

WHAT'S GROWIN' ON

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

29, 30 June & July 1, 2010

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

VOL 9 NO. 26

“A hundred objective measurements didn't sum the worth of a garden; only the delight of its users did that.”

LOIS MCMASTER BUJOLD,



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ NANTES CARROTS (SB)(FB)
- ⌘ HEIRLOOM BEETS (SB)(FB)
- ⌘ ITALIAN SWEET RED ONION (SB)(FB)
- ⌘ MEDITERRANEAN CUCUMBERS (SB)(FB)
- ⌘ SUMMER LETTUCE (SB)(FB)
- ⌘ TUSCAN KALE (SB)(FB)
- ⌘ EASTER EGG RADISHES (FB)
- ⌘ ITALIAN ZUCCHINI SQUASH (SB)(FB)
- ⌘ *Fresh!* YUKON GOLD POTATOES (SB)(FB)
- ⌘ *Peterson's FLAVOR CREST PEACHES (SB)(FB)
- ⌘ * Boldt's JUNE PEARL NECTARINES (SB)(FB)

SB= SEEDLING BOX, FB= FAMILY BOX

* Certified Organic from Other Farms

Because we are planning and contracting items for your box many days, and sometimes weeks in advance, we require at least 7 day's notice for a vacation hold.

When there are last minute changes in your plans, we encourage you to share your box with a family member or friend who can pick up for you.

ORGANIC ABUNDANCE FOR NEXT DELIVERY

(comes in a separate carton)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✿ *New!* TABLE TOMATOES \$10/5lb.
- ✿ *New!* *Boldt's JUNE PEARL NECTARINES \$11/ 4 lb.
- ✿ *Fresh!* RED IRISH POTATOES \$10 / 8 lb

DOWN ON THE FARM

Did you know that corn is a tropical plant and the optimal soil temperature for its seed's emergence is 85 degrees F? In the Midwest, corn is often planted in soil that is only 50 degrees F but it will take over three weeks to emerge, suggesting the use of herbicides. When planted into soil that is 68 degrees, sweet corn will emerge in a week, seeded into soil that is 77 degrees or warmer it will jump out of the ground in 3 to 4 days! Our long cool spring, and now early summer, has been quite pleasurable for we humans but very hard on the heat-loving vegetables that we associate with this time of year. It is rather unheard of to have cool season delights, kale and carrots in our July CSA boxes, but here they are. The Devines of Coalinga promise us corn for *next* week, but this Fourth of July we will be grilling beets and zucchini. -denesse.

FEATURED RECIPES

GRILLED BEETS from CSA members Duane & Julie Wahl

A very simple recipe:

- wash and peel those crimson orbs
- slice them into rounds; 1/4" to 3/8" thick slices
- place them on tray and brush with a mixture of olive oil and balsamic
- salt & pepper as it pleases you

Place them on the BBQ at about 400 degrees and turn them repeatedly every 2-3 minutes to allow each side to cook without burning, until lightly caramelized, about 10 minutes total, turning each 4 to 5 times. Serve sprinkled with a little crumbled Gorgonzola over the top.

CAPER POTATO SALAD Adapted from Bidly White Lennon's *Best of Irish Potato Recipes*

The Irish add 3 or 4 bacon rashers, grilled until crisp, then crumbled into salad at the last.

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|--------------------------------|--------------------------------------|
| 1 lb. Yukon Gold Potatoes | 1 Tbls. minced drained capers |
| 1 small clove garlic, peeled | 1 Tbls. minced parsley |
| 2 or 3 pinches of salt | 1/2 tsp. finely grated lemon zest |
| 1/3 cup fresh lemon juice | salt and black pepper to taste |
| 1 Tbls. minced Sweet Red Onion | 2/3 cup extra-virgin olive oil |
| 1 tsp. Dijon mustard | 1 cup Sweet Red Onion, thinly sliced |

Place whole potatoes in a pot of cold water to cover, add 1 Tbls. salt. Bring to a boil over medium-high heat; reduce heat and simmer, covered, until just tender. Drain and allow to cool to room temperature. (This can be done a day ahead.) Meanwhile, mash garlic clove with pinches of salt until a paste is formed. Whisk in lemon juice, minced onion, mustard, capers, parsley and lemon zest. Add salt and pepper to taste, drizzle oil in a slow steady stream, whisking until blended. Peel (if desired) and slice cooled potatoes. Gently toss with onion slices and dress to taste with the caper vinaigrette. Serves 4.

