

WHAT'S GROWIN' ON

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

1, 2, 3 June 2010

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

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Since ancient times there has been a public trust doctrine that prohibits any act that would diminish the commons, which includes that "property" not susceptible to private ownership like air, water, fisheries, wetlands, wildlife, the wandering animals, rivers, streams, shorelines, aquifers, etc. The Magna Carta includes chapters on free access to navigable waters and fisheries. Everybody has the right to use the commons, but nobody can use them in a way that diminishes their use and enjoyment by others.

- ROBERT KENNEDY JR.
[WATERKEEPERS ALLIANCE](#)



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ NANTES CARROTS (SB)(FB)
- ⌘ SWISS CHARD (FB)
- ⌘ GEORGIA BOY ONIONS (SB)(FB)
- ⌘ MEDITERRANEAN CUCUMBERS (SB)(FB)
- ⌘ SPRING LETTUCE (SB)(FB)
- ⌘ CROOKNECK SQUASH (SB)(FB)
- ⌘ *Foster's CABBAGE (SB)(FB)
- ⌘ CURLY PARSLEY (SB)(FB)
- ⌘ *Las Palmitas VALENCIA ORANGES (SB)(FB)
- ⌘ *Jessup's MARSH RUBY GRAPEFRUIT (SB)(FB)

SB= SEEDLING BOX, FB= FAMILY BOX
* Certified Organic from Other Farms



Blossom Bluff stone fruit boxes start this week, it is NOT too late to join the summer fruit program!

DOWN ON THE FARM

I have been only half-joking all week that we're going to change the name of our farm to Pigmy Acres. Every growing thing on the farm is a miniature version of what we would expect to see during the first week of June. The reason? The ocean surface temperature is 1 degree F. warmer than the 20th century average, giving off much more atmospheric moisture. This moisture has lead to unseasonably wet and cool weather patterns in China and the temperate latitudes of western regions on both the North and South American continents. Check out [ScienceDaily.com](#) for more data that should be leading us to prepare for a California with diminishing snowpack! – *denesse*

FEATURED RECIPES

STUFFED CROOKNECK SQUASH Adapted from [recipezaar.com](#)

- 2 large or 3 small Yellow Crookneck Squash
- 1/2 cup Onion, diced
- 1/2 cup cashews
- 2 Tbls. butter
- 1/2 cup dry seasoned bread crumbs

Cut the crookneck squash in half lengthwise. Place in a shallow ceramic or tempered glass baking dish, cover tightly with microwave-safe plastic wrap and cook on High for 3 to 4 minutes, until fork tender. While squash is cooking, coarsely chop cashews. Melt butter in a medium frying pan. Add onion; cook over medium heat, stirring occasionally, until translucent, 2 to 3 minutes. Preheat the broiler. Remove squash from the microwave. With a spoon, carefully scoop out centers, leaving a 1/4-inch thick shell. Chop this removed squash and mix well with onion, cashews and 1/4 cup of the bread crumbs. Fill the squash shells with the stuffing mixture. Sprinkle remaining bread crumbs on top. Place the stuffed squash on a broiler pan and broil about 4 inches from the heat, until golden brown on top, 2 to 3 minutes.

ORANGE PASTA SALAD Adapted from [nikibone.com](#)

- 1 pound medium shells, elbow macaroni or other medium pasta shape, uncooked
- 3 cups leftover roasted chicken
- 1/2 cup shredded Carrots
- 1 cup shredded Cabbage
- 1 Mediterranean Cucumber, cut in 1/2-inch cubes
- 1/2 Sweet Onion, thinly sliced
- 3 Valencia Oranges, peeled and sectioned
- 1 head of Lettuce, washed & spun dry
- 1/4 cup vegetable oil
- 1/4 cup white wine vinegar
- 3/4 cup orange juice concentrate
- 1 tsp. salt
- 1/2 tsp. pepper

Prepare pasta according to package directions; drain. Cut the chicken into 1-inch cubes, cut cucumber into 1/2-inch cubes. In a large mixing bowl, stir together the pasta, chicken, carrots, cabbage, cucumber, onions and half the orange sections. In a small mixing bowl, whisk together oil vinegar, OJ concentrate, and salt and pepper to taste.. Pour the vinaigrette into the pasta mixture and toss the salad gently. On a large platter, arrange the lettuce leaves. Mound the salad on top of the lettuce and garnish with remaining orange slices.

BROILED GRAPEFRUIT Taste of Home February/March 1994, p33

- 1 Marsh Ruby Grapefruit
- 1 1/2 Tbls butter, softened
- 1 1/2 Tbls. sugar
- 1/2 tsp. ground cinnamon

Cut each grapefruit in half. With a sharp knife, cut around each section to loosen fruit. Combine sugar and cinnamon; sprinkle over each. Dot with butter. Place on a baking pan. Broil 4 in. from heat until butter is melted and sugar is bubbly. Serve immediately.

