

WHAT'S GROWIN' ON

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

27, 28, 29 April, 2010

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

VOL 9 NO. 17

**“Rain, rain.
Go away.
Come again
another day.”**



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ SUGAR SNAP PEAS (SB)(FB)
- ⌘ RED LASODA POTATOES (SB) (FB)
- ⌘ RED OAKLEAF LETTUCE (SB) (FB)
- ⌘ COLLARD GREENS (SB) (FB)
- ⌘ DETROIT DARK RED BEETS (FB)
- ⌘ RED SPRING ONIONS (SB)(FB)
- ⌘ CILANTRO (SB) (FB)
- ⌘ FRENCH BREAKFAST RADISHES *OR*
EASTER EGG (FB)
- ⌘ CAMAROSA STRAWBERRIES (SB)(FB)
- ⌘ *Las Palmitas' VALENCIA ORANGES
(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! ENGLISH GARDEN PEAS
\$10/4 lb
- ⌘ SUGAR SNAP PEAS \$11/3 lb.
- ⌘ STRAWBERRIES
\$10/4 - 1 pint clamshells



DOWN ON THE FARM

Flying Aphids in the Lettuce. You might have noticed a plethora of small winged insects in your lettuce. Luckily they wash off quite easily, under running water. While we feel strongly that you should never accept produce with insect damage, the mere presence of insects themselves is kind of a green "badge of courage" in organic agriculture. — *dennesse*

FEATURED RECIPES

PEA & RICE SALAD *From Asparagus to Zucchini*, Madison Area CSA Coalition.

- | | |
|---|---|
| 6 oz. pkg. long grain and wild rice mix | 1 Tbls. lemon juice |
| 1 bunch Collard Greens | 1/2 tsp. lemon pepper |
| 1/2 cup sliced Spring Onions | 1 to 1 1/2 cups Sugar Snap Peas, strung |
| 4 or 5 Tbls. Italian dressing | 1/3 cup slivered almonds |

Wash collards, strip leaves from midrib, stack leaves and roll into a large "cigar". With a sharp knife, cut into thin ribbons. Prepare rice mix according to package directions. When rice is tender, stir in collard greens, cover and allow to cool to room temperature. When cool, pour into a salad bowl, add remaining ingredients. Cover and refrigerate 2 to 24 hours. Serves 4.

TERRIFIC BEET SALAD adapted from "www.foodnetwork.com"

- | | |
|---|-------------------------------------|
| 3 medium-size Beets, tops trimmed | 1/4 tsp freshly ground black pepper |
| 1 oz. goat cheese, in 1/8-inch crumbles | 2 tsp. olive oil |
| 1/4 cup toasted hazelnuts or walnuts | 1 tsp balsamic vinegar |
| 1 tsp freshly squeezed Orange juice | washed Lettuce leaves |

Wrap whole, unpeeled beets loosely in aluminum foil and bake for 50 to 60 min. at 425 degrees F. until fork tender. Remove from oven and allow to cool. Don a pair of kitchen gloves to peel off and discard skin. Slice and dice beets finely. Combine oil, vinegar, orange juice, and pepper in a bowl. Add beets, cheese, and nuts and toss gently. Divide the washed lettuce onto 4 plates; heap the beet salad onto the center of each.

EMERIL LAGASSE'S CILANTRO POTATO SALAD

- | | |
|--------------------------|--|
| 1/2 cup mayonnaise | 6 small Red Potatoes |
| 1/3 cup. Cilantro leaves | 1/2 tsp. salt & freshly ground black pepper to taste |
| 1 Tbls. minced garlic | 1/3 cup Tbls. finely sliced Spring Onions |

In the bowl of a food processor, blend together mayonnaise with cilantro, garlic, salt and freshly ground black pepper. Microwave potatoes on high for two minutes at a time until a small wooden skewer can pierce them easily. Cut potatoes in half, cut each half into quarters, place in a small bowl. Pour dressing over warm potatoes and onions and toss to combine thoroughly; cover and refrigerate up to 24 hours before serving. Taste is best the next day.

Look for **CRUNCHY NOODLE 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.

