

WHAT'S GROWIN' ON

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

9, 10, 11 Feb. 2010

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

VOL 9 NO. 6

“Natura enim non imperatur, nisi parendo.”

SIR FRANCIS BACON

Nature cannot be ordered about, except by obeying her.



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ * Heger's BROCCOLI (SB)(FB)
 - ⌘ RUTABAGAS (SB)(FB)
 - ⌘ WINTER SAVOY SPINACH (SB)(FB)
 - ⌘ ITALIAN PARSLEY (SB)(FB)
 - ⌘ YUKON GOLD POTATOES (SB)(FB)
 - ⌘ ROMAINE LETTUCE (FB)
 - ⌘ LONG LOVELY LEEKS (FB)
 - ⌘ NANTES CARROTS (SB)(FB)
 - ⌘ * Rucker's ROYAL MANDARINS (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! * 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
- ✂ * Las Palmitas' LEMONS \$8/4lb

DOWN ON THE FARM

Truck after truck arrives at the farm delivering composts made from either dairy manure or urban yard greens. Tom Bursey's spreader broadcasts the dark, earthy fertilizer, driving between white marker bags neatly dividing the fields. Soon after, our tractors are working the fresh microbes into the awakening soil. Flocks of small birds follow the disk, looking for an easy snack. For our winter crops it's "sap rising" time. Seeded last fall, they will be starting to "bolt" and finish their life cycle. Onions add girth as they are weeded for the first time. Radishes and beets emerge from their January seeding. – *denesse*

FEATURED RECIPES

CITRUS SPINACH SALAD Adapted from foodnetwork.com

- 2 Royal Mandarins, peeled and sectioned, pith removed
- salt and pepper
- extra-virgin olive oil
- 8 oz. Bloomsdale Spinach, washed and spun dried

Peel and cut the citrus fruit into sections over a plate. Drain the juice from the plate into a bowl. Season liberally with salt and fresh ground pepper. Whisk in olive oil to form a vinaigrette (use a bit more oil than juice). Season citrus sections with salt and pepper. Drizzle a little of the vinaigrette on them to marinate. Toss the spinach with the citrus vinaigrette, add citrus and serve.

LANTTULAATIKKO (Finnish Rutabaga Casserole) courtesy of Paula Smeds

If you have rutabagas leftover from week 4, double or triple this recipe

- 1 large rutabaga
- 1/2 cup heavy cream
- 3 Tbls. breadcrumbs
- 2 eggs
- 3 Tbls. maple syrup
- pinch of grated nutmeg

Remove the thick peel from Rutabaga, cut into cubes and cook in salted water to cover until soft. Drain and mash, or put through a food processor. Let breadcrumbs swell in the cream and add to the mashed rutabaga. In a separate bowl, beat eggs, add syrup and nutmeg. Combine all the ingredients and pour into a greased oven-proof casserole. Bake at 350 ° F. for about 1 hour until firm.

CREAMY BROCCOLI SLAW adapted from Foodnetwork.com

- 1/2 cup lowfat Greek yogurt, or strained yogurt
- 1/4 cup toasted, salted sunflower kernels
- 2 Tbls. milk
- 2 Tbls. lemon juice
- 1 Tbls. mayonnaise
- 1 tsp. spicy brown mustard
- salt & black pepper to taste
- 1 cup peeled, shredded Broccoli stalks
- 1 cup shredded Carrots
- 1 cup peeled, shredded Rutabaga

If using regular yogurt, place it in a strainer lined with paper towel and set the strainer over a bowl. Let the yogurt drain and thicken for 20 minutes. Combine yogurt, milk, lemon juice, mayonnaise, mustard, salt and pepper. Whisk to incorporate and reserve. Shred broccoli stalks in food processor, then shred carrots and rutabaga. Combine shredded vegetables with dressing and toss well. Sprinkle with sunflower seeds, Serves 4.

Look for Bashed Neeps 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 microperforated bags for all leafy items. Leeks must be thoroughly washed before using. Always protect potatoes from exposure to light. Store vegetables separate from fruits. Promptly remove and discard carrot tops. Broccoli is from Joe Heger Farms, the oldest organic farm in Imperial Valley, where Sue Heger grows 50 kinds of fruits and vegetables, certified by QAI, year round. You have the essentials for a fantastic beef stew: potatoes, carrots, parsley and rutabagas. For a meatless version, grill 3 or 4 Portobello mushrooms that have been brushed with olive oil and salted, cut these into chunks and place in a large saucepan. Pour in enough vegetable stock to cover. Add cubed vegetables and seasonings, cook about 40 minutes until tender. Make a mushroom gravy, pour into the stew to thicken. Allow the flavors to marry overnight. Pink Lady Apples originated in Western Australia from a natural cross between the Golden Delicious and Lady Williams varieties. The Pink Lady has a beautiful

