

# WHAT'S GROWIN' ON

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

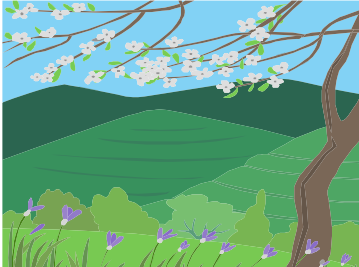
13, 14, 15 April, 2010

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

VOL 9 NO. 15

Beautiful must be the mountains  
whence ye come,  
And bright in the fruitful valleys  
the streams, where from  
Ye learn your song:  
Where are those starry woods?  
O might I wander there,  
Among the flowers, which in  
that heavenly air  
Bloom the year long!

ROBERT BRIDGES (1844-1930)



## BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ BABY ARTICHOKE (SB)(FB)
- ⌘ RED LA SODA POTATOES (SB) (FB)
- ⌘ RED BUTTERHEAD LETTUCE (SB) (FB)
- ⌘ SAVOY SPINACH (FB)
- ⌘ PARSNIPS (SB)(FB)
- ⌘ SPRING ONIONS (SB)(FB)
- ⌘ CURLY PARSLEY (SB)(FB)
- ⌘ NANTES CARROTS (SB)(FB)
- ⌘ \*Nicholas' NAVEL ORANGES (SB)(FB)
- ⌘ \*Shore's PIXIE TANGERINES (SB)
- ⌘ \*Sunrise's BLOOD 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).

GET DIRECTIONS AT

[www.tdwilleyfarms.com](http://www.tdwilleyfarms.com) Select Fresh & Local, then "Visit Your Farm"



## ORGANIC ABUNDANCE FOR NEXT DELIVERY

(comes in a separate carton)

ALL PRODUCTS ARE CERTIFIED ORGANIC

⌘ New! SUGAR SNAP PEAS

\$11/3 lb.

⌘ JUICER'S DELIGHT \$15- 8 lb

each Carrots & \* Valencia Oranges

## DOWN ON THE FARM

**Artichokes** (*Cynara scolymus*) are immature flower buds of the thistle plant. Italian immigrants who settled in the early 1900s near California's Half Moon Bay introduced artichokes to American retailers. Italians have been practicing artichoke cultivation for at least two thousand years. We grow a renowned **Baby Artichoke** called Imperial Star, a tender and flavorful thornless annual with edible small hearts. Under running water, use a vegetable scrubber to gently scrub the buds, removing small outer leaves. Peel long stem with a vegetable peeler and trim a scant 1/4-inch from the end. Place in a sauce pan with enough water to cover, 1/2 tsp. salt and splash of vinegar. Cover and bring to a boil, reduce heat and simmer until tender, 20 to 30 minutes. Pour off all the water and drain artichokes on a kitchen towel. Serve hot with savory dipping sauce or allow to cool for addition to salads, ragouts and frittatas. To cut up cooked baby artichokes: use a serrated knife, beginning at the tender bottom of the stem and working your way up to the bud. Whenever resistance is encountered, toss the outermost layer of leaves and continue up the bud until all the tender portions have been rendered from the bud. Each artichoke should yield about 1/4 to 1/3 cup. —denesse

## FEATURED RECIPES

### BUTTER FRIED PARSNIPS Adapted from allrecipes.com

- 2 to 3 Parsnips, peeled and quartered lengthwise
- 1/4 cup all-purpose flour for coating
- 1/2 teaspoon seasoning salt
- 1/2 cup butter, melted

If there is a large tough core in parsnip, remove it. Place parsnips in a large saucepan with enough water to cover. Cover pot and bring to boil over medium-high heat, cook until parsnips are just fork-tender, about 10 minutes. Drain parsnips, and pour onto a kitchen towel to cool. In a plastic bag combine flour and seasoning salt. Dip parsnips in melted butter and place them in the bag. Shake bag to coat parsnips with the seasoned flour. Pour remaining butter into a large skillet over medium-high heat. When the butter starts to sizzle, add parsnips. Cook, turning occasionally, until all sides are golden brown. Garnish with chopped parsley.

### CARROTS & SPRING ONIONS Adapted from Clifford A. Wright's *Mediterranean Vegetables*

- |                               |                              |
|-------------------------------|------------------------------|
| Carrots from 1 bunch, sliced  | 1/2 tsp. dried oregano       |
| 4 tsp. olive oil              | Salt to taste                |
| 1 clove garlic, minced        | 1 Tbls. minced fresh Parsley |
| 1 Spring Onion, thinly sliced | 1 Tbls. lemon juice          |

Bring a large saucepan of lightly salted water to boil, add carrots and cook until half tender, about 5 minutes, drain. In a medium saucepan or skillet, heat olive oil over high heat and cook the carrots, garlic, spring onions, oregano and salt until sizzling vigorously, 1 to 2 minutes. Reduce heat to low and cook until carrots are tender, about 15 minutes. Sprinkle with parsley and lemon juice.

