁, C and niacin. Minerals like potassium, calcium and phosphorus concentrate near the peel so cook them in their skins. We use a single-row digger to lift potatoes from the soil and convey them to the surface where they are retrieved by hand. The juicy "Pommes de terre" are then washed, sorted, boxed, and placed in the cooler where they'll sleep until delivered. Potatoes are delicious in soups, stews, salads, gratins, and baked goods. Though too fresh to fry, they can be baked, roasted, grilled, boiled and mashed. **Royal Mandarins** are a juicy cross between the King mandarin and a grapefruit. These are from Rucker Homestead in Coachella, certified by Guaranteed Organic. You have probably noticed that apples in the store are either from Washington or New Zealand. We had the opportunity to take these "cosmetically challenged" **Fuji Apples** from Albano's CCOF certified organic orchard in the nearby Cuyama Valley as we wanted to offer good tasting California Fujis for most of the winter season. My sister and I eat **Snow White Turnips** like apples. You may wish to cut turnips into sticks and serve with dip or instead of celery alongside some Buffalo wings during Sunday's Big Game. To bring out their sweetness, bake them along side a chicken or roast. We once believed that **Brussels sprouts** could only be grown within view of the cool foggy ocean side. We started these plants from seed last summer, transplanted them in September and began harvesting them after the New Year. Many who believe that they do not care for our lovely *petit chou*, have never had them truly fresh. As with all cabbages, cook uncovered, or covered very loosely so that objectionable sulfurous compounds may escape. Toss 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, until crispy on the outside; checking every few minutes for tenderness. **Yellow Onions** are from Hollister grower, Michael Halperin, C.C.O.F. certified since 1988.

FARTHER AFIELD

A maverick geneticist, whose countenance evokes that of bison from the Kansas prairie to which he is native, may be poised to launch a revolution in agriculture like no other since the inception of cultivation itself ten millennia past. Wes Jackson's profound insight has several times graced our Eco-Farm conference over its 30-year history and this year's report on decades of ongoing effort at the Land Institute to perennialize grain agriculture was impressive. The septuagenarian gene wizard, reared on a highly diversified small farm outside Topeka, has spent the greater part of an entire scientific career comparing energy dynamics of native prairie ecosystems to the grain monocultures that have usurped the landscape of his region. Former MacArthur genius award recipient, Jackson illustrated how 75% of humanity's food calories are produced by cultivating annual cereal grains, food legumes and oil seed plants that similarly command three quarters of all the world's croplands. Selecting seeds of easily manipulated annual species like emmer wheat and wild barley quickly rewarded our farming ancestors' original efforts at plant domestication. Annual grains' requirements for reseeding and regrowing a shallow, limited root mass for each harvest demands prodigious fossil fuel inputs for plowing, fertilization and pest control which wreaks havoc across our fragile biosphere. But Jackson has observed that vastly more extensive, perennial root systems of native prairie grasses and flowers produce significantly greater photosynthetic energy yields with few or no inputs while stabilizing environments in which these flourish. Jackson and colleagues at his Salina, Kansas Land Institute have pursued novel breeding programs over the last third century, hybridizing modern cereals with their wild, perennial relatives in an attempt to establish perennial grain polycultures in mimicry of the natural systems monoculture replaced. This seemingly quixotic scheme has more recently been embraced by additional breeding teams at a growing number of research facilities around the globe. Jackson's bold approach seeks to tackle the essential problem of agriculture, disruption and destruction of the very natural systems that sustain its productivity. Should science and agriculture succeed in this effort to perennialize grain cropping, a monumental step toward sustaining our human race on the planet will have been taken. —Tom Willey

For more info: www.landinstitute.org

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

☉ **Your monthly payments are due Feb. 5.** ☉ Keep in mind that our sites are also people's homes and places of business. Members are expected to unfold their box and place it in the box rack at your delivery site. Contact the host first if you need to visit the site outside of the normal pick-up day and time. ☉ *The paper that lines your boxes can be recycled with your newspapers. We cannot reuse this paper once it has left the farm. Some creative people save the paper and turn it into gift-wrap with lovely homemade printing.* ☉ 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.☉