

WHAT'S GROWIN' ON

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

Mar. 30, 31 & 1 Apr., 2010

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

VOL 9 NO. 13

**The fresh Earth in
new leaves dressed,
and the starry night.**

-P.B.SHELLEY



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ DETROIT DARK RED BEETS (SB)(FB)
- ⌘ RUTABAGAS (SB)(FB)
- ⌘ PARSNIPS (SB)(FB)
- ⌘ YUKON GOLD POTATOES (SB)(FB)
- ⌘ REDLEAF LETTUCE (SB) (FB)
- ⌘ BABY RED CABBAGE (SB) (FB)
- ⌘ LONG LOVELY LEEKS (FB)
- ⌘ NANTES CARROTS (SB)(FB)
- ⌘ *Nolan's KIWI FRUIT (SB)(FB)
- ⌘ *Shore's PIXIE TANGERINES (SB)(FB)
- ⌘ *Albano's PINK LADY APPLES (SB)(FB)

SB= SEEDLING BOX, FB= FAMILY BOX

* Certified Organic from Other Farms

FIRST SPRING FARM TOUR

**Saturday May 8, 10 am
reservations required:**

559 674-2642 or

csa@tdwilleyfarms.com.

at www.tdwilleyfarms.com

**Select Fresh & Local, look for
"Visit Your Farm"**



FREE

ORGANIC ABUNDANCE

For every new member you send our way we will give you a certificate, good for one Organic Abundance item (up to \$15 in value). The new member (not just a trial customer) must list you as their referral.

Tune in to

Down on the Farm with Tom Willey

Friday April 2, 5 to 6pm 88.1 FM

Join Tom and retired USDA researcher

Lyle Carter

"Talking Tillage"

DOWN ON THE FARM

The hand-held "pasty" is a filled pastry case, commonly associated with Cornwall in England. Traditionally, Cornish pasties are filled with beef, sliced potato, rutabaga and onion and baked. These ingredients are *uncooked* before they are wrapped in a sturdy pastry casing, in contrast to an empanada or beerock. The pasty was originally made as lunch ('croust' in the Cornish language) for Cornish tin miners who were unable to return to the surface to eat. As the men were covered in dirt from head to foot (including some arsenic often found with tin), they could hold the pasty by the folded crust and eat the hearty meal without touching it, tossing the dirty pasty. These discards served to appease the mine's capricious spirits, known as "knockers", which might otherwise lure miners into danger. Pasties were also popular with farmers and labourers, particularly in England's North East, also a mining region. These pies are still common in the upper peninsula of Michigan (Copper mines) and in northern Minnesota (Iron mines). It was also said by miners in the Butte, Montana area, that a pasty was "as welcome as a letter from 'ome." Traditionally these pies are cut from dough the size of "a dinner plate", filled, folded and crimped, then baked. When my children were small, I discovered that rolling out dough from a tin of refrigerator biscuits into 5 or 6-inch circles would make a large number of child-sized pasties. Making a batch of these on the weekend saved me many hours of sandwich making during the week. This week's box made me think of pasties, with or without meat. Finely chopped crimini mushrooms, sauteed with shredded red cabbage and leeks will make a delicious vegetarian beerock. *-denesse*

FEATURED RECIPES

RED CABBAGE SAUERKRAUT courtesy of foodnetwork.com

- | | |
|--------------------------|---|
| 2 Tbls. olive oil | 1/2 tsp. whole mustard seeds |
| 1 cup vinegar | 1 clove garlic, peeled and thinly sliced |
| 1/2 cup water | 1 small head Red Cabbage, thinly shredded |
| 2 Tbls. granulated sugar | Salt and freshly ground pepper |

This is great with Bratwurst. In a medium saucepan, combine oil, vinegar, water, and sugar over medium heat, cook until the sugar has melted. Add mustard seeds, garlic and cabbage, cook until the cabbage is soft, about 15 to 20 minutes. Season with salt and pepper, to taste. You may drain, spread on a hoagie roll, top with Swiss cheese and broil until melted, yum!

WARM LENTIL SALAD WITH ROASTED BEETS Recipe courtesy Bobby Flay

- | | |
|-------------------------------------|---|
| 1 to 2 large Beets | 2 Tbls. olive oil |
| green portions from 1 Leek, chopped | 1/4 lb. Organic Prairie bacon, diced (optional) |
| 1 Carrot, quartered | 2 cloves garlic, finely chopped |
| 1 stalk celery, quartered | 1 small Carrot, peeled and finely diced |
| 1 fresh or dried bay leaf | 2 tsp. finely chopped fresh thyme leaves |
| 4 sprigs fresh thyme | 1 Tbls. sherry vinegar |
| 4 cups chicken or veg. stock | 4 cups torn Lettuce or mixed greens |
| 1 1/4 cups dried lentils | Sherry Vinaigrette, recipe follows |
| Salt and freshly ground pepper | 4 slices goat cheese |

