

WHAT'S GROWIN' ON

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

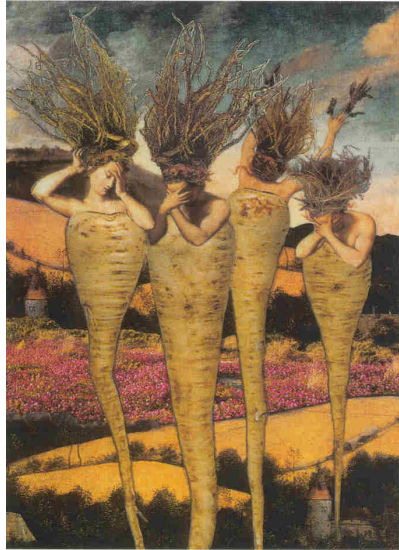
23, 24, 25 Feb. 2010

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

VOL 9 NO. 8

Winter slumbering in the open air, wears on his smiling face a dream of Spring.

Samuel Taylor Coleridge (1772-1834)



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ☞ TUSCAN KALE (SB)(FB)
- ☞ PARSNIPS (SB)(FB)
- ☞ PRIMAVERA RAPINI (FB)
- ☞ HEIRLOOM BEETS (SB)(FB)
- ☞ YUKON GOLD POTATOES (SB)(FB)
- ☞ RED OAKLEAF LETTUCE (FB)
- ☞ ROMAINE LETTUCE (SB)
- ☞ LONG LOVELY LEEKS (FB)
- ☞ NANTES CARROTS (SB)(FB)
- ☞ *Nolan's KIWI FRUIT (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! * SOGHOMONIAN'S ORGANIC

FLAME SEEDLESS RAISINS

\$9 / 2- 1lb. Bags

☞ **PARSNIPS \$11 / 6 lb**

☞ * Jessup's **MARSH RUBY**

GRAPEFRUIT \$9.50 / 6 fruits

DOWN ON THE FARM

Almost every beehive in North America arrives in our Valley to service the almond bloom. The lengthening of days makes a farmer's pulse quicken, as much from fright as anticipation. We have finished digging our winter potatoes. That crew will start to cut seed potatoes for the spring planting. Much needed rains have already delayed the planting of spuds, one of our most important crops. We're hoping enough dry weather prevails that we might begin planting by the end of this week. – *denesse*

FEATURED RECIPES

IT'S A GOOD MORNING MUFFINS from Emeril Lagasse's *There's A Chef In My Family*

- | | |
|--|--------------------------|
| 2 tsp. unsalted butter | 1 cup grated Parsnips |
| 2 cups all-purpose flour | 1/2 cup raisins |
| 1 cup sugar | 1/2 cup chopped walnuts |
| 2 tsp. baking soda | 1/2 cup shredded coconut |
| 2 tsp. ground cinnamon | 2 large eggs |
| 1/2 tsp. salt | 1 cup vegetable oil |
| 1 cup grated Carrots | 2 tsp. vanilla extract |
| 1 Pink Lady Apple, peeled, cored and chopped | |

Position rack in center of oven and preheat to 350 degrees F. Grease the wells of a muffin pan with the butter and set aside. Sift flour, sugar, baking soda, cinnamon, and salt into a mixing bowl. Stir in carrots, parsnips, raisins, walnuts, coconut, and apple. In another bowl, combine eggs, vegetable oil and vanilla extract, whisk until smooth. Pour wet mixture into flour mixture and stir until the batter is just blended. Spoon equal amounts of batter into the wells of the muffin tin. Bake until muffins spring back to the touch and are golden brown, about 35 minutes. Allow to cool on a to a wire rack for 5 minutes. Remove the muffins from pan and set aside to cool completely.

SPAGHETTI WITH SPICY GREENS & GARLIC From Food Network Kitchens

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|---|---------------------------------------|
| half head garlic, thinly sliced | 1/8 tsp. crushed red pepper |
| 1/3 cup extra-virgin olive oil | 12 ounces spaghetti |
| 2 cups Leeks, white part, sliced | 1/4 cup grated Pecorino Romano cheese |
| 12 cups Greens, such as Kale, chard, Rapini, or a mix | |

While you bring a large pot of generously salted water to a boil, prepare greens by stripping away the center stalk or peeling the base of the rapini stems, tear or coarsely chop greens. Cook garlic in olive oil in a large skillet over medium heat, stirring occasionally, until golden brown and crispy, about 3 minutes; take care that the garlic doesn't get too brown or it will be bitter. Using a slotted spoon, transfer the garlic chips to a paper towel. Pour off and reserve all but 2 tablespoons oil. Add leeks and red pepper (add a little more if you like things spicy) to the skillet and cook, stirring, until light brown, about 10 minutes. Season with salt. When the leeks are nearly done, put the greens in the boiling water and cook, uncovered, about 2 minutes. Using tongs, lift the greens from the water, shake off the excess water, add greens to the leeks, and keep over medium low heat, stirring occasionally.. Return pot of water to a boil. Add spaghetti, and cook until al dente, 8 to 10 minutes. Drain pasta, reserving about 1 cup of the cooking water. Transfer pasta to a serving bowl and toss with cheese. Add the greens and some of the reserved pasta water and toss, adding more water as necessary to keep the pasta from clumping. Scatter the garlic chips over the top serves 4. For complete protein, add a can of white beans to the leeks along with the greens.

HARVARD BEETS denesse's Mom's recipe

Remove tops from the beets and save them for **Beet Greens and Stilton Salad**. Wash and dry the beet roots, rub with cooking oil and bake until fork tender. When cool enough to handle, don a pair of kitchen gloves and slip the skins off the cooked beets. Depending on the size of the beets you may leave them whole, quarter them or cut them into long thick strips.

