

WHAT'S GROWIN' ON

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

25, 26, 27 May 2010

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

VOL 9 NO. 21

"We are nature and it is us... We must consider the natural world not as merely waiting to be of service or to be saved, but must respect it as an equal partner in shaping the future of our planet."

- GINGER STRAND



BOX CONTENTS

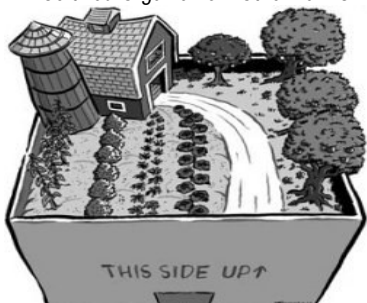
(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ NANTES CARROTS (SB)(FB)
- ⌘ SWISS CHARD (SB)
- ⌘ RED SPRING ONIONS (FB)
- ⌘ MEDITERRANEAN CUCUMBERS (SB)(FB)
- ⌘ SPRING LETTUCE (SB)(FB)
- ⌘ ENGLISH PEAS (FB)
- ⌘ *Peixoto's BROCCOLI (SB)(FB)
- ⌘ KOHLRABI (SB)
- ⌘ ITALIAN ZUCCHINI SQUASH (FB)
- ⌘ CAMAROSA STRAWBERRIES (FB)
- ⌘ *Loewen's SUPER RICH PEACHES (SB)(FB)

SB= SEEDLING BOX, FB= FAMILY BOX

* Certified Organic from Other Farms



The farm is open to self-guided walking tours during regular business hours for any members who wish to see their food being grown.

We ask that you give us a day's notice so we will know when to expect you and who is on the farm.

DOWN ON THE FARM

It is always a pleasure to show off the farm to CSA members who attend our spring farm tours. Invariably, the spring tours are punctuated with a heightened anticipation of all of summer's bounty yet to come, coupled with the risk and uncertainty we face as producers of food. You, as eaters, are no less dependent on the generosity of our soil and climate than are we. Some of you have asked why we host tours for our members. We love to share with you, not only what you find in the box each week but, the awesome wonder a productive gardenscape can bestow on your soul. Beyond that, we feel a responsibility to raise your food by a fully transparent process in a welcoming environment. – *denesse*

FEATURED RECIPES

BALSAMIC CUCUMBER SALAD WITH SHAVED ROMANO CHEESE courtesy of foodnetwork.com

- | | |
|--|---------------------------|
| 2 Peaches, or 1 basket Strawberries | 2 tsp. olive oil |
| 1 Mediterranean Cucumber, diced | salt and pepper |
| 2 Tbls. balsamic vinegar (preferably aged) | 4 oz. Pecorino Romano |
| 2 Tbls. chopped fresh parsley | Lettuce, torn into pieces |

Combine fruit, cucumber, vinegar, parsley, and oil. Season to taste with salt and black pepper. Use vegetable peeler to shave Romano over top before serving. Spoon over lettuce.

KOHLRABI AU GRATIN Adapted from Judy Gorman's Vegetable Cookbook

- | | |
|---|------------------------------|
| 2 Kohlrabi bulbs plus the stalks from a bunch of Broccoli, trimmed but unpeeled | Salt & ground white pepper |
| 1/2 cup evaporated milk | paprika |
| 1-8oz. pkg. cream cheese | 2 oz. Gruyere cheese, grated |
| 2 Tbls. lemon juice | |

Drop kohlrabies and broccoli stalks into a large pot of boiling salted water. Cook at a gentle bubble until tender when pierced. Drain. When cool enough to handle, peel the kohlrabies and broccoli stalk; slice into 1/4-inch rounds. Preheat oven to 375 degrees. Generously butter a shallow baking dish. In a small saucepan, combine evaporated milk, cream cheese, lemon juice, salt, and white pepper, and some minced dill or parsley if you have some. Heat gently until cream cheese melts. Whisk to blend. Arrange the kohlrabi and broccoli slices in the prepared baking dish in overlapping rows. Pour on the sauce. Sprinkle the surface with paprika, then scatter grated Gruyere over the top. Bake for 20 minutes or until golden brown.

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 except peaches. Remove and discard tops from carrots. Keep all leafy items in microperforated bags, which may be washed and reused. **SHELL PEAS TONIGHT!** Microperforated bags will also protect the tender edible skin of your Mediterranean Cucumbers. Store vegetables separate from fruits. With a firm yellow flesh and deep crimson skin, **Super Rich Peaches** from CCOF growers Fran and Ted Loewen's Blossom Bluff Orchards inaugurate the stone fruit season. The flesh should give just a bit, when it is ready to eat. Though best enjoyed at room temperature, refrigerate ripe fruit. Tell your fruit loving friends you needn't be a member of the Willey Farms vegetable CSA to join the Blossom Bluff summer fruit program. Last week's QAI certified **Broccoli** from Watsonville's Dick Peixoto was such a hit we decided to repeat this week. When cooking any *brassica*, be it Kale, Cabbage or Broccoli, covering the pan will trap distasteful sulfur gasses and lend an unappetizing gray color to the food. Even when steaming, leave the lid ajar so that gasses can escape. Use broccoli and **Nantes Carrots** in a pasta primavera. We bid adieu to five straight weeks of **Camarosa Strawberries**, keep them cold and DRY until immediately before serving. 🌱 **Kohlrabi** (*Brassica oleracea-gongylodes*) means "cabbage turnip" in German, and is in the *Brassica* family. Neither root nor leafy green vegetable, kohlrabi is a swollen stem. The flavor is sweet, like a nut-flavored cabbage. They may be peeled, cut into strips, or thin wedges, and sprinkled with salt. Add to any soup or stew or grate raw into a salad. The leaves are quite tasty, and can be used in stir-fries. Kohlrabi is rich in potassium and Vitamin

