

WHAT'S GROWIN' ON

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

4, 5, 6 May 2010

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

VOL 9 NO. 18

Rough winds do shake the darling buds of May,
And summer's lease hath all too short a date:
Sometimes too hot the eye of heaven shines,
And often is his gold complexion dimm'd;
And every fair from fair sometime declines,
By chance, or nature's changing course
untrimm'd;
But thy eternal summer shall not fade,
Nor lose possession of that fair thou ow'st,
Nor shall death brag thou wander'st in his
shade,
When in eternal lines to time thou grow'st;
So long as men can breathe, or eyes can see,
So long lives this, and this gives life to thee.

- WM. SHAKESPEARE (1564-1616)



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ ENGLISH GARDEN PEAS (SB)(FB)
 - ⌘ PARSNIPS (SB) (FB)
 - ⌘ RED SUMMERCRISS LETTUCE (SB) (FB)
 - ⌘ TUSCAN KALE (SB) (FB)
 - ⌘ SUGAR SNAP PEAS (FB)
 - ⌘ BABY DILL (SB)(FB)
 - ⌘ FRENCH BREAKFAST OR
EASTER EGG RADISHES (SB)(FB)
 - ⌘ CAMAROSA STRAWBERRIES (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

✘ STRAWBERRIES

\$10/4 - 1 pint clamshells



DOWN ON THE FARM

RADISHES (*Raphanus sativus*) are native to China. In Greece, radishes were so highly valued that golden images of them were made. Radishes love cool weather and grow from seed to harvest in as few as three weeks. The market garden heirloom, **French Breakfast Radish** displays a beautiful bright scarlet, oblong body graduating to a white tip. Tender and very crisp, its lovely color brightens antipasto trays. Parisians prefer these sliced on buttered bread to any other breakfast fare. Aptly named, **Easter Egg Radishes** boast attractive hues of pink, red, purple, violet and white, while the flesh of all in this round cultivar mix are pure white. Their flavor mimics the growing season, mild in spring and spicy when grown in hot weather. Easter Egg makes a striking presentation in salads or served as hors d'oeuvres with dressing or dip. Radishes are my Mom's most favorite snack. Some customers cannot resist eating them as they unpack their box at home, then wonder why they have no radishes for salad! For these people we offer the Radish O.A.!—denesse

FEATURED RECIPES

CREAMY PEA & MUSHROOM PASTA From the Willey Family Kitchen We used a couple of portabellas, but creminis are my favorite and you can buy the King Oyster mushrooms at the Vineyard Farmer's Market. We use chesse ravioli to make a substantial meal.

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|--|------------------------------|
| 2 tsp. extra-virgin olive oil | 1 clove garlic, minced |
| 2 tsp. butter | 1 Tbls. all-purpose flour |
| 2 cups mushrooms, coarsely chopped | 1/4 cup white wine |
| 1 pkg. (6 to 8 oz.) prepared fresh pasta | 1 cup evaporated milk |
| 1 cup shelled English Peas | salt & freshly ground pepper |

Bring a large pot of salted water to a boil. Meanwhile heat olive oil and butter in a skillet. Sauté mushrooms until golden brown, season with salt and pepper. Sprinkle flour over the mushrooms and add wine, stir well. Pour in evaporated milk, a little at a time until a nice sauce is formed. Add pasta to boiling water and peas to the mushroom sauce. Cook pasta al dente. Keep adding evaporated milk to maintain the sauce consistency you desire, stir in garlic. Drain pasta and add to skillet. Correct seasoning, simmer together another 1 or 2 minutes. Serves 2 to 3.

PARSNIP KALE GRATIN Adapted from The Savory Way by Deborah Madison SB will have 3/4 lb. parsnips and a small bunch of kale, reduce cream to 3/4 cup.

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|------------------------------|-----------------------|
| 1 lb. Parsnips, peeled | 1 Tbls. butter |
| 2 Tbls. salt | 1 cup cream |
| 1 large bunch of Tuscan Kale | freshly ground pepper |

Slice parsnips into rounds 1/4-inch thick. Trim kale leaves away from center rib. Chop leaves into large pieces, rinse well. Bring a large pot of water to boil, add salt and parsnips. Boil for 5 minutes, scoop parsnips out and allow to drain. Return water to boil, stir in kale leaves, push them down to submerge, cook briefly, about 2 minutes. Drain well. Preheat oven to 325 degrees. Lightly butter a gratin dish. Arrange parsnips and kale in alternating bands instead of layers. Pour cream over all, season with plenty of pepper. Bake until cream has been absorbed and formed a golden crust around the edges, about 30 minutes.

DILL-CAPER SALAD DRESSING Adapted from Sara Mouton

- | | |
|-----------------------|-----------------------------|
| 1/2 cup mayonnaise | 1 Tbls. chopped fresh Dill |
| 1/2 cup sour cream | 1 Tbls. small rinsed capers |
| 1 Tbls. Dijon mustard | hot red pepper sauce |

Mix the mayonnaise, sour cream, Dijon mustard, dill, and capers in a small bowl. Season, to taste, with salt, pepper, and hot sauce.

