

WHAT'S GROWIN' ON

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

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

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“Nature is generous and determined to make plants grow. Much of how this happens is still a mystery and a worthy study for our country's best scientific minds.”

BARBARA DAMROSCH

www.fourseasonfarm.com



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ GREEN CABBAGE (SB)(FB)
 - ⌘ BABY ARTICHOKE (SB)(FB)
 - ⌘ RED RUSSIAN KALE (FB)
 - ⌘ CURLY PARSLEY (SB)(FB)
 - ⌘ RED LA SODA POTATOES (SB)(FB)
 - ⌘ RED LEAF LETTUCE (SB)(FB)
 - ⌘ LONG LOVELY LEEKS (SB)(FB)
 - ⌘ NANTES CARROTS (SB)(FB)
 - ⌘ *Rucker's HONEY TANGERINES (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! PARSNIPS \$11 / 6 lb
- ✿ NEW! *Rucker's HONEY TANGERINES \$11/ 4 LB.
- ✿ * WHILE THEY LAST! France's CARA CARA ORANGES \$11 / 5 LB
- ✿ * Rucker's ROYAL MANDARINS \$ 12/ 6 LB.
- ✿ * Jessup's MARSH RUBY GRAPEFRUIT \$9.50 / 6 fruits

DOWN ON THE FARM

Delicate Desert Artichokes (*Cynara scolymus*) are the immature flower buds of a specialized thistle plant. Italians have been practicing artichoke cultivation for at least two thousand years. Immigrants from that region settling near Half Moon Bay in early 1900s California introduced artichokes to American greengrocers. The variety in your box is called Imperial Star – a thornless annual. These artichokes have tiny hearts and are exceptionally tender and flavorful. Do not discard the stem, peel it. Steam bottom side up in a steaming basket over 1 to 2 inches of boiling water. Cook covered, until test tender – when a leaf pulls easily out, about 15 to 20 minutes. Or, place artichokes in water directly (about 1 inch of water), and cook with a splash of olive oil, red wine vinegar, one clove of garlic and half a carrot. Be careful not to overcook! Serve with Dill Butter, plain yogurt with garlic and lemon, vinaigrette, or garlic mayonnaise. After the first few layers of leaves the entire desert artichoke is edible, no need to separate the heart and scrape out the thistle. – *denesse*

FEATURED RECIPES

MASHED POTATOES

- 1 lb. Potatoes, quartered
- 2 tsp. kosher salt, plus more for seasoning
- 1/2-cup whole milk
- 4 Tbls unsalted butter
- 2 Tbls. chopped fresh Parsley
- freshly ground black pepper

Put the potatoes in a saucepan with cold water to cover, add salt. Bring to a simmer over medium-high heat, uncovered, until the potatoes are tender but not mushy, about 15 minutes. Combine milk and butter in a small saucepan, warm over low heat until the butter is melted. Drain potatoes and run through a food mill or potato ricer while still warm. Gently fold in heated milk mixture. Stir in parsley, season with salt and pepper, to taste. May use up to 1/4 cup finely minced turnip greens or arugula in place of parsley.

STUFFED CABBAGE SOUP

 Recipe courtesy Rachael Ray

- 4 Tbls. extra virgin olive oil, divided
- 1 cup raw white rice
- 6 cups chicken stock, divided
- 1 lb. *Organic Prairie* ground beef
- 1/2 tsp. allspice
- 1 1/2 tsp. coriander
- 2 tsp. paprika
- salt & pepper
- 1 bay leaf
- 1 1/2 cup chopped Leeks
- 2 cloves garlic, minced
- 1 carrot, finely chopped
- 4 cups Cabbage, thinly sliced
- 1 (28-ounce) can diced tomatoes
- 1/2 cup Parsley, chopped
- 3 Tbls. dill, finely chopped

Heat a sauce pot over medium-high heat with 2 Tbls. olive oil. Add the rice and toss to coat in oil. Add 2 cups of stock, bring up to a simmer, cover and cook for 16 to 18 minutes or until the rice is tender. Heat a deep soup pot over medium high heat. Add the remaining extra-virgin olive oil, once hot add meat and begin to brown, 2 to 3 minutes. Season the meat with allspice, coriander, paprika, salt and pepper. Add bay leaf, leeks, garlic and carrots. Cook veggies 2 to 3 minutes to begin to soften them, then add cabbage and wilt it down a bit. Add tomatoes and their juice, stir in remaining stock and cover the pot. Raise the heat to high and bring the soup to a simmer. Simmer, uncovered for about 10 minutes. Stir in parsley and dill, adjust salt and pepper to your taste. Divide among 4 soup bowls, place a large spoonful for rice in the center of each. Serves 4.

