

WHAT'S GROWIN' ON

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

18, 19, 20 May 2010

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

VOL 9 NO. 20

"We can no longer accept the false notion that protecting the environment hurts the economy or costs jobs. That is 20th century thinking. Cleaning up our environment is the method by which our economy will be restored to the powerhouse it should be." —DENESSE WILLEY



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ SUGAR SNAP PEAS (FB)
- ⌘ BUNCHED BEETS (SB) (FB)
- ⌘ RED SPRING ONIONS (SB) (FB)
- ⌘ MEDITERRANEAN CUCUMBERS (SB)(FB)
- ⌘ ESCAROLE (SB)(FB)
- ⌘ REDLEAF LETTUCE (FB)
- ⌘ *Peixoto's BROCCOLI (SB)(FB)
- ⌘ FRENCH BREAKFAST *OR*
EASTER EGG RADISHES (SB)(FB)
- ⌘ CAMAROSA STRAWBERRIES (SB)(FB)
- ⌘ *Las Palmitas' VALENCIA ORANGES (SB)(FB)

SB= SEEDLING BOX, FB= FAMILY BOX

*Certified Organic from Other Farms

INCLUDE US IN YOUR VACATION PLANS!

Notify the CSA Desk via phone or email at least 7 days before you wish your box to be held. You will receive a credit on your next billing statement. When there are last minute changes in your plans, we encourage you to share your box with a family member or friend who can pick up for you.

DOWN ON THE FARM

Potatoes are beginning to bloom now, indicating about three weeks to harvest. The cherry tomatoes in field two are covered with clusters of minute yellow starflowers. In field one we are removing protective covers from each planting of squash, watermelon and cantaloupes as they begin to bloom. We are winding down the pea season and hope to start green beans in that same field later this month. It was a pleasure to see so many new faces on the farm tour. May will bring some new items along with familiar friends in each week's box. — *denesse*

FEATURED RECIPES

SHRIMP SALAD WITH CITRUS VINAIGRETTE Adapted from foodnetwork.com

- 1/2 cup orange juice
- 2 Tbls. fresh lemon juice
- 1 Tbls. olive oil
- 2 tsp. Dijon mustard
- 2 tsp. chopped Spring Onion, green part
- Lettuce leaves or blanched Escarole hearts
- Salt and freshly ground black pepper
- 2 cups cooked American Wild Shrimp
- 1 basket Strawberries, sliced
- 1 cup Mediterranean Cucumber, sliced
- 1/2 cup Gorgonzola, crumbled

In a large bowl, whisk together orange juice, lemon juice, oil, mustard, and green onion tops. Season to taste with salt and black pepper. Add shrimp, strawberries and cucumber; toss to coat with a spoon. Arrange lettuce leaves, or escarole on a serving platter and top with shrimp mixture. Top with crumbled Gorgonzola. (www.wildamericanshrimp.com)

SPRING PANZANELLA Recipe courtesy Tyler Florence

Panzanella, bread salad, is traditionally a summer dish, originating in Tuscany or Umbria. Sometimes thought of as a "leftover salad," traditional summer panzanella will always have tomatoes and any of the following ingredients: lettuce, white wine, capers, anchovies, celery, carrots, red wine, red onion, cucumber, tuna, parsley, boiled eggs, mint, bell peppers, lemon juice, and garlic. The bread should be at least three days old. You may substitute nitrate-free bacon for pancetta.

- 3 to 5 Beets, trimmed
- 1 Spring Onion
- Extra-virgin olive oil
- 1 or 2 sprigs fresh herb of choice
- Kosher salt and freshly ground black pepper
- 4 slices pancetta, cut into small pieces (optional)
- 6 cups Italian bread, cut into crouton-sized pieces
- 1/2 lemon, juiced
- 1/4 cup honey
- 2 Tbls. balsamic vinegar
- 1/2 Valencia Orange, juiced
- 1 handful pitted dates, or raisins
- 1 heart of Escarole, chopped
- 1 log goat cheese, refrigerated

Preheat the oven to 350 degrees F. Cut beets in quarters and place on a long sheet of aluminum foil. Remove green tops from spring onion, reserving for another use. Split unpeeled onion bulb and stem lengthwise, and add to foil. Drizzle with extra virgin olive oil and fresh herbs, season with salt and pepper. Fold foil into a packet and roast in oven until fork tender and nicely caramelized, about 30-40 minutes. In sauté pan, cook pancetta (or bacon), if using, until crisp. Meanwhile, refrigerate goat cheese so it is easier to break up over the salad later. Toss bread chunks with 1/4 cup oil until the bread is moist with oil. Spread the bread on a baking sheet and bake until the bread begins to brown, about 10 minutes. Meanwhile, prepare the dressing. In a large mixing bowl, stir together honey, lemon juice, orange juice, balsamic vinegar, 4 tablespoons oil, salt, and pepper to taste. Remove beets and bread from oven. Gently stir roasted onions into the dressing, add beets (cut into small chunks, if you prefer) Stir in bread, raisins (or dates). Add pancetta (if using) and escarole. Crumble cheese over all, adjust seasoning with salt and pepper. Serves 4 to 6.