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 microperf bags for all leafy items. Store vegetables separate from fruits. Refrigerate Red LaSoda Potatoes to prevent sprouting. We do not apply chemical sprout inhibitors, a practice commonly used on potatoes. Know that your potato is alive and well, and ever so willing to grow if given the chance. Enjoy leftover cooked potatoes for breakfast by sautéing them with chopped Red Spring Onions. These are also known as salad onions, as they have been harvested at a tender, young age. The entire onion can be used, but beware; we have high sulfur levels in our soil which impart all onions with some bite when eaten raw. Thomas Jefferson grew more than 30 cultivars of peas on his estate. The wild pea is restricted to the Mediterranean basin and the Near East. Please do not try to shell Sugar Snap Peas; simply break the stem end of the pea, then gently pull the length of the pod to remove both "strings." Mr. Willey cannot believe that some people cook these sugary delights! They are the world's best snack food and you will have them in your box for every week of their short, sweet season. Invigorate store-bought salsa, soups, beans, and stir-fries with Cilantro. Delicious Coriander (known as Cilantro in the Americas) grows wild over a wide area of the Near East and southern Europe, making it difficult to define exactly where this plant is

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

* 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.

* **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!

PAYMENTS FOR ORGANIC

ABUNDANCE ARE DUE WHEN

YOU RECEIVE THE PRODUCT.

native and where it only recently established itself. Cultivated by the ancient Egyptians, coriander seeds were found in King Tut's tomb. Biblical Manna was said to be "round like coriander seed". From those ancient times to the present, both seeds and leaves have been used as seasoning. Coriander was brought to the North American colonies in 1670 and was one of the first spices cultivated by early settlers. The Environmental Working Group recently published a pesticide study of 42 fruits and vegetables that ranked strawberries as first in "combined contamination". This makes us even more appreciative of the **Camarosa Strawberry** we have grown in a healthy soil with clean well water, sunlight, natural nutrients and care. Camarosas have a robust berry flavor and a firm flesh that makes them our favorite for jam, we make about 20 pints each spring. Keep berries cold and DRY until immediately before serving. Bill Jessup grows a diversity of citrus fruit on his small CCOF certified organic farm in Oasis, including flavorful and extremely juicy **Valencia Oranges**. With a thin, tight rind Valencias do not usually peel or section well but these are perfect for hand eating, sectioning or even freezing the sweet juice. Delicious heirloom **Detroit Beets** are used in any Mediterranean cuisine and pair well with citrus. Remove the tops from your beets and store separate from bottoms in the refrigerator. Strip the tender greens from the tough stems and sauté or braise as you would chard or spinach. Leaves of **Radishes** can be cooked with other greens. Store roots in a dish of water in the refrigerator where they will keep for several days.

FARTHER AFIELD

Several bills purporting to improve our food system's performance on food safety have been grinding their way through the congressional sausage-maker. "The Food Safety Enhancement Act" H.R. 2749 was passed by the House last July and its companion Senate legislation S. 510 is likely to be voted on soon. Both versions of proposed regulation put the onus on fruit and vegetable growers or processors to close the food safety gap, while an industrial animal industry that has "left the barn door open" to uniquely dangerous pathogens with which our society currently struggles is left unchallenged. Ignoring "ground zero" of recently emerged pathogens, our nation's Confined Animal Feeding Operations (CAFO), some elements of these proposed regulations actually threaten unique benefits of organic farming and local food systems. Meanwhile, another well targeted legislative proposal "The Preservation of Antibiotics for Medical Treatment Act" H.R. 1549 struggles to gain the attention necessary for passage. Most of the highly virulent and treatment resistant organisms contaminating our food have originated from the routine feeding of sub-therapeutic levels of antibiotics to animals in CAFO's for lower costs of production. Pew Charitable Trusts, supported by the American Medical Association and World Health Organization, are championing this most valuable legislation banning the injudicious, routine use of antibiotics in animal agriculture. Pew has garnered more than 100 congressional co-sponsors for PAMTA H.R. 1549 and is shepherding a companion bill S. 619 in the Senate. Fortunately, in this instance we have a rare opportunity to shove an evil genie back into the bottle, according to Stuart B. Levy M.D. of Tufts University Medical School. Levy, an imminent authority on antibiotic resistance, explains bacteria develop tolerance to toxic challenges if necessary but at a considerable expense of precious energy. When the antibiotic threat is removed, resistance no longer confers a survival advantage, allowing susceptible strains to reassert dominance of the bacterial population. Denmark's discontinuance of antimicrobial growth promoters in animal agriculture ten years ago provides some dramatic proof of Levy's observation. We should prod our legislators to resist expending societal energy on unproductive food safety schemes, instead mustering courage to tackle this core CAFO issue. Please support the Pew Antibiotics Campaign by communicating to your representative and senators that food safety efforts lacking focus on CAFO abuses are blind alleys that offer little promise of meaningful result.

-Tom Willey

More info: www.saveantibiotics.org

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

* Monthly Statements have been mailed. If you have a paper or email statement with a balance due, we have NOT received your credit card authorization form! Monthly payments are due May 5; approved credit card charges will be run on Saturday May 1. * 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. *