

WHAT'S GROWIN' ON

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

15, 16, 17 June 2010

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

VOL 9 NO. 24

"I would feel more optimistic about a bright future for man if he spent less time proving that he can outwit Nature and more time tasting her sweetness and respecting her seniority."

E. B. WHITE (1899 - 1985)



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ NANTES CARROTS (SB)(FB)
 - ⌘ ROMANO GREEN BEANS (SB)(FB)
 - ⌘ ITALIAN SWEET RED ONION (SB)(FB)
 - ⌘ MEDITERRANEAN CUCUMBERS (SB)(FB)
 - ⌘ ROMAINE LETTUCE (SB)(FB)
 - ⌘ RAINBOW CHARD (SB)(FB)
 - ⌘ ITALIAN ZUCCHINI SQUASH (SB)(FB)
 - ⌘ *Peterson's FIESTA GEM PEACHES (SB)(FB)
 - ⌘ * Peterson's FLAVOROSA PLOUT (FB)
- SB= SEEDLING BOX, FB= FAMILY BOX
* Certified Organic from Other Farms



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!* GREEN BEANS \$11/5 LB.
- ⌘ *New!* CHERRY TOMATO MEDLEY SUNGOLD & SWEET 100 \$11/FOUR 1/2 PT. CLAMSHELLS
- ⌘ ITALIAN SWEET RED ONIONS \$9 / 6 LB.

DOWN ON THE FARM

We made the first pass in our cherry tomatoes Monday and we might start digging mature onions this week. If the temperatures remains moderate, we will pick two to three more weeks in the green beans, as eggplant is ramping up. It looks like our first melons might begin to ripen next week, just as serious potato digging gets under way. -denesse

FEATURED RECIPES

CLASSIC MINISTRONE Adapted from foodnetwork.com For the meat eaters among you: render the fat from 3 or 4 oz. of pancetta or bacon instead of olive oil and use beef stock. Feel free to use Basil from last week!

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| 1/3 cup olive oil | 4 cups veg. stock |
| 1 cup chopped Onion | rind of a piece of Parmesan cheese-optional |
| 1 cup diced Carrots | 2 cups Italian canned tomatoes and their juice |
| 1 cup diced celery | 1 to 2 cups diced Romano Beans |
| 1/2 cup great northern beans, soaked | 1 to 2 cups diced Zucchini |
| 1 bay leaf | 1 small bunch Chard (<i>half the FB bunch</i>) |
| sprig of thyme | 1 cup small pasta shells |

Wash chard and strip leaves from stalks. Coarsely chop leaves and set aside, dice the stalks. Heat olive oil in a large, heavy saucepan or casserole. Add onions and chard stalks and cook until golden, about 5 to 7 minutes. Then add celery and carrots and cook over low heat, stirring occasionally, for 5 minutes. Add white beans, bay leaf, thyme and toss for 1 minute. Then add the Parmesan rind (if using), tomatoes and their juice, plus salt and pepper to taste. (careful, with the amount of salt since Parmesan rind will add a salty flavor) Bring to a boil, reduce heat and simmer for 1 hour. Add green beans and zucchini, cook for 15 minutes more or until the vegetables are *al dente*. Finally, add pasta and chard, cook covered for about 10 minutes. Season to taste with salt and pepper, ladle into bowls and garnish with grated Parmesan.

BEAN AND CUCUMBER SALAD Adapted from Bon Appetit, July '06

- | | |
|----------------------------------|--------------------------|
| 12 oz. Romano Beans (SB amount) | 1/4 cup minced Red Onion |
| 1 Mediterranean Cucumber, sliced | 2 Tbls. red wine vinegar |
| 6 Tbls. olive oil | 2 Tbls. lemon juice |

Cook trimmed green beans in large pot of boiling salted water until crisp-tender, about 4 minutes. Drain and rinse with cold water, pour out onto a single layer on a kitchen towel to dry, cut into one-inch lengths. Whisk together vinegar, oil and lemon juice in a small bowl. Combine beans, onions and cucumbers in a large shallow bowl, pour dressing over all, toss to coat. Let stand 1 hour at room temperature, tossing occasionally. Season to taste with salt and pepper, serves 4.

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 onion, and stone fruit. Remove and discard tops from carrots. Keep all leafy items and green beans in microperf bags, which will also protect the tender edible skin of your Mediterranean Cucumbers. Store vegetables separate from fruits. Mediterranean Cucumbers are a crunchy delight with 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 Italian Sweet Red Onion. Try a supper of Italian Zucchini frittata with Chard Risotto. Trim the chard leaves away from the stalk, coarsely chop and cook over low heat while making Risotto (we use the Lundberg mixes). Stir in the chard just before serving. Use medium heat when cooking cubed squash and onions in a skillet, and keep tossing to get a nice golden color on the squash before adding eggs and a smokey cheddar cheese. Broil for just a few minutes before serving. Romanos are the only reason I let Mr. Willey grow beans. This snap bean is still tender even when mature enough to have a seed inside the pod! Gently steam Romano Green Beans, toss with olive oil, minced garlic and salt and pepper. Allow to stand overnight. When thus prepared, these beans rival the jarred artichoke hearts commonly added to summer salads. Fresh beans are living, they respire and give off heat even after they are picked. When preparing, wash and snip the ends. While many believe that boiling is the best way to cook beans, if you are using them in a salad or as a side dish, steaming preserves more of the vitamins and flavor.