MORE ORGANIC ABUNDANCE

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- ✦ RED POTATOES \$10/ 8 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.
- ✦ 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
- ✦ "EVERYONE WHO EATS IS A FARMER" 100% ORGANIC SHOPPING BAG USA MADE \$15
- * 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!

blush over yellow skin, a unique flavor both tangy & sweet, with a refreshing and effervescent crisp texture. Like other apples, it is low in calories, a good source of fiber and contains "flavonoids", or antioxidants, which have an anti cancer effect. From the Albano Family's QAI certified acreage in Santa Barbara County, Pink Ladies are excellent fresh or cooked. The cruciferous **Rutabaga** is believed to be an offspring of wild cabbage and the turnip. Rutabaga's dense, sweet, yellow-orange firm flesh is protected by a thick and fibrous covering. Using a large knife, cut off the crown. You will see the thickness of its peel; use a paring knife, not a vegetable peeler, to remove. These under-appreciated, subterranean beauties are nutritious additions to a variety of soups and stews, loaded with complex carbohydrates, dietary fiber, and rich in flavor. We prefer them roasted. After peeling, cut into quarters, rub with olive oil and sprinkle with a bit of salt. Roast them alongside a chicken or in a shallow pan with potatoes and carrots until fork tender. Serve with a sprinkling of chopped parsley. Originally "mandarin" was no more than a nickname given to small, loose-skinned orange-like fruit brought to England from China in 1805, taken suggested by the bright colored robes of Chinese officials of mandarin rank. Tangarines almost certainly originated in China, and were brought to the Mediterranean by Arab traders during Roman times. Like oranges, these delicious fruits ("from Tangiers") were regarded as a symbol of luxury and prosperity. The easy to peel **Royal Mandarins** are a "Tangor" (cross between a mandarin and an orange) or sometimes referred to as a "Temple" Orange. It was originally discovered by a fruit buyer on assignment to Jamaica, purchasing oranges after a severe Florida freeze. Eventually, this fruit was brought to the attention of W.C. Temple, former manager of the Florida Citrus Exchange, who cultivated and began selling the fruit in 1919. In contrast to the rind's deep orange color, its flesh is pastel-orange with a spiced, tangy flavor. These are from Rucker Homestead in Coachella, certified by Guaranteed Organic.

FARTHER AFIELD

Eliot Coleman purchased land on Maine's forested, rocky seacoast in 1968 for thirty dollars per acre and commenced building soil by hauling seaweed up from the shoreline. An inexperienced New Jersey gardener's fantasy of farming self-sufficiency was enabled by two quintessential back-to-the-landers, Helen and Scott Nearing, whose authorship of *Living the Good Life* lured Coleman and thousands more to forsake suburbia for rural bliss. The deeply ethical Nearings split Eliot's sixty acres from their larger Harborside, Maine homestead, charging the neophyte only what they had paid in 1952 and he has since conferred that same thirty-dollar-an-acre favor to others. Northern New England's lightning-short growing season would quickly ruin a lazy Mediterranean farmer like myself but Eliot, adapting passive solar technologies from cold zones he traversed across the globe, has won a stellar reputation for year-round salad greens and root vegetables, sans petroleum inputs. He and expert-gardener wife, Barbara Damrosch, seasonally shuttle unique mobile greenhouses along rails to maintain healthy crop rotations, growing all vegetables directly in their biologically managed native soil. Coleman, a fanatic compiler of data and evidence-based experimenter has invented myriad tools and technologies over his forty-year career, possibly unexcelled in the world of intensive market gardening. These, he and wife Barbara generously share with farm improvers through several classic gardening titles, the most recent being *The Winter Harvest Handbook (2009)*. Eliot's prominent shock of white hair is familiar at Eco-farm gatherings where he has liberally dispensed experience and wisdom over decades with West Coast farming brethren. An essential factor in the equation that yet solves for California's dominance of fruit and vegetable markets across our North American continent is cheap fossil fuel transportation. As that advantage undergoes serious erosion, formerly important but long dormant regional fresh produce growing centers are beginning to revive. My friend Elliot's successful experience extending seasons, absent reliance on fossil fuel, could prove applicable to larger scale production models. It's wise to recognize we are all experimenters in an uncertain effort to sustain seven billion human souls on what can be scratched from the soil; Coleman and Damrosch at Four Season Farm are two of the best I know. —Tom Willey

For more info: fourseasonfarm.com

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

☼ If you have a PINK STICKER on your box, we must receive your payment BY FRIDAY to prevent disruption of your service. ☼ Our desire is to deliver only quality, delicious produce. If you are disappointed, so are we. Please let us know promptly if any item does not meet this standard. ☼ 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. ☼ To receive late breaking offerings for Additional Organic Abundance OR the Weekend Box Preview, contact denesse@TdWilleyFarms.com.