

WHAT'S GROWIN' ON

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

16, 17, 18 Mar. 2010

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

VOL 9 NO. 10

May the lilt of laughter
lighten every load,
May a bit of Irish magic
shorten every road.
May you taste the
sweetest pleasures that
fortune e'er bestowed,
And may your friends
remember all the favors
you are owed.



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ RED OR GREEN CABBAGE (SB)(FB)
- ⌘ EASTER EGG RADISHES (FB)
- ⌘ PARSNIPS (SB)(FB)
- ⌘ SWISS CHARD (SB)(FB)
- ⌘ RED LA SODA POTATOES (SB)(FB)
- ⌘ RED BUTTER LETTUCE (SB)(FB)
- ⌘ LONG LOVELY LEEKS (FB)
- ⌘ NANTES CARROTS (SB)(FB)
- ⌘ * Jessup's ROYAL MANDARINS (SB)(FB)
- ⌘ * Shore's PIXIE TANGERINES (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! * Shore's PIXIE TANGERINES \$10.50/ 3 LB.
 - ✦ * Garcia's MEYER LEMONS \$11/ 4 LB.
 - ✦ * Jessup's MARSH RUBY GRAPEFRUIT \$9.50 / 6 fruits
 - ✦ * Albano's PINK LADY APPLES \$10 / 4 LB. WHILE THEY LAST!
- MORE ORGANIC ABUNDANCE

DOWN ON THE FARM

In over twenty-five years of growing potatoes there have been three or four occasions I have attempted to consol myself on a month-late planting by saying "it must be good luck to plant spuds on St. Paddy's day." Perhaps this will be the year that some leprechaun will grant my wish. It has been too wet to work the ground with tractors and too cold to seed beans or transplant tomatoes, both of which were "scheduled" two weeks ago. -denesse

FEATURED RECIPES

SHELLS WITH CHARD & GARBANZOS Adapted from Deborah Madison's *The Savory Way*

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| 2 Tbls. olive oil | 2 tsp. tomato paste |
| 1 cup Leeks, finely chopped | 6 cups Chard leaves, washed & chopped |
| 1 large clove garlic, minced | 15 oz. can organic garbanzo beans |
| pinch red pepper flakes | 1/2 lb. medium shells pasta |
| 1 Carrot, finely diced | freshly ground pepper |
| 2 Tbls. finely chopped parsley | olive oil to drizzle |
| salt | freshly grated Parmesan cheese |

Bring a large pot of water to boil for the pasta. Strip chard leaves from center stalk. Wash leaves and chop, reserve stalks for another use. Meanwhile heat olive oil in a large skillet, add leeks, garlic, pepper flakes, carrot and parsley, sauté for 2 minutes. Season with salt, add tomato paste, garbanzos, chard, stir well, reduce heat to simmer. Add 1 Tbls. salt to boiling pasta water, stir in shells and cook to al dente. Watch vegetables, adding pasta water as needed to prevent scorching. Drain pasta, add to skillet, toss everything together, seasoning generously with black pepper. Serve with a drizzle of olive oil and a sprinkle of grated cheese.

GARLIC-POTATO PARSNIP PUREE Adapted from foodnetwork.com

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| 1 head garlic | 4 Tbls. butter, softened |
| 2 tsp. extra virgin olive oil | 1/2 tsp. salt |
| 1 lb. Potatoes cut into 1-inch pieces | 1/4 tsp. white pepper |
| 3/4 lb. Parsnips, peeled and cut into 1-inch pieces | 6 Tbls. Half 'n' half |

Preheat the oven to 400 degrees F. Cut off enough of the garlic head to expose the tops of all cloves Place the garlic on a square of aluminum foil and drizzle with the olive oil. Wrap the garlic tightly in the foil and bake until soft, about 30 to 40 minutes. Unwrap the garlic and cool. Gently press the cloves between your thumb and forefinger to release the softened garlic into a small bowl. Set aside. Bring a large pot of salted water to the boil. Add potatoes and parsnips and simmer until they are tender, about 20 minutes. Drain the vegetables and force through the medium disk of a food mill or ricer into a bowl, or alternately mash with a potato masher in a large mixing bowl. Add garlic cloves to taste (start with 3 or 4 cloves), butter, salt and pepper and mix well. Stir in half and half a bit at a time to achieve the desired consistency. Makes 4 side dishes. Refrigerate remaining roasted garlic, covered in olive oil.

SICHUAN STYLE SPICY CABBAGE Adapted from asianonlinerecipes.com

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|---|-----------------------|
| 1 lb of Cabbage | 2 Tbls. sesame oil |
| 2 tsp. of salt | 2 Tbls. of sugar |
| 3 dried red chillies, soaked and finely chopped | 1/4 cup of water |
| 2 Tbls. minced Leeks | 2 Tbls. cider vinegar |
| 2 Tbls. fresh ginger, shredded | |

Cut cabbage leaves into pieces about an inch square. Place cabbage in a container (I used a Pyrex baking dish) and sprinkle the salt over it. Let the cabbage rest in the salt for a few hours. It is ready when the leaves have become limp and liquid has formed. Pour the liquid out and dry the cabbage. A salad spinner works well. Otherwise use towels. Put the cabbage in a non-reactive bowl. Heat a small pan and add the sesame oil. Add the leeks and ginger; stir-fry for about ten seconds. Add the sugar and water. Keep stirring until the sugar dissolves. Add the vinegar and bring the mixture to a boil. Remove the pan from heat and let the dressing cool. Pour the dressing over the cabbage and mix everything together. Cover the bowl and let the cabbage stand for 3 or 4 hours before serving. Serve room temperature.

