

# WHAT'S GROWIN' ON

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

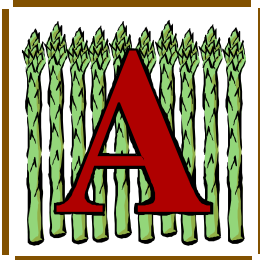
6, 7, 8 April, 2010

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

VOL 9 NO. 14

April is the cruelest month,  
breeding  
Lilacs out of dead land,  
mixing  
Memory and desire,  
stirring  
Dull roots with spring rain."

T.S. Elliot (1888-1965)



## BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ SWISS CHARD (SB)(FB)
- ⌘ RED LA SODA POTATOES (SB)(FB)
- ⌘ RED OAKLEAF LETTUCE (SB) (FB)
- ⌘ ASIAN TURNIPS (FB)
- ⌘ LONG LOVELY LEEKS (SB)(FB)
- ⌘ NANTES CARROTS (SB)(FB)
- ⌘ \*Couture's ASPARAGUS (SB)(FB)
- ⌘ \*Shore's PIXIE TANGERINES (FB)
- ⌘ \*Las Palmitas' VALENCIA ORANGES (SB)(FB)

SB= SEEDLING BOX, FB= FAMILY BOX

\* Certified Organic from Other Farms

## SPRING FARM TOUR

SAT. MAY 8, 10 AM

Reservations: 559-674-2642 or

[csa@tdwilleyfarms.com](mailto:csa@tdwilleyfarms.com).

At [www.tdwilleyfarms.com](http://www.tdwilleyfarms.com)

Select Fresh & Local, look for

"Visit Your Farm"



## ORGANIC ABUNDANCE FOR NEXT DELIVERY

(comes in a separate carton)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ \*Las Palmitas' VALENCIA ORANGES \$11/ 8 lb.
- ⌘ JUICER'S DELIGHT \$15  
8 lb each Carrots & \* Valencia Oranges
- ⌘ \*Shore's PIXIE TANGERINES \$10.50/ 3 LB.

## DOWN ON THE FARM

During the Great War, thousands of farmers left their fields to be swallowed up by the trenches. Some soldiers would keep a little bag of home soil in their safest pocket both as a lucky charm and as a token of identity. Even from the ditches in which they were forced to live, these farmers-cum-infantrymen wrote letters home that often mentioned work to be done in the fields, and the possibility of obtaining farming leave was always sought, if only as a means of escaping the "mad lands" of the front for a few days. "Dear Father", writes Isidoro Arici on 7 May, 1917, "let me know how it's going, if the fields have flowered properly and if you can see grapes and fruit yet: here in the Austrian hills conquered by us Italians, it looked just like our countryside, and you could see lovely fruit trees in bloom and vines and beautiful grass, let me know how many worms there are." In order to piece together a daily life shattered by war, Francesco Stefanile, returning to Campania from a Russian POW camp in 1945 was taken immediately by his father to see the trees they had planted together four years earlier. -An excerpt from *Roots* by Fabio Caffarena, Researcher at University of Genoa's Department of Modern and Contemporary History.

