

# WHAT'S GROWIN' ON

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

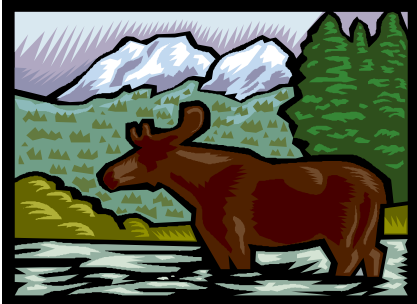
22, 23, 24 June 2010

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

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**“A noise like of a hidden brook  
In the leafy month of June,  
That to the sleeping woods  
all night  
Singeth a quiet tune.”**

-SAMUEL TAYLOR COLERIDGE



## BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ NANTES CARROTS (SB)(FB)
- ⌘ GREEN SNAP BEANS (SB)(FB)
- ⌘ ITALIAN SWEET RED ONION (SB)(FB)
- ⌘ MEDITERRANEAN CUCUMBERS (SB)(FB)
- ⌘ RED LEAF LETTUCE (SB)(FB)
- ⌘ HORTICULTURAL SHELLING BEANS (SB)(FB)
- ⌘ CURLY PARSLEY (SB)(FB)
- ⌘ Fresh! YUKON GOLD POTATOES (FB)
- ⌘ \*Peterson's FLAVOR CREST PEACHES (SB)(FB)
- ⌘ \* Loewen's SPRING BRITE NECTARINE (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

✧ HORTICULTURAL SHELLING BEANS \$11/5 LB. *One Chance Only!*

✧ *Last Chance!* \*Hirahara's

BLUEBERRIES

\$14 / 3- 6 OZ. CLAMSHELL

\$11.50 / 1 LB. BAKING SIZE FRUIT

✧ *New!* EGGPLANT SAMPLER

\$9/4 lb. 3 varieties

✧ COLLARD GREENS \$8/6 bunches

✧ TUSCAN KALE \$10/6 bunches

## DOWN ON THE FARM

Late spring rains forced bean planting later than normal and cool soil temperatures retarded their growth. A month late bean harvest required us to abandon some plantings as hot weather sped early seed development rendering the pods inedible. In short, an extremely compressed bean season that is ending THIS week. Also one month late, we have barely started digging the Yukon Potatoes and Sweet Red Onions. Presently, we'll make preliminary passes in table tomatoes, eggplant and hot peppers, soon to grace our boxes. With crews in the basil, squash and cucumbers, we are currently employing one person per acre on the farm! -denesse.

## FEATURED RECIPES

**HORTICULTURAL BEANS AND BEYOND** Adapted from *From Asparagus to Zucchini* by Madison Area Community Supported Agriculture Coalition.

- 1 to 1 1/2 lb. Horticultural Beans
- 1 medium Onion, quartered
- 4 sprigs fresh thyme
- extra-virgin Olive oil

Shell beans from their pods and rinse. Place beans, onions and thyme in a medium saucepan with water to cover. Simmer gently until tender, this may be as few as 15 minutes or as much as a half hour, careful to avoid overcooking. Drain, remove onion and thyme. Place beans in bowl, add a pinch of salt and drizzle with olive oil. Enjoy warm or at room temperature. Alternately, heat some oil in a skillet, add cooked beans and mash them a bit with the back of a fork, serve on top of grilled bread with a bit of parsley for garnish. For a quick supper fry up some chopped bacon, stir in shredded kale, cabbage or collard greens, cook until wilted. Add to the skillet 1 cup of cooked horticultural beans and 1 cup of cooked rice. Season with salt and pepper. Divide onto four plates and top each with a fried egg.