Preheat oven to 375 degrees F. Scrub beets well, coat lightly with oil. Place in a shallow roasting pan with 1 or 2 Tbls. water, cover with aluminum foil, and roast in the oven until cooked through, approximately 45 to 60 minutes. Remove from the oven, let cool for 10 minutes, and then peel and slice into 1/4-inch thick slices. Meanwhile prepare lentils. Tie leek tops, quartered carrot, celery, bay leaf, and thyme sprigs together in cheesecloth. Place this and stock in a medium saucepan and bring to a boil. Stir in lentils, season with salt and pepper, and reduce the heat to medium-low and cook until the lentils are tender, about 20 minutes. Drain well and discard the cheesecloth bag of aromatics. Heat the oil in a large sauté pan over medium heat. Add the bacon and cook until lightly golden brown. Remove the bacon with a slotted spoon to a dish lined with paper towels. Add garlic and diced carrot to the pan and cook until soft, about 5 minutes. Add cooked lentils and bacon to the pan and stir to combine. Stir in the chopped thyme and 1 Tbls. of sherry vinegar. Season with salt and pepper, to taste. Cover to keep warm. Place the salad greens in a large bowl, toss with half of the vinaigrette, and season with salt and pepper. Arrange beet slices around the outside of 4 dinner plates. Divide dressed greens among each plate in the center. Top with some of the warm lentils and place a slice of the goat cheese on top. Drizzle each salad with the remaining vinaigrette. Serve with slices of French bread. **SHERRY VINAIGRETTE:** Whisk together 1/4 cup sherry vinegar, 2 tsp. Dijon mustard, 1 tsp. fresh thyme and 1/4 tsp. each salt and pepper in a small bowl. Slowly drizzle in 1/2 cup olive oil, whisking until emulsified.

SCALLOPED POTATOES AND PARSNIPS Recipe courtesy Gourmet Magazine

- | | |
|---|-------------------------------|
| 1 1/2 cup sliced Leeks, white part only | 1 1/4 cups milk |
| 2 Tbls. water | 3/4 cup stock |
| 1 to 2 Parsnips (about 1/2 pound) | 1 1/2 Tbls. all purpose flour |
| 4 small Yukon Gold Potatoes | Pinch freshly grated nutmeg |

In a large saucepan cook leeks in water, covered, over moderate heat, stirring occasionally, 5 minutes, or until softened. Remove cover and cook until any liquid in saucepan is evaporated. Preheat oven to 425 degrees. Peel parsnips and coarsely grate. Cut potatoes crosswise into 1/8-inch thick slices. In a small bowl whisk together milk, stock and flour until combined well. Add milk mixture to onion with parsnips, potatoes, nutmeg, and salt to taste and simmer, stirring frequently, 1 minute. Pour vegetable mixture carefully into a shallow 1 1/2-quart baking dish and bake in lower third of oven 45 minutes, or until top is golden brown and potatoes are tender when pierced with a knife. Garnish with chopped fresh parsley.

Look for Steak & Rutabaga Pies, Roasted Vegetable Soup, Shepherd's Pie, Vegetarian Irish Stew, Roasted Vegetable Salad and MANY 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.




ORGANIC ABUNDANCE FOR NEXT DELIVERY


(comes in a separate carton)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- * Shore's **PIXIE TANGERINES** \$10.50/ 3 LB.
- * Nolan's **KIWIFRUIT** \$11/3 lb
- * Jessup's **MARSH RUBY GRAPEFRUIT** \$9.50 / 6 fruits
- * Las Palmitas' **NAVEL ORANGES** \$10/ 6 lb.
- 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 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
- "EVERYONE WHO EATS IS A FARMER"
100% ORGANIC SHOPPING BAG USA MADE \$15

* 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!


Payment for Organic Abundance is 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. Yukon Gold potatoes are physiologically ready to sprout and must be refrigerated unless used promptly, always protect potatoes from light. Because leaves will continue to grow, drawing moisture and sugar from the roots, remove and discard tops from bunched carrots. Use microperf bags for all leafy items. Store vegetables separate from fruits. In Medieval Europe, where sugar was rare and honey expensive, Parsnips served as a common sweetener until the French mastered sugar beet refinement. Before the introduction of the potato, Parsnips were the most important source of starch in Europe; in colonial North America they were more popular than either carrots or potatoes. A good source of potassium, fiber, Vitamin C and folate, parsnips make an excellent 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. **Rutabaga, Brassica napus**, related to the turnip, is a separate botanical species that may have evolved from the crossing of a turnip and wild cabbage. Rutabagas have more beta-carotene and vitamin C than turnips, are sweeter and contain less moisture. The first record of rutabagas is from the seventeenth century, their popularity in Scandinavia earned them the name Swedish turnips or "Swedes". Use a paring knife, not a vegetable peeler to remove tough fibrous peel, which may be added to the stock pot. The seedless **Pixie Tangerines** have extraordinary flavor and are easiest to eat when cut into wedges, though asking a small child to peel one is a nice diversion. Shore's CCOF certified family owned farming operation in Ojai was established in 1965 to grow citrus and avocados. **Kiwifruit** are from Quinca Farms, CCOF certified for 18 years, owned and operated by the Nolan Family in Marysville. Keep at room temperature until fruits yield to gentle pressure and are easily knife-peeled. We're closing the California Apple season with **Pink Lady Apples**, CCOF certified from the Albano family in the Cuyama Valley.