## FEATURED RECIPES

**COUNTRY-STYLE LEEK POTATO SOUP** Adapted from *Cook's Illustrated*, Jan. 2000

3 Tbls. unsalted butter

1 very large leek

1/2 Tbls. flour

3 cups chicken or veg stock

1 bay leaf

1 to 2 cups Red Potatoes, cut into 3/4-inch dice

Cut off roots and tough dark green portion of leeks, leaving white portion and about 3-inches of light green. Slice in half lengthwise and rinse under running water, opening each layer and wiping out the soil. Chop leek halves into 1-inch sections to yield 4 to 5 cups. Heat butter in Dutch oven over medium-low heat until foaming; stir in leeks, increase heat to medium, cover and cook, stirring occasionally, until leeks are tender but not mushy, 15 to 20 minutes; do not brown. Sprinkle flour over leeks and stir to coat evenly, cook and stir about 2 minutes. Increase heat to high; whisking constantly, gradually add stock. Add bay leaf and potatoes; cover and bring to a boil. Reduce heat to medium- low; simmer, covered until potatoes are nearly tender, 5 to 7 minutes. Remove pot from heat, allow to stand until potatoes are tender and flavors meld, 10 to 15 minutes. Discard bay leaf, correct seasoning with salt and pepper. **For a more substantial meal: Add a can of Cannelini beans when reducing soup to simmer; or add 1/2 lb. kielbasa, cut into 3/4-inch dice when bringing stock to boil.**

**SPRING GREEN RISOTTO** Adapted from the Barefoot Contessa If you can't find Mascaroni, substitute cream cheese.

1 1/2 Tbls. good olive oil

1 1/2 Tbls. unsalted butter

3 cups chopped Leeks, white part

1 cup chopped Chard stalks

1 1/2 cups Arborio rice

2/3 cup dry white wine

1 bunch Asparagus

4 to 5 cups simmering chicken stock, preferably homemade

1 Tbls. freshly grated lemon zest

salt and freshly ground black pepper

2 Tbls. freshly squeezed lemon juice

1/3 cup mascarpone cheese

1/2 cup freshly grated Parmesan

3 Tbls. minced fresh parsley

1 1/2 cups chopped Chard leaves

Heat the olive oil and butter in a medium saucepan over medium heat. Add the leeks and chard stalks and saute for 5 to 7 minutes, until tender. Add the rice and stir for a minute to coat with the vegetables, oil, and butter. Add the white wine and simmer over low heat, stirring constantly, until most of the wine has been absorbed. Add the simmering chicken stock, 2 ladles at a time, stirring almost constantly and waiting for the stock to be absorbed before adding more. Meanwhile, peel the tough ends of the asparagus and cut diagonally in 1 1/2-inch lengths. Blanch in boiling salted water for 4 to 5 minutes, until al dente. Drain and cool immediately in ice water. When the risotto has been cooking for 15 minutes, drain the asparagus and add it to the risotto with the chard leaves, lemon zest, 1 teaspoon salt, and 1 teaspoon pepper. Continue cooking and adding stock, stirring almost constantly, until the rice is tender but still firm. Total cooking time is 25 to 30 minutes. Whisk the lemon juice and mascarpone together in a small bowl. When the risotto is done, turn off the heat and stir in the mascarpone mixture plus Parmesan cheese and parsley. Set aside, off the heat, for a few minutes, correct seasoning and serve hot.

## MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- \* Nolan's KIWI FRUIT \$11/3 lb
- \* Jessup's MARSH RUBY GRAPEFRUIT \$9.50 / 6 fruits
- \* RADISHES \$8 / 6 bunches
- \* PARSNIPS \$11 / 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
- \* "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](mailto:CSA@tdwilleyfarms.com) or by phoning 559-ORGANIC, (674-2642)

Friday NOON is the Deadline to order Organic Abundance for your Next CSA deliveries!

Look for *Asparagus Frittata*, *Spring Celebration Soup*, *Leek Tart*, *Swiss Chard Frittata* and *MANY* other recipes on [www.TdWilleyFarms.com](http://www.TdWilleyFarms.com). From the home page, select RECIPES. Each crop is listed, by season, with a drop down menu of previous newsletter recipes.

