

# WHAT'S GROWIN' ON

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

8, 9, 10 June 2010

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

VOL 9 NO. 23

That thou, light-winged  
Dryad of the trees,  
In some melodious plot  
Of beechen green, and  
shadows numberless,  
Singest of summer in  
full-throated ease.

-JOHN KEATS (1785 - 1821)



## BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ NANTES CARROTS (SB)(FB)
- ⌘ TUSCAN KALE (FB)
- ⌘ COLLARD GREENS (SB)
- ⌘ ITALIAN SWEET RED ONION (SB)(FB)
- ⌘ MEDITERRANEAN CUCUMBERS (SB)(FB)
- ⌘ SPRING LETTUCE (SB)(FB)
- ⌘ HEIRLOOM BEETS (SB)(FB)
- ⌘ GENOVESE BASIL (SB)(FB)
- ⌘ \*Peterson's SPRING CREST PEACHES (SB)(FB)
- ⌘ \*Loewen's CRIMSON BABY

NECTARINES (FB)

SB= SEEDLING BOX, FB= FAMILY BOX

\* Certified Organic from Other Farms



Organic Stone Fruit Jubilee  
Saturday June 19, 2010

Fresh fruit tasting, jams and  
pies. Fun for fruit lovers of  
all ages.

[www.fruitjubilee.org](http://www.fruitjubilee.org)



## DOWN ON THE FARM

We are playing a waiting game on our big summer crops, Sweet Red Onions, potatoes, melons and tomatoes. The soil won't dry down enough to dig onions, the potatoes were planted a month late and still haven't sized. Melons, eggplant and tomatoes, too, were transplanted late and my fear is that these might all be ready on the same day! -denesse

## FEATURED RECIPES

**SUMMER BORSCHT** from Judy Gorman's Vegetable Cookbook

- |   |                             |
|---|-----------------------------|
| 1 Tbls. butter                          | white pepper                |
| 1 Onion, coarsely chopped               | celery seed                 |
| 2 cups beef or veg stock                | 1 Tbls. lemon juice         |
| 1 Bunch Beets, scrubbed, leaves trimmed | 1 cup sour cream            |
| salt                                    | 2 tsp. prepared horseradish |

Microwave beet roots in a covered dish until fork tender. Allow to cool. Melt butter over medium heat in a large saucepan. Add onions and beet greens, toss to coat. Allow to sweat until onions are translucent. Meanwhile peel and quarter beet roots. To the saucepan add stock, beets and seasonings, cover and simmer for twenty minutes. Use an emersion blender or food processor to puree soup until smooth. Add lemon juice and thoroughly chill. Just before serving, whisk together sour cream and horseradish. Gradually add to chilled borscht, ladle into bowls and serve. Serves 4.

**COLD BEET AND CUCUMBER SOUP** Recipe courtesy Julia Child

- |                                 |                                    |
|---------------------------------|------------------------------------|
| 1 large Beet, trimmed           | 1/2 cup beet juice                 |
| 1 sweet Red Onion, chopped      | 1/2 cup chicken or vegetable stock |
| 1 seedless Cucumber, chopped    | salt and freshly ground pepper     |
| 1 teaspoon prepared horseradish | 1 cup sour cream                   |
| 1 tsp. wine vinegar             | fresh dill sprigs                  |

Cook beets until very tender in just enough boiling water to cover. When a knife pierces through to the center easily, drain, preserving juice; cool slightly. Peel and coarsely chop. Transfer beets, onions, cucumbers, horseradish, and wine vinegar to food processor. Add some of the liquids to blend. Puree, but not too fine. Thin to desired consistency with beet juice and broth. Transfer to bowl, season, and chill several hours. Check seasoning before serving. Pour into individual bowls and garnish with spoonful of sour cream and sprinkling of dill. Can be made up to 3 days in advance, covered and chilled.

**BRAISED GREENS** adapted from Emeril's *New Orleans Cooking*

- |   |                                  |
|---|----------------------------------|
| 1/2 Tbls. olive oil                             | 1 Tbls. minced garlic (optional) |
| 1 cup sweet Red Onions, thinly sliced           | 1/2 teaspoon red pepper flakes   |
| 1 tsp. salt                                     | 1 cup Vegetable or Chicken Stock |
| 12 turns freshly ground black pepper            | Splash cider vinegar             |
| 1 bunch torn and stemmed Kale or Collard Greens |                                  |

Heat the oil in a large skillet over high heat. Add onions, salt, pepper, and red pepper flakes and stir-fry for 2 minutes. Add garlic, greens, and stock. Cook, stirring occasionally, for 8 to 10 minutes; add a splash of cider vinegar in the last minute of cooking. Remove from the heat. Serve immediately

Look for many other recipes on [www.TdWilleyFarms.com](http://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 onion, basil, and stone fruit. Remove and discard tops from carrots. Keep all leafy items in microperf bags, which will also protect the tender edible skin of your Mediterranean Cucumbers. Use a flower vase to hold basil stems in water at room temperature. Tent the "bouquet" with a microperf bag. Pinch off any flowers that may appear. Store vegetables separate from fruits. Delicious Heirloom Beets are used in every Mediterranean cuisine and pair well with citrus. Remove the tops from your beets and store separate from bottoms in the refrigerator. Strip the tender greens from the tough stems and sauté or braise as you would chard or spinach. Basil was used in Italy as a gift that couples would give

## ORGANIC ABUNDANCE FOR NEXT DELIVERY

(comes in a separate carton)

ALL PRODUCTS ARE CERTIFIED ORGANIC

\*ADD Bylsma's PASTURED EGGS  
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\*Peterson's FIESTA GEM  
PEACHES \$12/ 4 lb.

