

WHAT'S GROWIN' ON

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

23,24,25 Mar. 2010

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

VOL 9 NO. 12

Every tree, bush
and weed sends
up a bee's delight!



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✂ *Couture's ASPARAGUS (SB)(FB)
- ✂ BABY ARTICHOKE (FB)
- ✂ CURLY PARSLEY (SB)(FB)
- ✂ YUKON GOLD POTATOES (SB)(FB)
- ✂ ESCAROLE OR
RED BUTTER LETTUCE (SB) (FB)

- ✂ LONG LOVELY LEEKS (SB)(FB)
- ✂ NANTES CARROTS (SB)(FB)
- ✂ *Nolan's KIWI FRUIT (FB)
- ✂ *Guzman's NAVAL ORANGES (SB)(FB)
- ✂ *Albano's PINK LADY APPLES (FB)

SB= SEEDLING BOX, FB= FAMILY BOX

* Certified Organic from Other Farms

MEMBERSHIP CORNER

(Phone 559 ORGANIC, 559-674-2642)

Billing Statements for April and the Second quarter have been mailed, payments must be RECEIVED by April 5th. Use

CSA@TdWilleyFarms.com. To order organic abundance, request a vacation hold, to inquire about or make changes to your account, request electronic statements or make a farm tour reservation. We confirm ALL e-mails.



**ORGANIC ABUNDANCE
FOR NEXT DELIVERY**

(comes in a separate carton)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✂ *Shore's PIXIE TANGERINES
\$10.50/ 3 LB.

DOWN ON THE FARM

Sweet Nantes Carrots (*Daucus carota* var. *sativus*) Back when we were farming about 25 acres at the corner of Gettysburg and Locan in Clovis, every fall we would seed one row of Nantes carrots for our little dark-haired girl, Lizzy and ourselves. The French cultivar, Nantes is by far the juiciest and sweetest strain, but it must be hand harvested. In the spring of 1985 a few gals visited us from the Real Foods chain of health food stores in the Bay Area. They couldn't stop munching those carrots. "There is no carrot like this in the market" they exclaimed, "You should grow these commercially?" That fall we seeded two rows. Today we farm 75 acres and seed about 5 acres of carrots every year. Though carrots can be grown year-round in our valley, it takes cool weather to put the flavor in root crops and we don't try to stretch the season much past May.

Carrots are an aromatic vegetable like onions, leeks and fennel, lending a sweet, rich character to stocks, marinades soups, stews and sauces. The orange color comes from the nutrient beta-carotene. When converted into Vitamin A by our bodies it improves night-vision. The regular consumption of foods high in carotenoids protects against cardiovascular disease and cancer, and may be helpful in regulating insulin resistance and high blood sugar levels. Since the Nantes has a thin skin, it is not necessary to peel our carrots, wash them with a vegetable scrubber. One pound or bunch yields about 3½ cups chopped.

FEATURED RECIPES

ASPARAGUS WITH BALSAMIC VINAIGRETTE Adapted from *Cook's Illustrated*

- 1 bunch Asparagus spears
- 6 Tbls. balsamic vinegar
- 1 1/2 tsp. olive oil
- 2 Tbls. olive oil
- Salt & fresh ground black pepper
- 2 Tbls. Parmesan cheese

Using a vegetable peeler, peel just the tough ends of asparagus spears. Adjust oven rack to uppermost position and heat broiler (about 4 inches from the heating element). Toss asparagus with oil and salt and pepper, then lay spears in single layer on heavy rimmed baking sheet. Broil, shaking the pan halfway through to turn spears, until asparagus are tender and lightly browned, 6 to 10 minutes. Bring vinegar to a boil in a small skillet over medium-high heat. Reduce the heat to medium and simmer slowly until the vinegar is syrupy and reduced to 2 Tbls., 15 to 20 minutes. Arrange the broiled asparagus on a serving platter. Drizzle the balsamic glaze and olive oil over the asparagus. Sprinkle with the Parmesan and serve immediately.

CREAM OF CARROT & GINGER SOUP Adapted from *The Surreal Gourmet*, Bob Blumer

- 3 cups vegetable stock
- 2 Tbls. fresh ginger root, peeled and grated
- 1 bunch fresh Carrots, tops removed
- 1/2 tsp. ground nutmeg
- 1 Leek, thoroughly cleaned
- 1/2 tsp. salt
- 2 stalks celery
- 1 tsp. freshly ground black pepper
- 2 Tbls. butter
- 1/2 cup heavy cream (optional)

In a large pot, bring stock to a boil. While stock is heating, chop all vegetables into small pieces (approximately 1/2-inch cubes). In a sauté pan, over medium-high heat, melt the butter. Sauté vegetables with ginger and nutmeg for approximately 15 minutes, or until vegetables are browned. Stir sautéed vegetables into stock, reduce heat, cover with a lid, and simmer for 30 minutes. Allow to cool to room temperature and then puree in a blender. Soup should be thick and smooth. If you like your soup velvety smooth, pour through a fine mesh strainer. Add cream, salt and pepper to taste. To serve, reheat but do not bring to a boil. Ladle into warmed bowls, serves 4.