ORGANIC ABUNDANCE

FOR NEXT DELIVERY

(comes in a separate carton)

ALL PRODUCTS ARE CERTIFIED ORGANIC

*ADD Bylisma's PASTURED EGGS

TO YOUR WEEKLY BOX! INQUIRE!

*New! *Hirahara's BLUEBERRIES

\$16 / 3- 6 OZ. CLAMHELL

\$11.50 / 1 LB. BAKING SIZE FRUIT

* SEEDLESS MEDITERRANEAN

CUCUMBERS \$12 / 3 LB.

* RED SPRING ONIONS

\$11 / 4 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!

To receive late-breaking offerings

for Additional Organic Abundance

OR the Weekend Box Preview send

an email specifying which service

you desire to

denesse@TdWilleyFarms.com

C. **Swiss Chard** has a wealth of Vitamin A, is a good source of Vitamin C, and contains calcium, iron and fiber and can be used as you would beet greens or spinach. **Chard** pairs well with pasta, potatoes, tofu, rice, eggs, lentils, red pepper flakes, garlic, cilantro, lemon, olive oil, and red wine vinegar. Like sweet corn, **English Peas** are at their best immediately after harvest, before their sugars rapidly convert to starch, reducing flavor and sweetness. The pod is inedible, but makes a flavorful addition when making stock. . It 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, 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 pair well with mushrooms sautéed in butter. Some traditional Italian uses included Risi e Bisi or Peas with Shells and Prosciutto.

FARTHER AFIELD

America's farmers were delivered a post WW II mandate to increase production and lower its costs, ushering in the "cheap food policy" era that persists unto the present day. Survival instinct drove many cultivators to expand, embrace toxic chemistry, hyper-mechanize and deepen debt, but most simply drifted from the land, abandoning agrarianism for a burgeoning urban economy. In many ways, we have all been "guinea pigs" in a grand experiment to industrialize and cheapen the production of food. Last week, some notable results from that venture were published in *Pediatrics*, official journal of the American Academy of Pediatrics. Researchers from Harvard University's Schools of Public Health and Medicine, among others, examined the association between urinary concentrations of organophosphate pesticide metabolites and attention-deficit/hyperactivity disorder (ADHD) in children 8 to 15 years of age, coming up with some startling indications. Their data, gleaned from the National Health and Nutrition Examination Survey (2000-2004), which assessed thousands of children representative of the general US population, demonstrates those carrying pesticide levels higher than the median concentration were twice as likely to suffer from ADHD than subjects whose urine contained none. This common class of nerve agent insecticides, including Malathion and Chlorpyrifos, long employed in agriculture and urban pest control, accumulates in the more sensitive juvenile population largely as a result of dietary intake. A more encouraging 2006 study, conducted by Emory University's Chensheng Lu and collaborators at the Centers for Disease Control (CDC), confirms that children switched to organic diets clear organophosphate residues from their urine almost immediately and maintain undetectable levels of these pesticide metabolites until reintroduced to conventional eating habits. The USDA's Pesticide Data Program (PDP) has analyzed hundreds of thousands of food samples for residues over two decades and regularly finds contamination in conventional products four times more frequently than in those certified organic. We inhabit a contaminated world, where many of our chemical tools persist in the environment over time. Organic foods sometimes contain residues from such "background" contamination but when detected, measure on average at dramatically lower levels than those in conventional foods. Entrepreneurial American farmers will grow food, given appropriate technological support, non-toxically if you demand it and compensate them fairly. These emerging facts lend credence to a friend's assertion: "Cheap food is not good, and good food is not cheap". —Tom Willey

Go the source: <http://pediatrics.aappublications.org/cgi/reprint/peds.2009-3058v1>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1367841/>

<http://www.consumersunion.org/food/organicsumm.htm>

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

⊗ **Statements for June have been mailed or emailed. Your payments are due by June 5.** Please let us know if you would prefer electronic statements. ⊗ **Organic Abundance:** Abundant seasonal produce items are offered in quantity by special order for members only. There are sign-up sheets at your drop site with next week's offerings. Please PRINT your name next to the item you wish to order. Be mindful that this is a promise to pay. A list of OA offerings also appears in the newsletter. Up until noon Friday, you may phone or e-mail your Organic Abundance requests for the following week. A special OA box will be harvested and delivered for you. **On your next delivery day, this special box will be left at the drop site with your name on it and an invoice inside.** Please send your payment the next day. Even if you neglect to pick up your OA box, you must still pay for the produce that has been prepared for you. Naturally, we want to hear from you if there is a problem with the quality of the produce when you receive it. Please phone us anytime at 674-2642. Trial customers are not permitted to order Organic Abundance. ⊗ 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. ⊗