

WHAT'S GROWIN' ON

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

11, 12, 13 May 2010

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

VOL 9 NO. 19

You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients.

-Julia Child



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ SUGAR SNAP PEAS (SB) (FB)
 - ⌘ SWISS CHARD (SB) (FB)
 - ⌘ RED SPRING ONIONS (SB) (FB)
 - ⌘ KOHLRABI (FB)
 - ⌘ NANTES CARROTS (SB)(FB)
 - ⌘ SPRING LETTUCE (SB) (FB)
 - ⌘ RED LASODA POTATOES (SB)(FB)
 - ⌘ FRENCH BREAKFAST *OR*
EASTER EGG RADISHES (SB)(FB)
 - ⌘ CAMAROSA STRAWBERRIES (SB)(FB)
 - ⌘ *Jessup's VALENCIA ORANGES (FB)
- SB= SEEDLING BOX, FB= FAMILY BOX
* Certified Organic from Other Farms

SPRING FARM TOUR THIS 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! MEDITERRANEAN
CUCUMBERS \$12 / 3 LB.
- ✘ STRAWBERRIES \$10
4 - 1 pint clamshells



DOWN ON THE FARM

Being a CSA member is a bit like having your own garden, except someone else does the weeding. If peas, or strawberries were growing in your yard, you would have some nearly everyday until their sweet, short season was over. If you had tomato plants blooming and setting tiny green balls, as they are here on the farm, it would seem an eternity until those were juicy red fruits ready to pick. Getting in touch with the seasonality of foods is one of the great benefits of your membership in our farm community. This wet, cool start to 2010 has been very disruptive to the smooth succession of vegetables that we usually enjoy. We are amazed and blessed that we have been able to fill your boxes with very little production from other farms during this tumultuous spring. - *denesse*

FEATURED RECIPES

ASIAN-STYLE CHARD Adapted from *From Asparagus to Zucchini* by the Madison Area CSA Coalition.

- 1 small bunch Swiss Chard
- 2 tsp. peanut oil
- 1/2 Tbls. minced garlic
- 1/2 Tbls. soy sauce
- 1 Tbls. hoisin sauce
- freshly ground black pepper

Cut out ribs from the leaf, then slice ribs on the diagonal into 1-inch pieces. Stack the leaves and coarsely chop. Heat oil in a large skillet or wok over medium high heat. Add ribs, toss and cook 2 minutes. Add leaves and garlic. Cook, tossing often, until chard begins to wilt, 2 to 3 minutes. Stir in sauces and cook until chard is tender, 1 to 3 more minutes. Add pepper to taste, serve immediately.

CHICKEN WITH SNAP PEAS AND SHIITAKES Recipe courtesy of Ming Tsai

- 6 chicken thighs
- 1 Tbls. sesame oil
- 1/2 cup oyster sauce
- 2 Tbls. cornstarch
- 2 Tbls. minced garlic, divided
- 2 Tbls. minced ginger, divided
- 1/2 pound Snap Peas, strung & blanched
- 1/2 cup canola oil
- 1 Spring Onion, green and white parts, sliced
- 1/2 cup chicken stock (if canned, use low sodium)
- 2 cups sliced shiitake mushrooms
- Salt and black pepper to taste

Marinate chicken in sesame oil, oyster sauce, cornstarch, 1 tablespoon garlic and 1 tablespoon ginger for 30 minutes. Blanch snap peas al dente in hot salted water followed by an iced bath. Keep the peas crisp. In a hot wok, coat bottom with oil and add remaining 1 tablespoon of garlic, 1 tablespoon of ginger and white part of onion. Stir quickly to avoid burning. Add chicken and brown. After about 8 minutes, add chicken stock and reduce by half. Add mushrooms, quickly stir for 1 minute. Add peas just to heat up and serve. Check for seasoning. Garnish with fresh cracked black pepper. Serve with rice.

TRACIE'S COUSCOUS SALAD Adapted from foodnetwork.com

- 1 cup couscous, uncooked
- 1 cup Carrot, scrubbed, finely diced
- 1/2 Red Spring onion, tops included
- 1 cup Chard stems, finely chopped
- 2 Radishes (optional), diced
- 1 to 2 Tbls. Kalamata Olives, diced
- 1 to 2 Tbls. pepperocini, seeded and diced
- 1/2 cup crumbled feta cheese
- 1/4 cup olive oil
- 2 Tbls. rice vinegar

Cook couscous according to package directions, using a flavorful stock. Cut a spring onion in half lengthwise. Dice the bulb and thinly slice the green tops. In a large bowl, toss all the ingredients with the olive oil and vinegar or juice from pepperocini. Season to taste with salt and freshly ground black pepper. Serves four.

