

WHAT'S GROWIN' ON

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

20, 21, 22 April, 2010

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

VOL 9 NO. 16

*When the world wearies
and society ceases to
satisfy, there is always the
garden.*

-Minnie Aumonier



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ SUGAR SNAP PEAS (SB)(FB)
- ⌘ YUKON GOLD POTATOES (SB) (FB)
- ⌘ RED BUTTERHEAD LETTUCE (SB) (FB)
- ⌘ SWISS CHARD (SB) (FB)
- ⌘ RUTABAGAS (FB)
- ⌘ WHITE SPRING ONIONS (SB)(FB)
- ⌘ ASIAN TURNIPS (SB)(FB)
- ⌘ CAMAROSA STRAWBERRIES (FB)
- ⌘ *Las Palmitas' VALENCIA ORANGE(SB)
- ⌘ *Jessup's ROYAL MANDARINS (SB)(FB)

SB= SEEDLING BOX, FB= FAMILY BOX

* Certified Organic from Other Farms

2ND SPRING FARM TOUR
SAT. MAY 15, 10 AM

Reservations: 559-674-2642 or

csa@tdwilleyfarms.com.

GET DIRECTIONS AT

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.

⌘ New! **STRAWBERRIES**

\$10/4 - 1 pint clamshells



DOWN ON THE FARM

Sugar Snap Peas (*Pisum sativum*) If you haven't tried sweet, crisp, sugar snap peas yet, you're in for a real treat. The season for sugar snaps is short and highly dependent on mild springtime weather, so keep your fingers crossed that this spring be a calm one. Sugar snap peas are a hybrid cross of the English garden pea and the Asian snow pea. Sugar snap peas are entirely edible, and remain tender and flavorful for up to three days. Mr. Willey believes it is a criminal act to ever cook these peas. These peas are an excellent source of vitamin C, and are also a very good source of dietary fiber. Prepare fresh sugar snaps as soon as possible for the sweetest flavor. Before eating, break the stem end of the pea, then gently pull the length of the pod to remove both "strings." Sugar snaps can be served raw as an appetizer or in salads. Steam sugar snap peas no longer than four minutes or boil them for about two, immersing them into an ice water bath to arrest cooking. Add peas to a Stir-fry at the last moment.

FEATURED RECIPES

ROASTED SNAP PEAS WITH SPRING ONIONS Adapted from eatingwell.com

1/2 lb. Sugar Snap Peas, trimmed

2 tsp. extra-virgin olive oil

1/2 cup Spring Onion, thinly sliced

salt & freshly ground pepper to taste

2 pieces cooked bacon, crumbled *OR* 1 oz. crumbled blue cheese

Preheat oven to 475 degrees F. Toss peas, onion, oil, salt and pepper in a medium bowl. Transfer to a baking sheet and spread in a single layer. Roast in the oven, stirring once halfway through, until the peas are tender and beginning to brown slightly, 6 to 10 minutes. Serve warm, sprinkled with bacon or blue cheese. Serves 2.

CHARD AND RICE SOUP Adapted from Renee Shepard's Recipes for a Kitchen Garden

One of the few vegetable soups that really benefits from the use of chicken stock!

1 large bunch of Swiss Chard

3/4 cup short or medium grained rice

1/4 cup butter

1/2 cup freshly grated Parmesan cheese

1/2 cup chopped Spring Onions

1 Tbls. minced parsley

6 to 7 cups chicken stock

salt to taste

Wash chard well and cut across both leaves and stalks into 1/2-inch wide strips. In a 4 or 5 quart pot melt butter over medium heat. Saute onion until softened, Add chard, stir to coat with butter. Cover and heat until chard is fully wilted, about 4 to 5 minutes. Add 6 cups chicken stock, bring to a boil and add rice. Cover, cook over medium heat until rice is done, about 20 min. If soup is too thick, add more stock. When rice is tender, stir in Parmesan and parsley. Correct seasoning, serve with additional cheese for garnish. Serves 6 to 8

GINGERED SNAP PEAS WITH CHARD Adapted from foodnetwork.com

1/2 lb. Sugar Snap Peas, strings removed

1 clove garlic, smashed

Extra-virgin olive oil

1/2 cup finely sliced Spring Onion

1 Tbls, fresh ginger, finely chopped

Kosher salt

2 cups coarsely chopped Chard leaves washed but not dried, stems removed

Bring a large pot of well-salted water to a boil over high heat. Set up a bowl of well-salted ice water. Blanch the snap peas in the boiling water until they are cooked but still crunchy and then immediately plunge them into the salted ice water. Remove them from the ice water and reserve. Coat a large sauté pan with olive oil. Add the ginger, garlic, and onions and cook over medium-high heat until onions are soft and translucent. Add the sugar snap peas and chard, tossing to coat in the oil. Stir until chard is fully wilted about 5 min., remove from heat and season with salt. Serves 3 to 4.

Look for many RUTABAGA 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.

MORE RECIPE AND STORAGE TIPS..