**FRENCH-CUT BEANS WITH CARROT & GINGER** from the Willey test kitchen

- 1 1/2 cups french cut Green Beans
- 1 Tbls. peeled fresh ginger, julienned
- 3/4 cup Carrot, julienned
- 1 Tbls. light olive oil
- 1/4 tsp. salt & pepper to taste
- 1/2 tsp. sugar
- 1 Tbls. Mirin (may substitute sherry)
- 1 Tbls. soy sauce

Wash beans, cut off the ends and then slice them in half down the middle following the center line of the bean. This is called a French-cut. Then, cut the beans into two or three pieces diagonally. For an easy julienne, slice carrot on a sharp diagonal, lay the slices flat and slice each one vertically into little matchsticks. Heat up a frying pan and add the oil. Stir-fry ginger for one minute. Add the carrot and green beans, stir-fry for one minute. Add remaining ingredients. Stir and cooked covered for 3 minutes. Remove lid and stir over high heat until any moisture has evaporated away. Serve with rice or as a side dish.

**COOL & CREAMY GREEN BEAN SALAD** Adapted from Cook's Country June/July 2008

- 1 cup white vinegar
- 1 tsp. apple cider vinegar
- 1/2 Tbls. sugar
- salt & pepper
- 3/4 to 1 lb. Green Beans, trimmed
- 1/2 small Sweet Red Onion, sliced thin
- 1/4 cup mayonnaise
- 2 Tbls. plain whole milk yogurt
- 1/2 Tbls. olive oil
- 1 garlic clove, minced

Fill large bowl with ice water, bring 4 quarts water and white vinegar to boil in a large pot over high heat. Add sugar, 1 Tbls. salt and beans; cook until just tender, about 3 minutes. Add onions to pot and cook an additional 30 seconds. Drain vegetables then, shock in ice water bath. Once beans are cool, drain again and pour onto clean kitchen towels to dry. Whisk together mayonnaise, yogurt, oil, garlic and apple cider vinegar in a large bowl. Add chilled beans and onions, toss until well coated, seasoning with salt and pepper. Serves 4.

**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, potatoes and stone fruit. Remove and discard tops from carrots. Keep all leafy items and green beans in microperforated bags, which will also protect the tender edible skin of your Mediterranean Cucumbers. Store vegetables separate from fruits. French Horticultural Beans sport cream-colored pods and seeds that become streaked with crimson when mature. Our heirloom variety is favored by Alice Waters of Chez Panisse for its distinctively nutty flavor. Fresh shell beans are the mature but still fresh stage of the bean. The

## MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✦ *New!* \*Vernon Peterson's  
**FLAVOROSA PLUOTS \$9/ 4 lb.**
- ✦ **CHERRY TOMATO MEDLEY**  
SUNGOLD & SWEET 100  
\$11/FOUR 1/2 PT. CLAMSHELLS
- ✦ **ITALIAN SWEET RED**  
ONIONS \$9 / 6 LB.
- ✦ \*Peterson's **FLAVOR CREST**  
**PEACHES \$12/ 4 lb.**
- ✦ **FRESH! YUKON GOLD**  
POTATOES \$10 / 6 lb.
- ✦ **BASIL \$10 / 6 bunches**
- ✦ **JUICING CARROTS \$12/25 lb.**
- ✦ **TABLE CARROTS \$10/ 10 lb.**
- ✦ **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**

\*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!

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)

bean seed is removed from the fibrous and inedible pod and cooked fresh. All legumes are rich in protein thanks to the symbiotic relationship between legume plants and a soil bacterium, Rhizobium, activating the conversion of atmospheric nitrogen into a form the plant can use both for its growth and to store as protein in its seeds. Fresh shelling beans require just a fraction of the cooking time and water needed for their dried counterparts. **Green Beans** originated in the Central American tropics. Fresh commercial beans once contained an inedible string that ran along the length of the pod, and they are still sometimes referred to as "string beans". Modern beans, known as snap beans, are stringless, picked at a stage when their tender pods are thick and juicy, but seeds are yet immature. You may want to leave Dick and Karen Peterson's **Flavor Crest Peaches** sit at room temperature for a day or two, until they yield to a gentle touch. The Petersons farm a cadre of old fashioned high-acid peaches on 30 CCOF certified acres in Kingsburg. The organic stone fruit market has finally fallen into the ways of their conventional brethren, namely consolidation in the channels of distribution and predatory pricing by one or two extremely large scale producers. This leaves many small growers like the Peterson's without buyers for much of their production. We are proud to purchase what we can from Dick and Karen at last year's fair prices (double the current market.) Loewen's **Spring Bright Nectarine** can be eaten firm with a crisp texture. Highly flavored with a touch of spice, it is possibly the best nectarine for jams and baking. CSA members, Fran and Ted Loewen grow dozens of varieties of stone fruit on their 80 acre CCOF certified orchard in Parlier.