Look for Real Men Eat This Quiche, Parslied Carrots 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. Promptly remove and discard carrot tops. Always protect potatoes from exposure to light. Store vegetables separate from fruits. Whenever we get too many Nantes Carrots in the fridge, I make a carrot cake or carrot muffins. Putting out a plate of carrot sticks and dip will also make them disappear. Please pay careful attention to removing all the soil from between the leaves of Leeks. Remove the dark green tops, leaving the roots attached. Slice lengthwise through the root and clean under running water. Some of the soil has been there all winter, so you might need to

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- * Nolan's KIWI FRUIT \$11/3 lb
- GREEN CABBAGE \$8/ 8 LB.
- COLLARD GREENS \$8/6 bunches
- * Las Palmitas' LEMONS \$8/4lb
- RED POTATOES \$10/ 8 lb.
- YUKON GOLD POTATOES \$10 / 6 lb.
- BRUSSELS SPROUTS \$12 /3lb.
- BABY ARTICHOKE \$9/4 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

* 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!

rub it with your finger. It is thought that wild (non-heading) cabbage was brought to Europe around 600 B.C. by groups of Celtic wanderers. Cabbages were grown in Ancient Greek and Roman civilizations that held them in high regard as a general panacea capable of treating a host of health conditions. Recent studies show that those eating the most cruciferous vegetables have a much lower risk of a number of cancers, especially lung, colon, breast, ovarian and bladder cancer even when compared to those who regularly eat other vegetables. Now, studies reveal that crucifers provide significant cardiovascular benefits as well. Proper cabbage preparation and cooking methods are essential for receiving these health benefits. Enzymes that form cabbage's anti-carcinogenic compounds are released when cabbage is sliced or chopped. The crucifer's protective effects are enhanced in raw and short-cooked recipes, as prolonged cooking denatures these enzymes. **Honey Tangerines**, previously marketed as Kinnow mandarins but renamed to correctly identify their Honey Mandarin parentage, display a rich, aromatic, and distinctive flavor. The juicy, seeded fruit peels and segments easily. These are from Rucker Homestead in Thermal in the Coachella Valley, which has been organic for over 50 years, but more recently certified by Guaranteed Organic. A taste treat from the Albano Family's CCOF certified acreage in Santa Barbara County, **Fuji Apples** were developed in Japan from a cross of Red Delicious and Ralls Janet varieties in 1952. This super sweet, crisp apple is good for cooking or eating out of hand. The feathery **Red Russian Kale** is denesse's favorite; it pairs well with olive oil and garlic, **Carrots, Leeks**, white beans, pasta and potatoes. Strip leaves from center stalk, use stems in homemade stock. Refrigerate all the leafy greens in microperf bags; wash just before using.

FARTHER AFIELD

Sourcing seeds of numerous vegetable varieties with which we have established a name for ourselves in the marketplace over decades is becoming increasingly difficult. Widespread abandonment of traditional varieties, coinciding with consolidation in the seed industry, has driven us to become reluctant seed producers. Similarly, colleagues in animal agriculture seek access to breeds better adapted for pasture grazing than concentrated feeding systems but these genetic lines have become rare. A ray of light against this darkened biodiversity background was illustrated by a Fresno Bee article (1/22/10) reporting a proposed relocation of the Birchwood Conservancy to our agricultural community. Since 1993, Birchwood has been, without fanfare, maintaining numerous rare domesticated breeds of cattle, horses, goats, swine, poultry, sheep and working dogs on their rural Kentucky farm in addition to protecting a similar collection of endangered agricultural plant varieties. Lucinda Christian, Birchwood's senior curator and president, told me they are relocating to Fresno and cultivating a higher public profile at the behest of the United Nations Food and Agriculture Organization to realize a greater impact on major trendsetting agricultural regions. Note Tulare's just concluded "World Ag Expo", the planet's largest annual agricultural exposition. What happens in our San Joaquin Valley, agriculturally speaking, does not stay in this Valley but reverberates around the globe. Birchwood and their collaborators, UN-FAO and the Wholesome Wave Foundation believe confronting a frightful narrowing of genetic diversity in California's Central Valley will produce positive benefits worldwide. They have identified suitable acreage in the pastured, water-rich Kings River bottom and seek local matching funds of \$1 million to complement secured foundation support. Much of a broad diversity of regionally adapted plant and animal domesticates humans have evolved over our ten thousand year experiment with agriculture is in peril of extinction as farmers rush pell-mell into high yield monocultures. Climate uncertainty demands we initiate a drastic reduction in petroleum inputs to agriculture. It further obliges us to maintain access to the immense diversity of genetic resources adapted to less energy intensive farming systems. Birchwood Conservancy's plan to focus their dedication to this issue in our community is most welcome. Perhaps you, or an organization with which you are affiliated, will partner with them in this noble endeavor. -Tom Willey

See: www.birchwoodconservancy.org/

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

☼ Do not return the Kraft paper that lines your box, it can be recycled with newspaper or reused as packing/wrapping material. **From member Katherine Cavanaugh** "I began to spritz and spatter water-color paints on it, and to stamp it, and to variously decorate it. Your Kraft paper was my only supply of Christmas wrapping paper in December. The packages looked great, and I felt great about it." ☼ 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 dennesse@TdWilleyFarms.com.