

WHAT'S GROWIN' ON

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

2, 3, 4 March 2010

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

VOL 9 NO. 9

We know more about the movement of celestial bodies than about the soil underfoot.

— LEONARDO DA VINCI



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ COLLARD GREENS (SB)(FB)
- ⌘ RUTABAGAS (SB)(FB)
- ⌘ BABY ARTICHOKE (FB)
- ⌘ SWISS CHARD (SB)(FB)
- ⌘ RED LASODA POTATOES (FB)
- ⌘ RED OAKLEAF LETTUCE (SB)
- ⌘ ROMAINE LETTUCE (FB)
- ⌘ LONG LOVELY LEEKS (SB)(FB)
- ⌘ NANTES CARROTS (SB)(FB)
- ⌘ ITALIAN PARSLEY (SB)(FB)
- ⌘ *Jessup's ROYAL MANDARINS (FB)
- ⌘ *Rucker's HONEY TANGERINES (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
- ⌘ *Nolan's KIWI FRUIT \$11/3 lb
- ⌘ *Rucker's HONEY TANGERINES \$11/ 4 LB.
- ⌘ * Jessup's ROYAL MANDARINS \$ 10/ 5 LB.

DOWN ON THE FARM

Leeks are one of the mildest members of the onion family. In ancient Egypt leeks served as regular fare for the builders of the pyramids. An appreciation for leeks spread from their native Mediterranean region to Northern Europe and the British Isles. In 640 A.D., in a battle between the Welsh and the Saxons, Welshmen pinned leeks to their hats so they could distinguish themselves from their enemy. Ever since, patriotic Welsh have worn leeks on St. David's Day (March 1) to both honor their patron saint and to commemorate that victorious event. With their blue-green leaves and white socks, leeks are lovely and nutritious, rich in Vitamin C, phosphorus, calcium and a good source of potassium, iron and fiber. We seed leeks into nursery beds in late spring, transplant them into deep furrows during the summer, and begin harvesting in the short days of winter. Trim away the fibrous dark green tops to use in your stockpot. Slice leeks lengthwise, from top to bottom, and hold under cold running water to remove soil trapped between the leaves. The pale blanched portion is tender and can be used as one would an onion. You may braise or grill leek halves, or slice and sauté with mushrooms and minced garlic for a delicious pizza topping. Essential in Vichyssoise, leeks pair well with butter, olive oil, cream; Parmesan, gruyere, cheddar, capers; wine, olives, mustard, curry spices, thyme, parsley; potatoes, fennel, celery and eggs. — denesse

FEATURED RECIPES

CHARD & MUSHROOM GRATIN GENOVESE Adapted from Clifford A. Wright's *Mediterranean Vegetables*

- 1 large bunch Rainbow Chard
- 1/2 cup extra-virgin olive oil
- 3 cups sliced Leeks
- 2 Tbls. fresh Parsley, finely chopped
- 2 garlic cloves, chopped fine
- Kosher salt and freshly ground black pepper
- 1/2 lb. mushrooms (your choice), sliced
- 2 large eggs, lightly beaten
- 2 Tbls. finely grated Parmigiano-Reggiano cheese
- 1/2 cup dry breadcrumbs, divided

Strip the chard from its stems and reserve them for another use. Wash chard leaves well, slice into strips. Preheat oven to 375 degrees. Place chard in a large saucepan or skillet with only the water clinging to its leaves. Lightly salt, cover and cook over medium heat about 8 minutes until fully wilted, stirring occasionally. Remove to a strainer, pressing out all excess liquid with the back of a wooden spoon. Use the same pan to heat olive oil over medium heat, stir in leeks and cook until soft, about 10 minutes. Add parsley, garlic, and mushrooms. Cook until mushrooms are soft and brown. Remove from heat and allow to cool in bowl. Add chard, eggs, and cheese, season to taste with black pepper and salt, mix well. Lightly oil a casserole, evenly coat with breadcrumbs, shaking off any excess. Pour the chard mixture in and top with remaining breadcrumbs. Bake until top is glistening and golden, about 25 minutes. Serve hot or at room temperature. Makes 4 servings.

COLLARDS & POLENTA Adapted from Mollie Katzen's *Vegetable Dishes I Can't Live Without*

This recipe is considerably enhanced by the addition of Prairie Valley organic bacon.

- 4 cups water
- 1 cup organic polenta
- Up to 1 cup grated cheese (your choice)
- 2 Tbls. chopped Parsley
- 2 Tbls. olive oil or 2 oz. diced bacon, rendered
- 1 bunch Collard Greens
- 1 cup thinly sliced Leeks
- 1 cup diced Chard stalks
- 2 tsp. minced garlic

Place polenta in a bowl with 1-cup cold water, stir until completely moistened. Pour remaining 3 cups water into a medium saucepan, add 1/2 tsp. salt and bring to a boil. Reduce heat to simmer and spoon in wet polenta, cook over medium-low heat, stirring often until creamy thick, about 20 minutes. Remove from heat, stir in cheese and parsley, correct seasoning. While polenta is cooking, wash collard greens; trim away central stem, and coarsely chop greens. Heat olive oil or bacon fat in a large, deep skillet over medium-high heat. Sauté chard stems and leeks until soft. Add collard greens with the water still clinging to their leaves, turning with tongs to evenly cook greens. Add some additional water if needed, to avoid scorching. When greens are fully wilted, stir in garlic and reduce heat, add salt and freshly ground black pepper to taste. Divide cheesy polenta among 4 plates and top with cooked greens.