FARTHER AFIELD

A troubling long-lived conundrum is why Fresno, our nation's near six billion dollar powerhouse agricultural county, home alike to agribusiness giants and the greatest number of small farmers statewide, has not spawned the most vibrant farmer's market culture in all California. We boast nothing compared in scale to San Francisco's storied Ferry Plaza Farmers Market or Santa Monica's every Wednesday outdoor produce extravaganza on its Promenade. In 1981, denesse and I began farming a rented patch of sandy loam on Fresno's eastside and carried prized early squashes to the old Arnett-Smith open air market behind downtown's former Chamber of Commerce office, presided over by Florence Smith who welcomed all competing produce vendors for a modest fee. She and husband Melvin, West Fresno generational gardeners, would then proceed to politely undersell said competitors from heaping truckloads of produce that flowed from their immensely productive farm. When our biggest market day transaction became trading unsold produce for French bread that neophyte baker, Patrick Bourrel (today, Fig Garden's La Boulangerie) peddled from the trunk of his automobile; something had to give. We found our way to opening day of what became the phenomenal Santa Monica Farmers Market, missing nary a Wednesday date with loyal customers in over sixteen ensuing years. Super saleswoman-wife, denesse, would sometimes ring up \$1,500.00, hawking just one early season vegetable item over several hours on that teeming seaside Promenade. Many of our region's finest specialty growers yet motor seasonal harvests, fighting sleep-laden eyelids up and down Hwy 99 of a predawn's cool, to those promised lands in Southern California, the Bay Area or Central Coast from which they likely return with sufficiently jingling coffers to support a farming habit. Determined local cultivators who have toughed out direct sales hereabouts over three decades successfully established, with Richard Erganian's inspired creative support, what Alice Waters christened "a cathedral to fresh fruits and vegetables" at Blackstone and Shaw's Vineyard Farmer's Market. Though its most venerable, that corner is by no means our region's sole open air produce venue. Numerous local Valley communities have sprouted seasonal markets of late, even a major medical center, exhorting us to "Thrive" on fresh foods and exercise, hosts a weekly fruit and vegetable bazaar. A crescendo of interest is building in cities across the nation around reanimated local food economies and direct access to fresh picked produce along "with the farmer's face", Fresno might be a bit come lately but is no exception. Denesse and I abandoned the open-road long haul to distant farmer's markets in the mid '90s, then cast our lot with the burgeoning Community Supported Agricultural movement eight years ago. We currently serve 800 local member families weekly, supplying each their organic fruits and vegetables directly from our Madera farm. Several additional competing CSA-type services have sprouted locally in recent years. Urbanites migrating here from major American metropolitan centers have arrived with an appreciation for the fresh food cornucopia grown hereabouts; these newcomers desire direct access and are willing to pay for it. Fading are those days when jaded Fresno homeowners wished they'd locked front gates, arriving home to mystery boxes of too ripe tomatoes or monster zucchini from some neighbor's over productive garden or farmer's cull chute. A consortium of public health agencies, local NGO's and businesses are sponsoring our community's first-ever "Farmer's Market Summit", Monday, April 5th at Fresno's Ramada Inn, determined to cultivate bigger and better farmers markets all across our region. Keynote speakers will be Kaiser Permanente's impassioned good food advocate, Preston Maring, MD and California's vegetable farmer-Secretary of Agriculture, A.G. Kawamura. Put a shoulder behind the wheel of this effort to reward our citizenry enhanced health by improving access to fresher, better tasting foods. We can build local economy more nurturing of direct selling farmers and entice weary road warriors serving distant markets to "bring it on home" to an increasingly appreciative community. -Tom Willey

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

☼ Thank you all who have paid on time! **Quarterly customers will forfeit their discount if payment is received after April 5.** A paper or electronic statement with a balance due means we do not have your credit card authorization. ☼ To receive late breaking offerings for Additional Organic Abundance OR the Weekend Box Preview, contact dennese@TdWilleyFarms.com. Please specify which service you desire. ☼ Use CSA@TdWilleyFarms.com to request a vacation hold or electronic statements, order organic abundance, inquire about or make changes to your account or make a farm tour reservation.