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

Refrigerate everything. Yukon Gold potatoes are physiologically ready to sprout and must be refrigerated unless used promptly; always protect potatoes from light. Use microperforated bags for all leafy items. Store vegetables separate from fruits. Whenever we have Chard in our box, I buy a square of Gruyere Cheese; we will have a big Chard Frittata for Sunday brunch.

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
- * **PARSNIPS** \$11 /6 lb
- * Las Palmitas' **LEMONS** \$8/4lb
- * **RED POTATOES** \$10/ 8 lb.
- * **YUKON GOLD POTATOES** \$10 / 6 lb.
- * "ROOT RIOT" \$10/ 7 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
- * "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!

The creamy white bulbs of immature **Georgia Boy Spring Onions** are pleasantly mild, with their tender green tops attached. These Granex-type onions are similar to Vidalia sweet onions. Use spring onion bulbs and tops in almost any recipe calling for onions. The easy to peel **Royal Mandarins** are a "Tangor" (cross between a mandarin and an orange) or sometimes referred to as a "Temple" Orange. These half-pound fruits are the very last of Bill Jessup's CCOF certified crop and deliciously sweet. Peeled sections pair well with pitted olives and Spring Onions in a green or pasta salad. **Rutabagas** are in the cruciferous mustard family. Experts believe them to be offspring of wild cabbage and turnip. Rutabaga's dense, sweet, yellow-orange firm flesh is protected by a thick and fibrous covering. Using a large knife cut off the crown. You will see the thickness of the peel; use a paring knife, not a vegetable peeler, to remove. These under-appreciated, subterranean beauties are nutritious additions to a variety of soups and stews, loaded with complex carbohydrates, dietary fiber, and rich in flavor. Our **Asian Turnips** need not be peeled and may be eaten raw or cooked. Shred or julienne raw turnips into salads or soups, using the tasty greens in a stir-fry or soup. Coarsely chop turnip greens and sauté with thinly sliced bottoms in just a bit of butter and olive oil or roast whole with meats or other vegetables. **Valencia Oranges** are traditionally used as a juicing orange these are from Las Palmitas and can be enjoyed sliced into wedges. Their ranch in Carpinteria has been family farmed since 1868 and is organic certified by Stellar. Refrigerate our **Camarosa Strawberries** and keep them DRY until immediately before serving. Enjoy at room temperature for full flavor.

FARTHER AFIELD

I couldn't muster the foolhardy audacity to march, uninvited, into an Appalachian town, reputedly the most obese and unhealthy in America, and challenge its citizens to abandon their junk food style of life. But Naked Chef, Jamie Oliver did just that when his evangelistic "Food Revolution" recently invaded prideful Huntington, West Virginia, evoking traditions of British missionary zeal and calling to mind the expression, "only mad dogs and Englishmen". It turns out Young Jamie is not your run of the mill culinary rock star, though early on BBC cooking episodes broadcast from his London flat smacked of hedonism, urging young men to acquire kitchen skill as a magnet for "hot babes", a bevy of whom always showed up to savor "Naked's" edible art. Oliver's moniker actually refers to the youthful chef's devotion to fresh, organic ingredients and their simple, unadorned preparation. This real food evangelist, whose publican parents ran an Essex village pub, harkens from humble origins. Jamie at sixteen jumped ship on traditional schooling and dove headlong into a culinary career where his youthful flamboyance and enthusiasm soon attracted notice by an ingenious BBC talent scout. The newly minted, twenty-something TV chef's rocket to stardom generated wealth which Jamie curiously invested in philanthropy, creating the Fifteen Foundation which annually trains said number of disadvantaged young adults in culinary business careers. Next, Oliver took on a stogy British education system, commandeering the Greenwich Kidbrooke School's kitchen for twelve months, leveraging this spin-off TV series into a largely successful campaign that urged abandonment of junk food culture in school cafeterias across England. Jamie's "Food Revolution" then set sail across the pond for our New World where his outlandish antics, designed to challenge Huntington's eating habits are documented on ABC's currently running series. Episodes I have viewed feature an engaging blend of humor, tragic circumstance, and creative engagement with a community deeply estranged from their kitchens; television uniquely worth your time. This wacky Brit has imbued cooking with an aura of sexiness among youth, emphasizing a marriage of delectable simplicity and earthy, whole ingredients. Oliver unabashedly advocates cooking with fresh organic foods sourced from local gardens, in stark contrast to other Food Network shows, and he sometimes crosses up with sponsors over this departure from commercial norm. I, and remarkably many citizens of Huntington, West Virginia, cheer on the advance of this Naked Chef's "British invasion". -Tom Willey

More info: <http://abc.go.com/shows/jamie-olivers-food-revolution>

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

☼ *Our desire is to deliver only quality, delicious produce. If you are disappointed, so are we. Please let us know promptly if any item does not meet this standard.* ☼ 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. We confirm all emails. ☼ To receive late breaking offerings for Additional Organic Abundance OR the Weekend Box Preview, contact denesse@TdWilleyFarms.com. Please specify which service you desire. ☼