## FARTHER AFIELD

California's Department of Pesticide Regulation teeters on the precipice of approving another nasty biocide-crutch for our state's conventional strawberry industry, suffering withdrawal symptoms over a long anticipated loss of soil fumigant, Methyl Bromide. The "Golden State", owing to similarly gilded climes blessing our coastal plains and valleys, dominates 80% of the nation's production of this most popular crimson berry, as California does a long list of "specialty" crops. Limited geography, water and urbanization pressures have pushed rent on a strawberry-suitable acre beyond \$2,000 and total annual production costs for same towards \$40,000. These stratospheric outlays demand berry growers harvest and market enormous amounts of fruit, while mitigating any risk of lower yields. Such dynamics have led to a half-century's dominance by production systems featuring total dependence on toxic soil fumigation and define the context within which all modern strawberry cultivars have been bred. Addiction to maximum yield predicated on toxic chemistry describes the current "Pandora's box" in which the industry finds itself uncomfortably trapped. Organic strawberry growers like myself, representing maybe 5% of total production, do reasonably well eschewing toxic fumigants for bio-rational crop rotations plus management practices which enhance total activity and diversity of the soil's microbial community. Organic yields are reported to be in the range of 70% to 90% of those achieved by conventional growers. Methyl bromide and methyl iodide, which DPR is now considering as the former's replacement, were once thought to be soil sterilants but are today understood only to shift microbial populations in curious, unexplained directions to the disadvantage of root pathogens. USDA scientists advocate a need to deeply research population dynamics and ecology of soil microbial communities towards achieving reliable pathogen suppression biologically. Such visionary appeals go largely ignored, evidenced by a dearth of funding available for bio-rational approaches, even as agriculture faces imminent loss of ozone damaging methyl bromide. Furthermore, there's now dire need for breeding strawberry cultivars that exhibit resistance to soil pathogens, a common sense strategy neglected for fifty years while fumigants were easily employed. This billion-dollar specialty crop industry, having painted itself into acute economic and agronomic corners, desperately cries to California's regulators for another fumigant fix. As a citizen, affected by toxic chemistry's impacts on soils from which we eat, air we must breath and water we drink, you may exercise the right to voice an opinion on this matter until the 29<sup>th</sup> of this month. -Tom Willey

Email comments to: [mei\\_comments@cdpr.ca.gov](mailto:mei_comments@cdpr.ca.gov)

For more info: <http://ddr.nal.usda.gov/bitstream/10113/13506/1/IND23314919.pdf>

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

✦ We respond to EVERY e-mail correspondence we receive. If you do not receive a confirmation, phone us at 559- 674-2642 ✦ Statements have been mailed. Quarterly customers lose their discount if payments are not received by July 5. ✦ Please mail organic abundance payments no later than the next day after receiving the product or your convenience we accept VISA and MasterCard. ✦ Use [CSA@tdwilleyfarms.com](mailto:CSA@tdwilleyfarms.com) to request a vacation hold, order organic abundance or inquire about your account. ✦ If you wish another copy of *What's Growin' On*, check the website for the archives (click on "Fresh & Local"), or send an e-mail to [denesse@TdWilleyFarms.com](mailto:denesse@TdWilleyFarms.com) to receive a weekly updated link.