- | | |
|-------------------------------------|----------------|
| 1/2 cup sugar | 1/2 tsp. salt |
| 1 Tbls. cornstarch | 2 whole cloves |
| 1/2 cup cider vinegar or white wine | 2 Tbls. butter |

Combine sugar, cornstarch, salt, cloves and vinegar in the top of a double boiler until smooth. Cook over boiling water, stirring, until sauce is clear. Reduce heat, gently fold beets into sauce. Cover and leave over hot water for 30 minutes, do not allow to boil. Just before serving add butter.

We now have 8 years of featured recipes at www.TdWilleyFarms.com, from the home page, select RECIPES. Scroll down to each season's crop list & use the drop down menus.

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- * Nolan's KIWIFRUIT \$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.
- 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 (NATURALLY DRIED IN THE SHELL) WALNUTS \$12 / 5 LB. NEW PRICE!
- * 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
- * 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!

PAYMENTS FOR ORGANIC ABUNDANCE ARE DUE WHEN YOU RECEIVE THE PRODUCT, NOT AT THE END OF THE MONTH OR QUARTER.

MORE RECIPE AND STORAGE TIPS..

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

Refrigerate everything except kiwifruit and potatoes. Use microperf bags for all leafy items, including leafy tops cut from beets. Promptly remove and discard carrot tops. Always protect potatoes from exposure to light. Store vegetables separate from fruits. Parsnip is a root resembling a cream colored carrot, with a sweet, nutty flavor. A good source of vitamin C and fiber, they make a healthy addition to soups and stews. Too fibrous to eat raw, peel parsnips with a vegetable peeler, the larger specimens may have a woody core that should be removed before cooking. Be careful not to overcook, their flavor is sweetest when just fork tender. Beets are in the Chenopodiaceae or goosefoot family that includes the chards and leafy spinaches. The Greeks and Romans ate chard, but only used the beetroot medicinally. By Elizabethan times the beet was highly prized as a versatile food. Black Tuscan Kale that has over-wintered is beginning to flower, forcing numerous small leaves that will never reach full size, hence the diminutive bunches in this week's box. Rapini, or broccoli Raab, is a once-wild ancestor of modern broccoli. Peel the base of the stalks, coarsely chop and braise with garlic, olive oil, vegetable stock, and red pepper flakes; serve with or without pasta. Kiwifruit are from Quince Farms owned and operated by the Nolan Family in Marysville. They believe that their proximity to the Yuba River helps to produce exceptional fruit. They have been CCOF certified for 15 years. Kiwifruit or Chinese Gooseberries should be kept at room temperature until they yield to gentle pressure and are easy to knife-peel. Tart and sweet Pink Lady Apples are a delicious snack food and a valuable ingredient for salads and dessert dishes. The Albano family grew these apples in their CCOF certified organic orchard in the Cuyama Valley.

FARTHER AFIELD

We justifiably do some hand wringing from time to time over the rather brutal displacement of local hunter-gatherer societies hereabouts that accelerated around 1850 as Argonaut hoards of European ancestry swept over California in pursuit of a "shiny yellow metal". Of further, sustained interest is the fact that these forebears also introduced agriculture, which today produces several multiples in value each year than that of all the gold ever mined from our Sierra Nevada. Agriculture never existed here previously in large part because no native California fauna or flora have ever been successfully domesticated, prior to nor since European colonization. UCLA geographer and physiologist, Jared Diamond, author of the Pulitzer Prize winning *Guns, Germs and Steel* argues, "The history of the past 13,000 years consists of tales of hunter-gatherer societies becoming driven out, infected, conquered or exterminated by farming societies in every area of the world suitable for farming." California's imported agriculture is of Mediterranean Fertile Crescent origin, as is Europe's, and it has been long debated whether domestication's spread to that continent was the result of a diffusion of cultivation technology to hunter-gatherer peoples or their supplantation by farmers on the move. Recent DNA sleuthing into the most dominant Y-chromosome among males on the European continent seems to resolve the mystery in favor of invasion. Today, fully 110 million European men carry a genetic linkage to early farmers who migrated some ten millennia ago from the Near East, including even 85% of males in distant Ireland. Amazingly, in contrast, most maternal genetic lineage in present day Europe derives from indigenous hunter-gatherer descendants, leading to the suggestion that "back then, it was just sexier to be a farmer". Much as I'd like to entertain that fantasy, it more likely indicates migrations predominantly begin with males, as did our gold rush; and that invading cultivators soon became more successful providers than the native hunter-gatherers they challenged. The Near East's currently "Less Than Fertile Crescent" demonstrates fertility can be mined out just as that yellow metal was in California. The agricultural revolution and its human partisans have become wildly successful by measure of our population approaching seven billion. With few new virgin soil frontiers to exploit, sustaining the farming hat trick far into an uncertain future may require us to abandon agricultural mining technologies for a negotiated truce with the natural systems we cultivators currently despoil. -Tom Willey For more info: www.sciencedaily.com/releases/2010/01/100119133508.htm

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

You are welcome to carry your produce home in the box in which it was packed, but the result of not returning your box will be fewer vegetables and fruits for everyone. Please unfold your box and place it in the box rack at your delivery site. Be careful not to tear any of the flaps. We greatly appreciate, and RELY on your cooperation.. 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.

Please flatten your box. Once you have removed your veggies from the box, turn it over, 'unlock' it (see diagram), flatten it, and place it in the box rack with other empty boxes. Use care to avoid tearing the flaps, this renders the box unusable.

SQUEEZE TO UNLOCK