Look for RIBOLLITA, CHARD TART, or other Chard recipes on our website. The BRAISED RED CABBAGE WITH APPLES from the *Joy of Cooking* is a Willey favorite. From the home page www.TdWilleyFarms.com, select RECIPES. Scroll down to WINTER, each crop is listed with a drop down menu of previous newsletter recipes.

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✕ RADISHES \$8 / 6 bunches
 - ✕ PARSNIPS \$11 / 6 lb
 - ✕ RED CABBAGE \$8/ 6 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.
 - ✕ "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 8OZ.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)

Friday NOON is the Deadline to order Organic Abundance for your Next CSA deliveries! To receive a Weekend Box Preview OR request to be notified of late breaking Organic Abundance offerings. SEND an e-mail to denesse@TdWilleyFarms.com

MORE RECIPE AND STORAGE TIPS..

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

Refrigerate everything except potatoes. Remove and discard carrot tops promptly. Always protect potatoes from exposure to light. Use microperf bags for all leafy items. Store vegetables separate from fruits. The Pixie Tangerine was originally developed at the University of California Citrus Research Center in Riverside in 1927. After additional refinement, it was released for commercial trials, which included Ojai's Friends Ranch, in 1965. Though Pixie trees take longer to bear than other varieties (4 years), and once mature (8 years), the trees have a strong tendency to yield fruit heavily one year and lightly the next; a small group of citrus growers in Ojai, decided that the tiny, easy-to-peel, seedless, and quite tasty fruits might be marketable. As a late season variety, ripening in March or April, Pixies are one of a very few fresh fruits available in springtime. Ojai's warm summer days and relatively cool nights, followed by cool but not freezing winters, combine to develop fruit that are sweeter and juicier than Pixies grown in other areas. Shore's CCOF certified family owned farming operation was established in 1965 to grow citrus and avocados. With farms in Santa Paula and Ojai, they planted their first Pixie Tangerine tree in 1996 after tasting the delicious fruit grown by Friends Ranches in Ojai. Too fibrous to eat raw, peel ivory colored Parsnips with a vegetable peeler, the larger specimens may have a woody core that should be removed before cooking. Sweetened by repeated frosts, the roots can be roasted, boiled, sautéed, or steamed. Be careful not to overcook, their flavor is sweetest when just fork tender. Royal Mandarins are a juicy cross between the King Mandarin and a grapefruit. These are from CCOF certified, Coachella grower Bill Jessup.

FARTHER AFIELD

Winged and crawling creatures begin to stir from late winter inactivity in blooming patches of old turnips and arugula. We purposely protect flowers to provide nectar and a few aphids for carnivorous syrphid flies now showing themselves and other insect allies that find sustenance on floral sweets prior to engaging problematic species in battle. The value of such practices encouraging diversity and biomimicry was underscored with some deep entomological experience shared by my recent "Down on the Farm" radio guests, Jose Quezada and Manuel Jimenez. The octogenarian Quezada studied under early masters of insect biocontrol at Berkeley and UC Riverside, including Robert Van Den Bosch, and then plied these strategies in his native El Salvador's scarred 1970's tropical environment that suffered from a prodigious chemical assault on the country's farmscape. The newly minted entomologist perceived indiscriminate use of DDT and organophosphates, over the preceding 25 years, had devastated complex natural insect communities, launching previously inconsequential species into critical pest status after more chemically sensitive competitors were killed off. Quezada shouldered the challenge of developing a biological control for one newly emerged pest, citrus blackfly, ravaging area orchards. He led a search team to the fly's earlier home turf in Mexico and returned, after some sleuthing, with an effective Hymenopteran parasitic wasp. Following several more years spent introducing and amplifying wasp populations in Salvadorian orchards, coupled with his successful educational efforts to reduce pesticide use, citrus blackfly became a non-issue and remains economically unimportant as a pest to this day. Manuel Jimenez, long time UC farm advisor to small and limited resource growers in Tulare County, has over three decades excelled as a tireless educator promoting Integrated Pest Management (IPM) techniques which de-emphasize use of toxics. His demonstration plots and novel teaching efforts around insect ecology in local cherry tomato crops reduced average pesticide applications from a seasonal two-dozen to near zero. Manuel's community project, Bravo Lake Botanical Garden in his native Woodlake, features a diversity of all the San Joaquin Valley's agricultural crops, to which no pesticides are applied, further demonstrating complex farmscapes resist both pests and disease. We invite you to visit both Bravo Lake and T & D Willey Farms later this spring to witness first hand how these effective natural balances are pursued. -Tom Willey

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

☸ Of course you may send a proxy to pick up your box, however... please instruct them to take ONLY the box(es) with your name on the label. ☸ If your name is on the sign off sheets, a box has been prepared for you. Ask the host for assistance and phone the farm immediately if you cannot find "your" box. Our phone 559-674-2642 (559 ORGANIC) is on 24/7. ☸ 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! ☸ Payment for Organic Abundance are due upon receipt.