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. Clip off Radish tops, refrigerate bulbs in a shallow dish of water or in a plastic sandwich bag. Use microperforated bags for all leafy items. Store vegetables separate from fruits. Our colleague, Dick Peixoto, is harvesting some nice Broccoli just over the hill in the Watsonville area where deep black soil and moderate temperatures make ideal spring conditions for cole crops. Dick is my age and claims to have been farming since the eighth grade when he

ORGANIC ABUNDANCE

FOR NEXT DELIVERY

(comes in a separate carton)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- * Las Palmalitas' VALENCIA ORANGES \$10.50 / 7 lb
 - * SEEDLESS MEDITERRANEAN CUCUMBERS \$12 / 3 LB.
 - * STRAWBERRIES \$10
4 - 1 pint clamshells
 - * RADISHES \$8/6 bunches
 - * ENGLISH GARDEN PEAS \$10/4 lb
 - * RED SPRING ONIONS \$11 / 4 LB.
 - * Las Palmalitas' 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 8 OZ. 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.

"Tom Sawyered" a bunch of his friends into picking tomatoes. www.lakesideorganic.com His ranches are QAI certified. Keep **Camarosa Strawberries** cold and DRY until immediately before serving. The peak of the strawberry season is behind us now, order your extra fruit now if you plan to make jam or freeze some berries for future use. Both the zesty burgundy bulb and mild green tops of **Red Spring Onions** can be used. Cooking will mellow the bite of fresh onions. **Escarole** is green chicory with just a hint of bitter flavor. It forms a broad, open head that resembles leaf lettuce. Wash well, taking special care to go over the base of the inner leaves with your fingers where soil often clings. Use the tender inner leaves to enliven mixed salads. Prepare its outer leaves with sautéed onion and garlic, adding escarole to the pan once alliums are tender; cooking until leaves are just wilted and turn dark. Salt and pepper to taste. **Mediterranean Cucumbers** (*Cucumis sativus*) belong to the same family as pumpkins, zucchini, and watermelon. First cultivated in Asia, cucumbers were brought to America by Columbus, and eventually grown by Native Americans and colonists from Florida to Canada. The crisp, cool and moist attributes of cucumbers make them well suited for salads, sandwiches and snacks. The **Mediterranean cucumber** is an edible skinned, burpless variety, with no seeds. After many farm trials of Japanese and Mediterranean varieties we chose this Israeli cultivar because it most closely resembles our favorite English hothouse cucumber, yet, needn't be grown indoors. To maintain their firm texture, store our cucumbers in a microperf bag. Add sliced cucumbers to tossed salads. Shred cucumbers and mix with dill and low fat sour cream for a tasty dip. These "cukes" will pair well with, sesame or sunflower seeds, butter, bread, lettuce, onion, dill, paprika, yogurt or sour cream, cumin, cayenne pepper, lemon juice, soy sauce, and distilled, wine, cider, rice or herbed vinegar. **Valencia Oranges** do not usually peel or section well. However, this sweet citrus from Las Palmalitas Ranch in Carpentaria are perfect for hand eating, sectioning or even freezing the sweet juice. This ranch has been family farmed since 1868 and organic certified by Stellar.

FARTHER AFIELD

I jaunted over to buy a case of lovely Blanc du Val from local wine maker, John Lasgoity, for the daughter's wedding, couple of Saturdays back. Over a glass or two, John mused over his other vocation, rearing lambs on the Valley's Westside. Lasgoity descends from immigrant Basques, some of whom yet shepherd flocks hereabouts, much as they have for centuries in the "old country". Young John's recently assumed ownership of the family flock came at a rather inopportune time. Vegetable growers, frightened over food safety concerns, no longer allow sheep to graze crop residues as they had for decades. Many independent alfalfa growers, who commonly welcomed late season sheep browsing, have switched to other crops for economic reasons. Dairies, growing alfalfa, green-chop late season hay for hungry cows, leaving nothing to nomadic sheep bands. So, the tenacious shepherd, Lasgoity, has leased 2,500 abandoned acres outside Mendota, casting his luck at dry farming enough forage for a prodigious band of ewes and their offspring. We surveyed that spread together early Sunday morning as John beamed over expansive cereal crops he judged good enough to harvest grain from before sheeping off. These were once highly productive soils; punching through a paper-thin crust yielded moist handfuls of cottage cheese loam, the fertile fragrance of which almost knocked me over. John's rented acres and many thousands more were retired from irrigated production over a decade ago when expensive tile drainage systems maintaining them were plugged off by order of our federal government. Lasgoity's initial three years of dryland sheep-feed roulette, under droughty conditions, barely produced sufficient stubble to maintain his flock and pay the meager rent. But this season's eight inch rainfall bonanza has yielded comparatively spectacular results, with grain values fair and fattened lambs fetching a nearly unheard-of lofty price. That Sunday sojourn at John's invitation, one of my rare Westside visits, since overseeing a thousand acres out there thirty years ago, imprinted a notion that we ought to haul that world-class soil over here or send our water out where double Eastside yields can be commonly achieved in most crops. Herdsman-Lasgoity's extensive approach, cleverly extracting low value from each of many acres, stands in amazing contrast to my practice of high-input vegetable cultivation on a much smaller farmscape. —Tom Willey

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

☼ We are now beginning to make purchasing commitments for summer fruit and sweet corn. Please give us at least 7 days notice for a vacation hold. ☼ 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. ☼ For more info about current availability of wild shrimp http://www.huffingtonpost.com/2010/05/10/oil-spill-seafood-is-wild_n_570186.html?utm_source=Food