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. Remove and discard tops from carrots. Clip off Radish tops, refrigerate bulbs in a shallow dish of water or in a plastic sandwich bag. Use microperf bags for all leafy items. Store vegetables separate from fruits. The edible Radish greens may be added to salads or to a stir-fry. The French call Sugar Snap Peas (*Pisum sativum*) "mange tout", as both pod and pea are sweet, crunchy and deliciously edible. Sugar Snap Peas are a hybrid cross

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✦ RADISHES \$8/6 bunches
- ✦ ENGLISH GARDEN PEAS \$10/4 lb
- ✦ SUGAR SNAP PEAS \$11/3 lb.
- ✦ RED SPRING ONIONS \$11 / 4 LB.
- ✦ * Jessup's MARSH RUBY GRAPEFRUIT \$9.50 / 6 fruits
- ✦ * Las Palmitas' LEMONS \$8/4lb
- ✦ 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.

between the English garden pea and the Asian snow pea. Traces of domestic pea varieties have been found dating back to 5000 BC, with snow peas being a newer type developed in China a few thousand years ago. We have been growing Sugar Snap Peas since the early 1980's because, as our daughter once said, they "make mouths happy". All peas are excellent sources of Vitamin C (if eaten raw), fiber and potassium. The Sugar Snaps have two tough strings that run the length of the pod. Snap the calyx end and pull down, the strings will follow. Mr. Willey thinks that it is criminal to ever cook snap peas. They are delicious as a snack food or in salads. If cooked, add at the last minute to your dish or stir-fry; cooking time is 2 to 3 minutes. **Spring Onions** are pulled immature, with tender green tops attached. Our beloved Italian Red Sweet onion sports a spicy burgundy bulb that mellows when cooked, the greens are excellent raw on sandwiches and in salads. **Red LaSoda Potatoes** have been stored long enough to make delicious fried potatoes. Using a skilled hand or a mandolin, thinly slice potatoes, lightly salt and allow to drain in a colander, or spread over a kitchen towel for about a half hour. In a large heavy skillet, heat a thin layer of oil until almost smoking; spread the sliced spuds evenly over the hot surface. Cook until tender on the top and crisp on the bottom, turn once and season the cooked side. Remove from pan when the second side is to your liking. Refrigerate **Kohlrabi**, the bulbous stem of the "cabbage-turnip". Remove leaves and save for a stir-fry. Peel the bulb and serve as a delicious snack food raw, or cook as you would potatoes. Bill Jessup farms 30 acres of CCOF certified organic citrus in Oasis California where long hot summers impart delicious sweetness to **Valencia Oranges**, perfect for those recipes calling for fresh orange juice. We continue to harvest the delicious **Camarosa Strawberry** with robust berry flavor, try them frozen in smoothies. Keep berries cold and DRY until immediately before serving.

FARTHER AFIELD

This year, I've been particularly adamant about not hosting any farm tours sooner than the month of May. Though we conducted the first of those for CSA customers last Saturday, our farm's crops, struggling against incessant winds and mercurial temperature swings of this unusual spring, are hardly the paragon of productivity to which we aspire. This is a season that will test the mettle of every farmer in our Valley. Last year the issue was too little rain and threatened water supplies. That deficit has been more than rectified by 2010's generous precipitation but El Nino's wet and cool spells are forecasted to punctuate weather into June. California's decades-long dominance of our nation's fruit and vegetable markets is predicated on two factors: warm, dry, predictable growing seasons and cheap petroleum-based transportation. For the life of me, I cannot comprehend how Midwestern and Eastern farmers grow anything without control over untimely rains. Then again, they would find our reliance on irrigation an insanity. Across the Valley, cool soil temperatures and unusual seedling disease pressure has delayed the establishment or development of vast acreages of tomatoes, melons and cotton. Grapes are retarded in bloom and precious almonds that set under less than optimum February wet and chill are in some varieties being blown off the trees. We planted our near-15-acre potato patch on St. Paddy's day, the latest possible date from which one can hope for a decent crop. Digging these in late June, rather than a month sooner, will likely expose heat sensitive tubers to high temperatures. Employing every hoop and blanket on the farm, we brace our most sensitive plantings against wind and cold. Peppers, eggplant and ultra-delicate basil were held in the protective greenhouse until they nearly burst their containers. So, if you're longing for warm season introductions in your CSA box, we ask for your patience. Our forecaster, Tom Dunklee, warned of another cold spell this week, described as "unprecedented for mid May". It raises a frightening specter, recounted by my late mentor, Leon Poe, of the "black frost" hereabouts that swizzled green shoots of late-May grapevines back to their gnarly trunks, some half century ago. -Tom Willey

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

⊗ **PINK STICKERS!** Please do not ignore a pink sticker on your box, even if you think you have authorized a credit card payment, even if you are sure that your spouse mailed the payment, even if your bank told you they mailed the payment two weeks ago. The pink sticker means we have not received your payment. However, if we hear from you by Friday NOON, there will be no interruption in your service! ⊗ 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. ⊗