

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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Every gardener knows that under the cloak of winter lies a miracle... a seed waiting to sprout, a bulb opening to the light, a bud straining to unfurl. And the anticipation nurtures our dream.

- Barbara Winkler



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ RED RUSSIAN KALE (SB)(FB)
 - ⌘ FRENCH BREAKFAST RADISHES (SB)(FB)
 - ⌘ BABY ARTICHOKE (SB)
 - ⌘ SAVOY SPINACH (FB)
 - ⌘ YUKON GOLD POTATOES (SB)(FB)
 - ⌘ REDLEAF LETTUCE (SB)(FB)
 - ⌘ LONG LOVELY LEEKS (SB)(FB)
 - ⌘ DILL (SB)(FB)
 - ⌘ * Jessup's, Garcia's, Villalobos' and Frances' CITRUS MEDLEY (SB)(FB)
 - ⌘ * Albano's PINK LADY APPLES (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! *Garcia's MEYER LEMONS \$11/ 4 LB.
- ✧ NEW! *Villalobos' MORO BLOOD ORANGES \$11/ 3 LB.
- ✧ NEW! *Frances' CARA CARA ORANGES \$10/ 4 LB.
- ✧ *Nolan's KIWI FRUIT \$11/3 lb
- ✧ * Jessup's ROYAL MANDARINS \$ 10/ 5 LB.
- ✧ * Jessup's MARSH RUBY GRAPEFRUIT \$9.50 / 6 fruits
- ✧ *Albano's PINK LADY APPLES \$10 / 4 LB.
- ✧ RADISHES \$8 / 6 bunches

DOWN ON THE FARM

Winter's arugula and turnip patches are creating a brilliant flower show. The blooms are an attractive source of nectar on which bees and other beneficial insects feed. We bid good-bye to fall-planted kale and collards that have adorned our boxes many times over the winter months. With fresh leafy vegetable seedlings barely out of the ground, March will be a month featuring root vegetables. As Mr. Willey is fond of pointing out, "It's no accident that Lent, coming in late winter, is a time of fasting and abstinence." -denesse

FEATURED RECIPES

SMOTHERED MUSHROOMS AND KALE

Recipe courtesy Rachael Ray

- 2 Tbls extra-virgin olive oil
- 2 Tbls. butter, cut into small pieces
- 4 cloves garlic, chopped
- 1 bunch Red Russian Kale, trimmed, stems removed. leaves chopped
- 24 small Crimini mushrooms, halved
- 1/4 cup Marsala or other sherry
- salt and pepper

Heat a medium skillet with extra-virgin olive oil and butter over medium heat. Add garlic and mushrooms and place a lid that is too small for the skillet down into the pan, pressing and smothering the mushrooms. Cook 7 to 8 minutes, stirring once, then wilt the kale into the pan, turning it with tongs to combine with mushrooms. Smother the greens for 1 to 2 minutes, then deglaze the pan with Marsala and season the mixture with salt and pepper, to taste. Serves 4.

BOXTY PANCAKES

Adapted from Lucy Madden's *The Potato Year* You will need a scale.

- 1/2 lb. Yukon Gold Potatoes, grated
- 1/2 lb. freshly cooked mashed Potatoes
- 3 oz. (by weight) flour
- 5 fluid oz. milk
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1 egg

Grate raw potatoes into a clean kitchen towel and wring out the potatoes with vigor. Combine with all the other ingredients, adding the milk at the last to make the consistency of pancake batter. Drop by spoonfuls onto a hot greased griddle. Serve with plenty of butter (traditional) or jam (the Willey way)

BRAISED RED RUSSIAN KALE & WHITE BEANS

Adapted from Eastern Carolina Organics

- 1 cup diced Leeks
- 1 clove garlic, crushed
- 3 Tbs. olive oil
- 1 bunch Red Russian Kale
- 1-15 oz. can organic cannellini beans
- 1 cup canned organic diced tomatoes
- 3 Tbs. chopped parsley
- 4 to 5 Tbls. vegetable broth

Sauté leeks and garlic in olive oil over medium low heat. Wash kale and strip leaves away from central stalk. Add chopped kale leaves and broth, simmer gently until kale is wilted. Add canned beans and tomatoes with their juices; adjust seasoning with salt and pepper, simmer until most of liquid is absorbed. Garnish with chopped parsley serve with toasted bread.

Look for Spinach or Artichoke 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. Always protect potatoes from exposure to light. Use microperforated bags for all leafy items. Store vegetables separate from fruits. Radishes, together with peas and turnips, are among the world's oldest cultivated crops. Radishes belong to the great mustard family (Cruciferae), which include cabbages, broccoli, and kale. **Red Russian Kale** (*Brassica napus*) is an heirloom variety with green oak-like leaves emanating from a burgundy stalk. It carries the benefits of high fiber, and the reputation for anti-cancer properties common to all crucifers. Kale requires longer cooking than chard or spinach, slice stems away from leaves by folding the leaf length wise and cutting along the coarse central stalk. Precook before adding to omelets, frittatas or vegetable sautés. Use stems for stock or minced into longer cooking dishes. **We are delighted to feature a citrus medley that may include any or all of the following:** Frank N. Meyer, working for the U.S. Dept. of Agriculture, made three expeditions to Asia between 1909 and 1918, exploring swaths of China and venturing as far west as Russian Turkestan. From those journeys he brought back tens of thousands of specimens, including chestnuts, cabbages and 42 varieties of soybeans. Meyer's signature contribution is his namesake