Look for RUMBLEDETHUMPS (Collards), Real Men Eat This Quiche (Artichokes) 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 ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- * Jessup's **MARSH RUBY GRAPEFRUIT** \$9.50 / 6 fruits
- * **PARSNIPS** \$11 / 6 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 WALNUTS** \$12 / 5 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
* Certified Organic from Other Farms
Place Organic Abundance orders at CSA@tdwilleyfarms.com or by phoning 559-ORGANIC, (674-2642)
Organic Abundance payments are due upon receipt.
Friday NOON is the Deadline to order Organic Abundance for your Next CSA deliveries!

MORE RECIPE AND STORAGE TIPS..

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

Refrigerate everything except potatoes. Use microperf bags for all leafy items. Because carrot tops will continue to grow, drawing both moisture and sugar from the roots, **remove and discard carrot tops right away. Always protect potatoes from exposure to light. Store vegetables separate from fruits.** **Chard** (*Beta vulgaris* var. *cicla*), also known as Swiss Chard, Silverbeet, or Perpetual Spinach, is one of the cultivated descendants of the Sea Beet. The first varieties have been traced back to Sicily. While used for its leaves, it is in the same species as the garden beet, which is grown primarily for its roots. The word *Swiss* was used by nineteenth century seed catalog publishers, to distinguish chard from French spinach varieties. Very popular among Mediterranean cooks, mature chard leaves and stalks are typically cooked as two separate vegetables. The stalks can be roasted and the leaves sauteed. Season TO TASTE; because of its maritime heritage, chard is a salt collector and may need no additional salting in its preparation. **Collard Greens** are an ancient cousin to cabbage forming large fan-shaped leaves instead of a compact 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 the African slaves brought to North America to work on Southern plantations, sometimes eaten at nearly every meal. The **Honey Tangerine** is also known as a Murcott orange, named for Florida nurseryman Charles Murcott Smith, thought to have developed this citrus in the early 1920s by crossing a tangerine and a sweet orange. Grown in Coachella, GOCA certified from Rucker Homestead. 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 in their CCOF certified organic orchard in the Cuyama Valley. CCOF certified, Coachella grower Bill Jessup brings us the **Royal Mandarin**, a hybrid of tangerine and sweet orange first introduced to Florida about 1896 by nurseryman, W.C. Temple.

FARTHER AFIELD

"Furloughed" for a day last week by rain-soaked fields, I attended a seminar hosted by New Era Farm Service, trusted fertility advisors of long standing, designed as a bit of continuing education. I admit to complacency, while assuming familiar topics would be covered in redundant fashion the perennial free lunch and rekindling farmer acquaintances warranted a drive to Tulare. Was I ever proven wrong! We've been inoculating crops for several years with the recently commercialized spores of mycorrhizal fungi; known since their late 1800's discovery by Russian soil scientists to extend and enhance the efficiency of plant root systems in obtaining minerals and water from the soil environment. The late doyenne of organic methodology, Bargyla Rateaver, had introduced this phenomenon to the EcoFarm community many years ago when she hauled a nerdy USDA researcher from his dusty lab to report on a little recognized miracle mutualism between plants and brother fungi. It's only now becoming clear that mycorrhizae were most likely the key to aquatic photosynthesizers first colonizing land some 450 million years past, utilizing these fungus' filamentous hyphae to collect vital water and nutrients from alien soil before plants ever evolved roots. In nature, 90% of today's terrestrial plant species continue this mycorrhizal association in present time, trading symbiotic fungi photosynthetic sugar energy for water, minerals and protection against disease. Though botanist Dr. Rateaver, born in 1916, earned degrees from UC Berkeley and University of Michigan, she ever struggled for acceptance in conventional academia owing to her combative advocacy for organic agriculture. One of her "eccentric" claims was to have witnessed, under electron microscopy, plants assimilating entire organic molecules for nutrient needs. For this allegation the cantankerous Rateaver was widely ridiculed, as roots' exclusive uptake of water-soluble inorganic minerals was plant science dogma. Lo and behold, a presenter at last week's seminar reviewed fresh research from UC Irvine in which organic amino acid molecules and a complex sugar, uniquely tagged and traced by fluorescent microscopy, were shown to be assimilated by mycorrhizal fungi and shuttled in their entirety into plant root systems. Most industrial monocultures are devoid of mycorrhizal associations by reason of agriculture's physical and toxic disruptions. The implications for revitalizing this inherent mutualism between our cultivated food crops and their evolutionary fungal allies are immense in potential reduction of chemical fertilizer use and environmental contamination. We are continuing and redoubling our efforts to realize this awesome potential on our farm. -Tom Willey

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

☼ **Thank you to all who have paid on time! March payments are due this week.** ☼ An 'X' beside your name means that we have not received your payment. If we do NOT have a credit card authorization on file, you will receive a statement. ☼ 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**; if you have not heard from us, we have not received your e-mail! ☼ To receive late breaking offerings for Additional Organic Abundance OR the Weekend Box Preview, contact denesse@TdwilleyFarms.com.