JUICING CARROTS \$12/25 lb.

TABLE CARROTS \$10/ 10 lb.

\*Hirahara's BLUEBERRIES  
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\$11.50 / 1 LB. BAKING SIZE FRUIT

SEEDLESS MEDITERRANEAN  
CUCUMBERS \$12 / 4 LB.

LETTUCE \$10 / 6 heads

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WHITE OR BROWN \$10 / 3 LB.

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\$35 / 1/2 GALLON (64 OZ)

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100% ORGANIC SHOPPING BAG

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\*Certified Organic from Other Farms

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to order Organic Abundance

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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](mailto:denesse@TdwilleyFarms.com)

to one another as a sign of their fidelity. This Mediterranean herb is thought to stimulate the appetite and nervous system, repel mosquitoes, expel worms, relieve acne, and even treat insect and snakebites. We grow an Italian cultivar, Genovese, renowned for its spicy fragrance and flavor. Use it to make your favorite pesto sauce or basil-infused salad dressing. **Spring Crest Peaches** are from Richard and Karen Peterson's 30-acre CCOF certified organic farm in Kingsburg. The Petersons have been friends of ours for a good many years, look forward to several more varieties of their old-fashioned, high acid peaches. To ripen fruit, keep at room temperature until yielding to firm pressure. **Collard Greens** are an ancient cousin to cabbage, forming large fan-shaped leaves instead of a dense head. They are nutrient dense, rich in Vitamins A & C, calcium and potassium, and all the cancer fighting elements shared with other members of the Brassica family. Well adapted to warm climates, collards became a popular food among African slaves brought to North America to work on Southern plantations, sometimes eaten at nearly every meal. Like all cabbages, cook uncovered. **Tuscan Kale** is an Italian heirloom with savoy textured, deep green leaves. Kale is a first-rate source of iron and calcium, is high in fiber and, like all cruciferous vegetables, bears a proven reputation for cancer-fighting properties. This mild, tender, non-heading cabbage can be steamed, served with butter or vinegar; or used in a soup or casserole. Kale leaves can be blanched and used like cabbage leaves to make stuffed rolls.

## FARTHER AFIELD

Evidence emerging from a recent *E.coli* incident involving romaine grown in Arizona points to new bad-boy organisms on the food safety block of which the public has never been apprised. I spent a long day, several weeks back, traveling to and participating in an FDA sponsored "Listening Session" during which officialdom solicited opinions of produce farmers on more food safety rules simmering in the regulatory cooker. My biggest resentment is, while my vegetable patch could soon be subject to visits by moon-suited FDA squads, industrial animal facilities from which all these dangerous pathogens emanate will be unaffected by Congress' soon to be passed "Food Safety Modernization Act". The Arizona romaine, which sickened dozens, turns out not to have been tainted by the notoriously familiar *E.coli* 0157:H7 but with a less common strain, *E.coli* 0145 for which testing protocols have not even been developed. Returning to my core frustration, unhealthy industrial animal practices, driven by an insatiable demand for cheap meat, generate novel, antibiotic resistant pathogens faster than our current misguided efforts to manage food safety can keep up. Rarely, if ever, are precise transmission pathways definitively traced from host animals, poultry, swine, cattle or humans in any of these troubling incidents. When speculation includes windborne transmission from a feedlot 20 miles distant, as in the Arizona romaine case, I become a very nervous vegetable farmer. Although diverse, robust microbial communities we encourage in our soil and on plant surfaces offer us some demonstrated protection against intruder pathogens, a surrounding environment rife with increasingly dangerous organisms is just a game of Russian roulette for we farmers and you eaters alike. A genuinely serious approach to food safety would begin with outlawing the sub-therapeutic use of antibiotics in animal agriculture for growth promotion. For too long, 70% of U.S. antibiotic production, roughly 25 million pounds annually, has been employed in this insanely dangerous practice. Denesse and I do not care to be driven out of business by a food safety incident over which we have little control, even though our farm has implemented many reasonable precautions. Please urge legislators promoting a bum-steer on food safety to address the real source of uniquely dangerous pathogens. Demand your representatives summon the courage to mandate significant reform of our errant industrial animal and meat industries. —Tom Willey

For more info see: [www.saveantibiotics.org](http://www.saveantibiotics.org)

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

\*Please do not ignore a pink sticker on your box. If we RECEIVE your payment by Friday, there will be no disruption of your service. \* We have been suffering a rash of "missing boxes". If the host cannot help you find your box, someone else has probably taken it BY MISTAKE. Compare the sign off sheets to the remaining boxes to see who might have signed out for a box that is still present at the site. The host can help you phone that person and ask them to check the name on the label of the box that is in their possession. Mystery solved! \* ICE BAGS: You may have noticed that we have started putting about 4 lbs. of ice in the boxes to keep the produce cool on its ride home. The bags are reusable and recyclable. Please be considerate. If you are leaving your ice bag at the delivery site, empty bag outside on the lawn or in the parking lot. \* Use [CSA@TdwilleyFarms.com](mailto: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. \*