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- * PARSNIPS \$11 / 6 lb
 - * GREEN CABBAGE \$8/ 8 LB.
 - * Las Palmitas' LEMONS \$8/4lb
 - * RED POTATOES \$10/ 8 lb.
 - * YUKON GOLD POTATOES \$10 / 6 lb.
 - * BABY ARTICHOKE \$9/4 lb.
 - * LONG LOVELY LEEKS \$10/4 lb.
 - * BABY BEETS \$10/ 6 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
 - * SOGHOMONIAN'S ORGANIC RAISINS \$9 / 2- 1lb. Bags
- * 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!
To receive late breaking offerings for Additional Organic Abundance OR the Weekend Box Preview, contact denesse@TdwilleyFarms.com.

lemon, which he discovered near "Peking" and introduced to the Central Valley in 1908. The fruit is most likely a cross between a regular lemon and an orange or mandarin, which is why it has such unique color and aroma. **Meyer Lemons** are from the Juan Garcia Family in Fallbrook, near San Diego. The Garcias farm less than 12 acres of mostly tropical fruit, C.C.O.F. Certified for 15 years. A favorite citrus loaded with vitamin C, pectin fiber, vitamin A, and antioxidants, **Grapefruits** were a natural hybrid of the super large pummelo and the sweet orange, first grown in Barbados during the 17th century. They spread throughout the Caribbean via seed. In 1809, the first white-fleshed grapefruit trees (Duncan) were brought to Florida. A hundred years later the first pink-pigmented grapefruit budsports were discovered. Both the Marsh and Walters lines are derived from the original Duncan grapefruit. From the Marsh line come the **Marsh Ruby Red Grapefruit** we enjoy from CCOF certified B&J Ranch near Thermal, California, at the edge of the Salton Sea, where brothers Bill and John Jessup farm 26 acres of citrus trees, providing a bounty of oranges, tangerines, tangelos, and grapefruits. The name *Tangerine* means "from Tangiers", the capital of Morocco, from where the first shipment of tangerines was allegedly sent to mainland Europe in the mid 1840s. **Dancy Tangerines** were introduced directly to Florida from Morocco, and were once the leading commercial variety of easy peeling, dark orange citrus with lively, rich flavor. These, too, were grown by the Jessups. **Blood Oranges** have the most interesting and complex flavor of any orange; they are tart and rich with a hint of raspberry. The intense scarlet, sweet flesh yields the finest of juices from Pauma Valley, in northern San Diego County where CCOF certified grower Laney Villalobos farms 21 acres of citrus and stone fruits. **Cara cara** is a type of navel orange with a deep rosy flesh reminiscent of red grapefruit, but sweet and low in acid. These seedless fruits come from John France's C.C.O.F. certified farm in Porterville. This is the end of the very sweet **Honey Tangerine** season we thank Rucker Homestead in Coachella, in Imperial Valley, which has been organic for over 50 years, more recently certified by Guaranteed Organic.

FARTHER AFIELD

A quiet artisan wine renaissance has been steadily gathering steam hereabouts over the past two decades. San Joaquin Valley generational vineyardists became weary of regularly drinking their harvest blended into expensive Napa Valley labeled wines without receiving an iota of credit. Prices they received for their varietals dipped so low a decade ago that nearly 100,000 acres of San Joaquin Valley vines were bulldozed. Amidst this turmoil, a few creative local farmers began to reckon, "Hell, I can make wine". More recently, with an acre of Napa vineyard hovering in the \$150,000 stratosphere, wannabe winemakers have been drifting our way, where an acre of vines can be had for less than one-tenth that price. The serendipitous convergence of frustrated vineyardists and less-than-filthy-rich winemakers seeking to establish roots in their cherished craft has birthed dozens of young artisan wineries in our region. You may be somewhat familiar with those on the Madera Wine Trail or others belonging to a pair of younger Fresno County vintner associations. Finally this critical mass of upstart vintners has engaged the entrepreneurial spirits of local agritourism pioneer Darren Schmall, sommelier Nicole Darracq and the Ewell family, seasoned Fresno developers, to partner in creating a destination showcase for our region's wines. Their recently inaugurated tasting facility at Avenue 7 and Hwy. 99 in Madera pours the wares of nearly two dozen San Joaquin Valley wineries from Manteca to McFarland in a beautifully restored 1920's Spanish Colonial Revival style home surrounded by sycamores and valley oaks. Appellation: California, open daily, is the perfect venue to introduce yourself or out-of-town guests to many under-discovered local wines. Vinting grapes in our communities, rather than shipping them off to distant industrial wineries is a tremendous boon to regional economy, year-round farm employment and developing an authentic food culture. Some local wines are certainly of common character, others merit distinction and several of our dessert wines are world renown. I've been eagerly anticipating someone's endeavor like Appellation: California but it is not without risk. I encourage you to visit their tasting room, begin to identify your favorite local wines and steadily support the winemaking artisans of our unique place under the sun. —Tom Willey

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

⊗ Please do NOT ignore a pink sticker on your box, even if you believe it is in error! ⊗ 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; if you have not heard from us, we have not received your e-mail! ⊗