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✦ *New!* *Peterson's **FLAVOR CREST PEACHES** \$12/ 4 lb.
- ✦ *New!* **FRESH! YUKON GOLD POTATOES** \$10 / 6 lb.
- ✦ **BASIL** \$10 / 6 bunches
- ✦ **JUICING CARROTS** \$12/25 lb.
- ✦ **TABLE CARROTS** \$10/ 10 lb.
- ✦ *Hirahara's **BLUEBERRIES** \$14 / 3- 6 oz. CLAMSHELL \$11.50 / 1 LB. BAKING SIZE FRUIT
- ✦ **SEEDLESS MEDITERRANEAN CUCUMBERS** \$12 / 4 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
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

Boiling maintains the bright green color and will cook beans evenly. Boil whole beans uncovered in plenty of salted water, 5 to 6 minutes (covering the pot turns beans gray). For cut or "snapped" beans, steaming is preferred. Cook over water at a full boil, until beans are slightly resilient to the tooth – about 6 to 8 minutes. When beans are done remove from water and shake dry. **Italian Sweet Red Onion** (*Allium cepa*) and its relatives, including leeks, garlic and shallots are members of the vast and varied Allium family, related to both Lillies and Amaryllis. Alliums are one of the oldest foods known, evidence of the onion's cultivation and use points back at least 6000 years. Their center of origin is believed to be near Afghanistan and records exist of their use in ancient Egypt. We grow the Sweet Red Onions that early 20th century immigrants brought to our valley from their homes in Italy. Seeded in the heat of the summer, they are transplanted in late fall and grow all winter. Come the end of May, we cut off the water to dry them down. When the soil is bone dry we dig, top, and sack the large burgundy bulbs in burlap bags to "cure" in the hot sun for about a week, rendering the onions sweet and storable. Due to the sulfur content of our soils, the sweet onions are still pungent. Grown with biological fertility and not salt fertilizers they will store for several weeks in a cool, dry place where there is plenty of air circulation. All sweet onions are high in water and sugar content and need care to avoid bruising. Cut onions should be wrapped tightly in plastic wrap and refrigerated. To keep from crying when cutting onions chill them in a bowl of cold water for 15 to 30 minutes before cutting and use a very sharp knife. Dick and Karen Peterson planted this old time yellow peach known as **Fiesta Gem**, by mistake. Let it ripen on the kitchen counter for a day or two. The Peterson farm 30-acre of CCOF certified organic peaches and plu-ots in Kingsburg. All fruits benefit from being eaten at room temperature. A pluot (plü-ot) is a trade name for a host of fruit varieties developed by Floyd Zaiger in Modesto over the last 40 years. **Plu-ots** are a complex cross of plum with apricot that exhibits more plum-like traits. The **Flavorosa** skin is tart and offsets the super sweet interior. Don't be put off by the initial sour notes, stick with it and be rewarded with the quintessential summery flavor of sweet plums. These are from Vernon Peterson's Family farm in Kingsburg, CCOF certified since 2006.

FARTHER AFIELD

An extraordinarily dedicated committee, toiling over several months, has conjured up numerous enhancements for this Saturday's 2010 Stone Fruit Jubilee to which your family is cordially invited. Of course, our celebration's main attraction is the near-dozen organic orchardists who farm this region's famed "Golden Triangle", presenting as many as fifty ripe stone fruit varieties to taste. Even though trees and vines appear more normal this erratic spring than do vegetables, owing to a perennial's ability to draw on previously stored energy from deeply established roots, fruit maturity has lagged, struggling to achieve flavor profiles expected this time of season. So, we may have an opportunity to taste earlier fruit varieties this Saturday that were not represented at previous Jubilees. A cadre of fruit cutting volunteers will free farmers to engage you in conversations on the art of orcharding. As the event spans dinner hours, Mao Farms will serve up Hmong ethnic dishes, La Boulangerie is provisioning us with both turkey and vegetarian baguette sandwich fare, and Whole Foods will grill stone fruits to accompany their pulled pork sandwiches. Beverage choices feature Squaw Valley Herb Garden's refreshing artisan mint, hibiscus and lemon grass teas. "Jam lady", Joyce Kierejczyk, will conduct several demonstrations on preserving fresh fruit flavors in a jar to brighten dreary winter days. An added feature will be the display of award-winning poster art representing Fresno County's now famed Blossom Trail. The *raison d'être* of our Jubilee continues to be raising the profiles of accomplished organic orchardists in our community and addressing the dearth of local retail access to their fruit. A unique marketing partnership coupling Jubilee growers with several locally owned retailers, one farm's peak-of-season subscription stone fruit CSA service, plus a novel ripe fruit delivery business have all evolved in our community, inspired by the first two events. Don't miss your chance Saturday to marvel on the delicious bounty of these orchards and further scheme around making these exceptional fruits more available to our community every day. –Tom Willey

For more info: www.fruitjubilee.org

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

☉Of course you may send a proxy to pick up your box, however... please instruct them to **take ONLY the box(es) with your name on the label.** ☉ **Reusable ICE BAGS accommodate a toddler's change of clothes to leave at Gramma's house or in the car.** ☉ 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. ☉