Look for other recipes on www.TdWilleyFarms.com. From the home page, select RECIPES. Each crop is listed, by season, with a drop down menu of previous newsletter recipes.

The soil now gets a rumpling soft and damp,
And small regard to the future of any weed.
The final flat of the hoe's approval stamp
Is reserved for the bed of a few selected seed.

There's seldom more than a man to a harrowed piece.
Men work alone, their lots plowed far apart,
One stringing a chain of seed in an open crease,
And another stumbling after a halting cart.

To the fresh and black of the squares of early mould
The leafless bloom of a plum is fresh and white;
Though there's more than a doubt if the weather is not
too cold
For the bees to come and serve its beauty aright.

Wind goes from farm to farm in wave on wave,
But carries no cry of what is hoped to be.
There may be little or much beyond the grave,
But the strong are saying nothing until they see.

1936 Robert Frost

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- * 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!
- * **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.
- * **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!

MORE RECIPE AND STORAGE TIPS..<http://whfoods.org/foodstoc.php>

Refrigerate everything except potatoes and kiwifruit. 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. Deep in the earth, a rooted crown wakes and sprouts fast-racing **Asparagus** shoots into the sunshine of early spring. They are high in Vitamin A, folacin, and potassium, along with trace amounts of B Vitamins, copper and zinc. Facing the same cutbacks in federal water as their Westside neighbors, Steve & Christina Couture of Huron faced the decision of what crops they could continue to grow. They decided to keep their CCOF certified organic **Asparagus** in production, but could no longer justify the conventional asparagus that had been their mainstay for many years. This production loss forced the Coutures to abandon traveling to farmers markets, making us now drive to Huron to pick up the tender shoots. Thus, we can only offer asparagus as an Organic Abundance item on the same week it will be featured in the box. If you are not already on the list to be notified of late breaking O.A. offerings and would like to be, send me an email. Trim the dark green top from **leeks** and use in your stock pot. The tender blanched light green and white parts are delicious grilled, in soups or even shaved into salads. Nothing ruins a gourmet experience like grit in the food, so be sure to wash leeks under running water, fanning the leaves to remove any hidden soil. In 1873, Eliza Tibbets, was given three branches of an orange variety from Brazil by an official of the U.S. Department of Agriculture. By 1878 she had three fruit-bearing trees and had started the navel orange industry in Riverside, California. Today, we're all eating descendants of the Washington navel she developed, and one of the three original trees she started with is still alive and bearing fruit. These seedless **Navel** oranges from the Guzman Family in Santa Paula are C.C.O.F. certified. **Kiwifruit** are from Quinca 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 18 years. Keep at room temperature until fruits yield to gentle pressure and are easily knife-peeled. All endives add a slight bitter accent to any salad, but cold weather has rendered our **Escarole** crunchy and mild. Escarole pairs well in a salad that includes nuts, cheese or **Pink Lady Apples** (CCOF certified from the Albano family in the Cuyama Valley). Wash the broad, open head that resembles leaf lettuce, taking special care to go over the base of the inner leaves with your fingers where soil often clings. If you don't care for escarole in salads, try it cooked. Prepare with sautéed leeks and garlic, adding shredded escarole to the pan once alliums are tender and cooking until leaves are just wilted and turn dark. Salt and pepper to taste.

FARTHER AFIELD

More than several federal administrations have come and gone since we've seen any attention paid to the "trust-busting" made so famous by Teddy Roosevelt who wielded his big stick early last century. Corporations, always intent on consolidating power and market share, have taken prime advantage of government inattention by fattening up on the competition, for all appearances nowhere more successfully than in food and agriculture over recent decades. A long-smoldering populist prairie fire of rural resentment appears to have finally caught some attention from an Obama administration that recently hosted the first in a series of unprecedented, joint Department of Justice/USDA antitrust listening sessions in Ankeny, Iowa. Its focus seemed to concentrate on the seed industry where Monsanto, through a furious series of acquisitions and mergers, has muscled its patented GMO traits into 90% of America's vast soybean acreage and 80% of our nation's corn. Farmer's seed costs have as much as quadrupled since their GMO traits entered the market in 1996, prompting a formal DOJ antitrust investigation into Monsanto's business practices, begun this January. Not only do farmers suffer from diminished competition when purchasing inputs to grow crops, commodity markets into which they must sell production are even more concentrated. As of five years ago, just four nationwide beef packers slaughter 85% of all U.S. cattle. Three of these, Tyson, Swift and Cargill are among only four processors of 65% of all the nation's hogs. Other foursomes dominate better than 50% of both our country's turkey and chicken markets. While strolling the aisles of an average American supermarket, tantalized by over 45,000 items, it is instructive to note the lion's share of that dazzling array emanates from a mere handful of manufacturers. Sadly, organic processed foods now well illustrate this point as major conventional manufacturers have, within recent memory, acquired nearly every pioneering independent organic brand. Should you believe such concentration only causes headaches for producers, our food retail sector upon which we daily depend is more than 50% dominated by just five concerns including the behemoth Wal-Mart, that inaugurated its grocery business barely two decades ago. We should read the barometer of renewed antitrust fever with considerable interest as such stirrings may portend a redefinition in course for much of our American economy, starting with the food on your family's dinner table. -Tom Willey