## MORE RECIPE AND STORAGE TIPS...

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

Refrigerate everything. Red LaSoda potatoes are physiologically ready to sprout and must be refrigerated unless used promptly; always protect potatoes from light. Promptly remove and discard tops from bunched carrots. Use microperf bags for all leafy items. Store vegetables separate from fruits. Four small potatoes does not a meal make, but they are the perfect amount to thicken a soup, or add dimension to a frittata. When I am "backed up" on potatoes, I make a shepherd's pie or a pot of clam chowder. Swiss Chard is rich in Vitamin A, a good source of Vitamin C, and contains calcium, iron and fiber and can be used as you would beet greens or spinach. Chard pairs well with pasta, potatoes, tofu, rice, eggs, lentils, red pepper flakes, garlic, cilantro, lemon, olive oil, and red wine vinegar. Seedless Pixie Tangerines exhibit extraordinary flavor and are easiest to eat when cut into wedges. Developed at U.C. Riverside in 1927, the Pixie has been venerated by Slow Food USA and included in its "Ark of Taste." Mike Shore, C.C.O.F. certified in Santa Paula, packs citrus for a number of small family farmers. The ancient Greeks and Romans both collected wild Asparagus and cultivated it. By the Middle Ages the springtime shoots were less popular among Mediterranean Christians than with Arabs who considered them an aphrodisiac, especially when covered with egg yolks. No doubt, this accounts for the enduring appreciation of Asparagus served with Hollandaise sauce. Jumbo Asparagus is from Steve Couture's CCOF certified farm in nearby Huron. Peel the base of the thick stems with a vegetable peeler. Valencia Oranges have a tight, thin rind that can be difficult to peel, but the fruit is flavor rich and extremely juicy. Traditionally used as a juicing orange, these Valencias from Las Palmitas can be enjoyed sliced into wedges. Their ranch in Carpentaria has been family farmed since 1868 and is organic certified by Stellar.

## FARTHER AFIELD

Films like "A Bug's Life" that anthropomorphize our creepy, crawly insect relatives may be onto more of the truth than previously credited. Insects and we are fellow members of the Kingdom Animalia, representing a very small slice of Planet Earth's living diversity. Today's evermore sophisticated genetic sleuthing reveals insects and humans share numerous biochemical and metabolic pathways. Some insect societies reflect the complexity and division of labor in human communities to an astonishing degree. It stands to reason we can find ourselves in competition with arthropod relatives for the foods we grow in farmed monocultures. Toxic chemistries we've developed to battle these pestiferous insects, most since WWII, have unsurprisingly proven dangerous to ourselves, and other Animalia species, including arthropods we now understand to be allies in crop protection. This realization argues for non-toxic pest control approaches we currently use in organic agriculture and for further development of species-specific strategies, not disruptive to overall insect ecology. A novel approach, reported in New Scientist (March 20-26, 2010), manipulating the RNA of specific insect species is in development at a handful of laboratories around the world and on radar screens of nearly every agrochemical company. All living organisms depend on RNA to carry out instructions from their DNA's genetic code to synthesize essential proteins and for regulating which genes are expressed. DNA's "double helix" consists of two strands of sequenced genetic code, while RNA is nearly always made up of just one. Rare, double stranded RNA, possibly invented by viruses, causes an "interference", preventing expression of its corresponding gene. The 2006 Nobel Prize in Physiology was awarded two researchers for this discovery. Double stranded RNA has been demonstrated to exhibit very specific gene silencing activity when fed to four closely related species of fruit fly, *Drosophila*, producing 50% mortality in the targeted insects while doing little harm to three similar genotypes. It is hoped such dsRNA could be mass-produced as highly selective pesticides, controlling troublesome pest species without causing harm to insect ecology or other animals. As further investigation and mimicry of elegance in natural systems progresses, we may be able to leave biocidal bludgeons of toxic chemistry behind. Our species and its fraternity of planetary life will be all the better for an evolution in human sophistication. -Tom Willey

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

Members are expected to **unfold their box and place it in the box rack** at your delivery site. Contact the host first if you need to visit the site outside of the normal pick-up day and time. Use [CSA@TdWilleyFarms.com](mailto: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. We confirm all emails. To receive late breaking offerings for Additional Organic Abundance OR the Weekend Box Preview, contact [denesse@TdWilleyFarms.com](mailto:denesse@TdWilleyFarms.com). Please specify which service you desire.