Look for KALE 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, potatoes and stone fruit. Remove and discard tops from carrots. Store potatoes in a cool dry place, protected from light. Keep all leafy items, zucchini and cucumbers in micropref bags, which may be washed and reused. Store vegetables separate from fruits Eat tender skinned Mediterranean Cucumbers raw in sandwiches or salads; top cucumber rounds with egg, tuna or shrimp salad; take marinated cucumbers to potluck suppers or picnics; use cucumbers in chilled summer soups. **New Potatoes.** Many people are under the misconception that new potatoes are any small round red potato. A new potato can be any color or size, it must be so fresh that its skins are not "set" and peel even with the most delicate handling. So, the only way to get a truly new potato is to grow them yourself. We dig our potatoes with a mid-twentieth century single row chain digger. Once the potatoes are of size, we kill the plant by chopping off all foliage. In the warm dry weather, the potato skin will "set" in about a week or 10 days. Then, we can safely dig potatoes without scuffing them. Digging potatoes requires a fair amount of skill, and tractor driver, Antonio, knows just how much dirt to keep on the chain to prevent bruising the tender spuds. The digger leaves

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- * Peterson's **DIAMOND PRINCESS PEACHES** \$12/ 4 lb.
- * **EGGPLANT SAMPLER**
\$9/4 lb. 3 varieties
- * **COLLARD GREENS** \$8/6 bunches
- * **TUSCAN KALE** \$10/6 bunches
- * **CHERRY TOMATO MEDLEY**
SUNGOLD & SWEET 100
\$11/FOUR 1/2 PT. CLAMSHELLS
- * **ITALIAN SWEET RED ONIONS** \$9 / 6 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
- * **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!

the potatoes exposed on top of the ground for a hand crew to come behind, gathering them into 5 gallon buckets. We require the pickup crew to wear gloves so that their fingernails do not damage the fresh potatoes. These **Yukon Gold Potatoes** are not *new* but they are freshly dug and as juicy as apples. The moderate weather has enabled us to enjoy Dick and Karen Peterson's **Flavor Crest Peaches** a second week, packed with sweet flavor and just a bit tart – the perfect peach to serve with ice cream. Leave these peaches at room temperature for a day or two, until they yield to a gentle touch, at which point they are ready to refrigerate or consume. The Peterson's CCOF certified farm is in Kingsburg. **Lacinato Kale** is an Italian heirloom with deep green leaves and savoy texture. 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; used in a soup, or mixed with mashed potatoes in traditional colcannon. Kale leaves can be used like vine leaves or cabbage leaves to make stuffed rolls. **June Pearl Nectarines** are a freestone variety with low acid that will make them taste sweeter than many other early season fruits. Young Alex Boldt, fifth generation farmer from D.E. Boldt in Parlier, brought these up to Madera just hours after picking. Dorothy & David Boldt farm 111 acres, CCOF certified since 2007. Nectarines are ready to eat when yielding to a gentle squeeze.

FARTHER AFIELD

You may never notice this when visiting a retail supermarket but wholesale prices paid to tree fruit growers are in the toilet again, and this time organic orchardists have no buffer against the economic storm. After bulldozing 9,000 acres of fruit trees two seasons back, nearly 10% of California's total plantings, the conventional industry hoped to buoy prices and spark demand. Some abatement of conditions that had shuttered venerable names of long standing in the grower-packer community was evident last year. While this spring's rough weather diminished harvests of cherry, apricot and early plums, it retarded sizes and maturity in peaches and nectarines which are again fetching growers prices that fail to cover costs of production. The nation's second largest tree fruit producer, Clovis-based Wawona Packing, predicated a recovery strategy on transitioning 20% of its whopping 5,000 acres to Certified Organic several years back. The sheer impact of that additional thousand-acre volume of organic fruit hit a supply-sensitive specialty organic market full force just this spring. Several of our family-scale Organic Stone Fruit Jubilee growers were cut adrift, the very week of our celebration, by their longtime sales broker who despaired of finding a home for this year's fruit, even at prices one-half those customarily received. CSA's are consciously designed to foster mutual benefit for farmers and those eating their produce. Even though organic stone fruit growers have offered to sell mostly peaches for these miserable, current prices, denesse and I refuse to pay same. We insist on paying neighbor farmers a 50% premium over the current depressed market and trust our CSA's members will support us in that position. This modicum of fairness still represents significantly lower prices than we are accustomed to paying for good quality organic stone fruit. Predatory confiscation of farmers' surpluses may be the historical cornerstone of complex civilization, but continuing such arrangements will not secure the sustainability of agriculture into an uncertain future. If you enjoy peaches, plums and nectarines, you might need to seriously consider planting a home orchard. I don't know how much longer we can expect this region's beleaguered commercial growers to endure the abuse an insensitive marketplace has been heaping upon them. –Tom Willey

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

Quarterly customers- Don't lose your 5% discount- make sure we receive your payment by July 5. If you received a paper statement-WE DO NOT HAVE YOUR CREDIT CARD AUTHORIZATION on file. ☹ If you are disappointed, so are we: Farming with "natural systems agriculture" means that our crops can be either blessed or abused by nature. We endeavor to deliver only quality, delicious produce. Please let us know promptly if any item does not meet this standard. ☹ PLEASE PRINT YOUR NAME WHEN ORDERING ORGANIC ABUNDANCE, your signatures are difficult to read. Please mail us a payment the next day after you receive your box. DO NOT leave payments at the delivery site. ☹ Use 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 dennesse@TdWilleyFarms.com to receive a weekly updated link. Receive last minute updates for Additional Organic Abundance OR the Weekend Box Preview-send an email specifying which service you desire to dennesse@TdWilleyFarms.com