### CREAMY PARSNIP WITH GINGER SOUP Adapted from allrecipes.com

- |  |                                |
|--|--------------------------------|
| 1 Tbls. olive oil                            | 1/8 tsp. cardamom              |
| 1 1/2 cups peeled Parsnips, in 1-inch chunks | 1/8 tsp. allspice              |
| 1 cup chopped Onion                          | pinch cayenne pepper           |
| 1 1/2 tsp. butter                            | 1 1/2 cups vegetable stock     |
| 1 to 2 garlic cloves, thickly sliced         | 1 can evaporated milk          |
| 1/2 tsp. ground ginger                       | Salt and freshly ground pepper |

Heat oil over medium-high heat in a large, deep pan until shimmering. Add parsnips, then onion or leeks; saute, stirring more frequently as vegetables turn golden brown, 7 to 8 minutes. Reduce heat to low, add butter and garlic; continue cooking until all vegetables are a rich spotty caramel color, about 10 minutes longer. Add ginger, cardamom, allspice and cayenne pepper; when fragrant, (1/2 to 1 minute) add stock. Bring to a low boil over medium-high heat. Reduce heat to low and simmer, partially covered, until parsnips are quite tender, about 10 minutes. Using an immersion blender or traditional blender, puree until very smooth, 30 seconds to 1 minute. Return to pan (or a soup pot); add enough evaporated milk so the mixture is soup-like, yet thick enough to float garnish. Correct seasoning with salt and pepper. Heat through, ladle into bowls, garnish with 1 Tbls. each walnuts and raisins, coarsely chopped sauteed in 1/2 tsp. butter until golden and fragrant, 1-2 minutes. Serves 4.

## MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- \* Las Palmitas' **VALENCIA ORANGES** \$11/ 8 lb.
- \* Red & White **SPRING ONIONS** \$11 / 4 LB.
- \* Shore's **PIXIE TANGERINES** \$10.50/ 3 LB.
- \* Nolan's **KIWIFRUIT** \$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.
- \* **"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.
- \* 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](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 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. Blood Oranges are from Sunrise Farms, located in Vista, California, a packing facility established over 25 years ago by Ken & Katie Shull. Currently packing their own fruit as well as the fruit of over 250 small-scale citrus growers located as far north as Ventura County, south to Imperial County and east to the Coachella Valley. This week's fruit is QAI certified from Imre Czairaki's small orchard in Temecula. Spring Onions are pulled immature, with their tender green tops attached. Georgia Boy is a white Sweet Granex type and our beloved Italian Red Sweet has a spicy burgundy bulb. Both are tender with mild greens; quite zesty if used raw, they do mellow when sautéed, the raw greens are excellent on sandwiches and in salads. Merveille des Quatre Saisons **Butterhead Lettuce** is an heirloom variety that, as its name implies, we can grow almost year round. Local **Navel Oranges** are from CCOF certified Rick & Penny Nicolas in Orange Cove. The seedless **Pixie Tangerines** have extraordinary flavor and are easiest to eat when cut into wedges. Shore's CCOF certified family owned farming operation in Ojai was established in 1965 to grow citrus and avocados. Ojai's warm summer days and relatively cool nights, followed by cool but not freezing winters, combine to develop fruit that is sweeter and juicier than Pixies grown in other areas.

## FARTHER AFIELD

Friend and recent radio guest, Lyle Carter, counts himself amongst the last of "station brats". Born and raised on USDA's Shafter Cotton Research Station during the depression-era where his ploughman father worked draft animals, young man Lyle circled back, agricultural engineering degree in hand, to pursue a long and distinguished research career at his birthplace. Though Carter experimented on many aspects of cotton production, his true investigative passions burned for studying soil management techniques or tillage. Humans' soil manipulation commenced ten millennia ago when someone first poked a stick into earth and dropped a gathered seed. Agriculturists have since developed increasingly elaborate mechanical technologies to homogenize extensive soil environments for the benefit of our favored food crops. Soil in nature remains relatively undisturbed, other than by weathering and biology, such as the penetration of plant roots and burrowing of earthworms. Modern broadcast tillage, designed to eliminate weed competition and fluff up fine seedbeds, Carter points out, visits unnecessary destructive violence on the soil environment. Immense weight borne by tractor tires creates "walls" of compaction impeding root and water penetration while tillage implements like discs and ploughs effect similar conditions in soil just beneath the depth to which worked. This leads farmers to ever employ heavier iron and more powerful traction, attempting to erase negative consequences wreaked by previous tillage. Carter asserts we are "chasing our own tails" and proposes a more artful "zone" approach, treating separate areas of soil differently for varying requirements, resulting in better mimicry of soil's natural state. Perhaps only 10% of the field need be worked seedbed-fine, a zone directly below the plant might be deeply shanked for root proliferation and remaining perpetually untrafficked areas would facilitate improved water infiltration. Pursuing soil quality enhancement, Lyle developed a number of prototype technologies and equipment that minimize compaction and unnecessary disturbance, maintain high yields and significantly reduce burning of carbon fuels for tillage. We farmers are often frustrated by the negative consequences of our addiction to conventional tillage. However, friend Lyle cautions, current tillage practice is built on a modicum of success and "changing any part of the system can be disastrous, even when it can be shown that system incorporates major flaws." —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. ⊗ For your convenience, we accept Visa, MasterCard, American Express and Discover Credit cards, we no longer accept debit cards. ⊗ 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. ⊗