Look for 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 previously featured recipes.

MORE RECIPE AND STORAGE TIPS..

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

Refrigerate everything. Use microperf bags for all leafy items. Store vegetables separate from fruits. English Peas lose their sweetness to the pod every hour that they are in the shell. It

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

✘ New! **RADISHES \$8/6 bunches**

✘ **ENGLISH GARDEN PEAS**

\$10/4 lb

SUGAR SNAP PEAS \$11/3 lb.

✘ **RED SPRING ONIONS**

\$11 / 4 LB.

✘ *Nolan's **KIWIFRUIT \$11/3 lb**

✘ * Jessup's **MARSH RUBY**

GRAPEFRUIT \$9.50 / 6 fruits

✘ *Las Palmitas' **LEMONS \$8/4lb**

✘ **RED POTATOES \$10/ 8 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.

only takes a few minutes to pop the shells open and store the delicious peas in a covered glass container in your refrigerator until ready to use. Inside the shell, the peas are attached to one seam of the pod. Hold a pea pod between your thumbs with that seam down. Apply enough pressure to the top seam to "pop" the pod open. Fresh-shelled peas do not need any cooking at all, and can be eaten raw in a salad (especially potato salad) or as a snack food. If you do cook them they only need to be braised briefly. **Lacinato Kale** is an Italian heirloom variety with deep green leaves and a savoy texture. Kale requires a bit more cooking than other greens, remove the midrib, it may be finely minced and added to long cooking soups. Keep **Camarosa Strawberries** Cold and DRY until immediately before serving. The modern Strawberry (*Fragaria spp.*) was developed by crossing the Virginian descendants of a European Alpine berry with a South American strawberry native to both the southern Coastal Plains and Andes of that continent. The South American strawberry was marveled for its vigor and size, producing fruit as big as a hen's egg; while the Alpine strawberry's fame came from the rich flavor of its tiny berries. The two were brought together in Europe in the early 1700's; their progeny have since been carried around the globe. Production of Strawberries is limited to those climatic regions that combine adequate cool weather with ample light for their development. Too fibrous to eat raw, peel ivory colored **Parsnips** with a vegetable peeler, the larger specimens may have a woody core that should be removed before cooking. These roots can be roasted, boiled, sautéed, or steamed. Be careful not to overcook, their flavor is sweetest when just fork tender. **Sugar Snap Peas** are the *mangetout* pea that revolutionized vegetable gardening in the 1970s. Snap the calyx end of the pea and pull down, the strings will follow; now both pod and pea are ready to eat.

FARTHER AFIELD

Our agrarian San Joaquin Valley is rarely recognized for its farmscape's immense ethnic and cultural mosaic, a phenomenon more commonly heralded in urban centers like New York and San Francisco. The town of Reedley, named for a late 1800's wheat-farming Civil War veteran, soon attracted a community of German Mennonite immigrants that flourished into California's largest congregation of its kind. Mennonites historically found themselves on the move among Europe's martial societies, persecuted for their Christian Anabaptist advocacy of non-violence; often consigned to till the least productive soils, under heavy taxation, in return for grudging exemptions from military conscription. Among such plain farming folk seeking a peaceful New World refuge and fertile soil in early 1900's Reedley were the parents of Herb Lichti, the second-generation patriarch of Blossom Bluff Orchards who, in March, passed away at 87 years of age. Herb's folks, Daniel and Babette, moved around the Reedley area until purchasing property on a Kings River bluff in 1931 that produces the amazing diversity of tree ripe fruits which delighted many of you in last year's inaugural Summer Fruit box. Herb, born in 1922, sixth of eight Lichti children, gradually assumed working responsibility for his parent's farm over the WWII era. Eulogized by his Mennonite pastor as a man of the earth, most comfortable gripping the end of a well honed shovel, Herb took a modest pride in his orchard's exquisite peaches and plums. Herb Lichti was more fortunate than most descendants of that early Mennonite farming community in that his family's hard won soil is safely in the hands of a third generation. Son-in-law, Ted Loewen and daughter Fran have evolved Blossom Bluff into one of the most highly revered and sought after sources of deep-flavored tree fruit in the "Golden Triangle" region of which Reedley and its environs constitute the heart. We are proud to renew the collaboration we enjoyed last summer with this exceptional orchard in offering you a multi-variety box selected from Ted and Fran's near 200 fruit cultivars for each of 13 weeks beginning next month. Those boxes of Blossom Bluff peaches, nectarines, plums, pluots and apricots received in the Willey home last season amounted to the greatest sustained fruit experience in my life. Please review the enclosed fruit CSA brochure and join us again, or for the first time, in an extraordinary stone fruit eating adventure. We anticipate Herb Lichti smiling a warm paternal blessing over this year's harvest. —Tom Willey

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

✘ A big THANK-YOU to those who have paid on time! ✘ Of course you may send a proxy to pick up your box, however... please instruct them to **take ONLY the box(es) with your name on the label.** Be sure to advise if you have ordered extra OA boxes and ask them to SIGN for all your boxes. ✘ Use CSA@TdwilleyFarms.com to request electronic statements or a vacation hold, 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. ✘