NEW ENGLAND-STYLE COLESLAW Adapted from Judy Gorman's Vegetable Cookbook

- 1 large egg
- 1 cup sour cream
- 1 Tbls. all-purpose flour
- 6 Tbls. cider vinegar
- 1 Tbls sugar
- 1 Onion, quartered
- 1/2 cup celery leaves, loosely packed
- 1 bay leaf
- 1 head Green Cabbage, shredded
- Salt & freshly ground black pepper

Whisk the egg and sour cream in a small saucepan. Add the flour and stir over medium heat until the mixture bubbles and thickens slightly. Meanwhile, combine vinegar, sugar, onion, celery leaves and bay leaf in another saucepan and boil uncovered at a gentle bubble for 5 minutes. Strain liquid, then whisk it into the sour cream mixture. Place shredded cabbage in a large mixing bowl. Pour on the dressing and toss to combine. Correct seasoning with salt and Pepper. Cover the bowl and refrigerate until thoroughly chilled. Serves 6.

ORGANIC ABUNDANCE FOR NEXT DELIVERY

(comes in a separate carton)

ALL PRODUCTS ARE CERTIFIED ORGANIC

*ADD Bylsma's PASTURED EGGS
TO YOUR WEEKLY BOX! INQUIRE!

New! *Peterson's SPRING

CREST PEACHES \$12/ 4 lb.

JUICING CARROTS \$12/25 lb.

BUNCHED NANTES CARROTS
\$10/ 6 bunches

*Hirahara's BLUEBERRIES
\$16 / 3- 6 OZ. CLAMSHELL

\$11.50 / 1 LB. BAKING SIZE FRUIT

SEEDLESS MEDITERRANEAN
CUCUMBERS \$12 / 3 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

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CSA@tdwilleyfarms.com or by phoning

559-ORGANIC, (674-2642)

Friday NOON is the Deadline

to order Organic Abundance
for your Next CSA deliveries!

Receive last minute updates for
Additional Organic Abundance OR

the Weekend Box Preview-send an
email specifying which service you
desire to denesse@TdWilleyFarms.com

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. Keep all leafy items in microperf bags, which may be washed and reused. Microperf bags will also protect the tender edible skin of your Mediterranean Cucumbers. Store vegetables separate from fruits. Cabbage is eaten in almost every food culture in the world! Fermented cabbage, be it sauerkraut or Kimchi, is an early and widespread form of food preservation that has nourished humanity for almost as long as agriculture itself. Like other brassicas, cabbage has been used medicinally for centuries and is still considered a digestive aid and intestinal cleanser. Pound for pound, cabbage has more vitamin C than oranges! Cabbage comes from Phil and Catherine Foster's CCOF certified farm in San Juan Bautista. Mediterranean Cucumbers are a crunchy delight featuring tender, delectable skin and firm sweet flesh. Try them in a green salad or one made with Feta or blue cheese, your favorite vinaigrette and slivers of Georgia Boy Sweet Onion. The high sulfur in our soils imparts a traditional onion 'bite', even to this mild flavored variety of Granex-type sweet onion. Both Parsley varieties, flat and curly, have been traced back at least 5000 years to the southern and eastern Mediterranean regions. Including chopped parsley will add a fresh taste to any dish. Use the stems in your stockpot.

FARTHER AFIELD

Industrial food apologists regularly claim natural systems farming could not possibly feed our world's burgeoning population. However, an association of 10,000 traditional free-range poultry farmers in France has been disproving this allegation since the mid-1960's and their method is being introduced into our Valley by the innovative Pitman family. Young David Pitman represents a third generation of this once conventionally oriented Madera-based poultry clan, better known to the public as Mary's Free Range Chicken. Some time ago the Pitmans tired of receiving economic abuse that two well-known processors (now merged into one) visit on farmers in our region and they struck out for an ethnic, colored-bird specialty market. That venture evolved into free-range and subsequently, organic production methods. Some five years back, son David was dispatched on a European reconnaissance mission to study the aforementioned mature commercial pastured-poultry production system his family had caught wind of in France. Label Rouge is a 40 year old open-air production scheme, regulated and certified by the French Ministry of Agriculture, requiring its farming adherents to raise slow-growing breeds of proven quality and taste under uncrowded, humane conditions on grass. The superior products of this legion of French family farmers, which some might condescendingly label "niche" growers, represent a whopping 64% share of all whole broiler chickens sold in that nation's supermarkets. Our community's Pitman family has invested a great deal of time and money attempting to faithfully reproduce this proven pasture-poultry production system on a commercial scale in the U.S. Only colored breeds, which gain market weight in no fewer than 80 days, (vs. 40 days for industrial chickens) are allowed. Birds must be raised on rations restricted to 75% cereals, some vegetable protein and pasture. Animal products, fishmeal and growth factors, including routine antibiotics, are prohibited. Production costs for such naturally raised poultry average near twice those of industrially grown birds in France where consumers regularly pay double a conventional price for tasty Label Rouge broilers. Objectively measurable indicators of bird health and welfare, as well as carcass quality, heavily favor this natural-systems poultry farming method. Join David Pitman and I as we discuss his family's innovative experiment during this week's "Down on the Farm" radio program, Friday 5:00 - 6:00 PM on KFCF, 88.1FM. -Tom Willey

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

PLEASE BE MINDFUL TO TAKE ONLY BOXES THAT BEAR YOUR NAME. If your name is on the sign-off sheet, A BOX HAS BEEN PREPARED AND DELIVERED FOR YOU. Should you find that your box is missing, please contact the host or the Farm immediately, so that we may help you find your produce. You will NOT be given a credit for a "missing" box unless you notify the farm within 12 hours of your pick up time. Our CSA phone (674-2642) is available to you 24 hours a day. 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.