

# WHAT'S GROWIN' ON

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

6, 7, 8 July, 2010

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

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**“It is our obligation to keep the beauty of the landscape as we remember it in our youth... and to leave this splendor for our grandchildren.”**

LADY BIRD JOHNSON,  
WWW.WILDFLOWER.ORG



## BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✂ \* Devine's SWEET CORN (SB) (FB)
- ✂ NANTES CARROTS (SB) (FB)
- ✂ JALAPENO CHILIE PEPPER (SB)(FB)
- ✂ ITALIAN SWEET RED ONION (SB)(FB)
- ✂ MEDITERRANEAN CUCUMBERS (SB)(FB)
- ✂ SUMMER LETTUCE (SB)(FB)
- ✂ SUN KING CANTALOUPE (SB)(FB)
- ✂ Fresh! RED LASODA POTATOES (SB)(FB)
- ✂ SUNGOLD CHERRY TOMATOES (FB)
- ✂ \* Van Dyke's BLENHEIM APRICOTS (SB)(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

- ✂ New! SUN KING CANTALOUPE \$8/4 TO 5 MELONS (8 lb. MIN.)
- ✂ SUGAR BABY WATERMELON \$8/ 1 TO 2 MELONS (8 lb. minimum)
- ✂ \*Devine's WHITE SWEET CORN \$12 / DOZEN
- ✂ New! TABLE TOMATOES \$10/5lb.
- ✂ Fresh! RED IRISH POTATOES \$10 / 8 lb

## DOWN ON THE FARM

Munching sweet corn is one of the great joys of summer. Native to the Americas, sweet corn has become an icon of American picnics and barbeques. For many people, corn on the cob is a testament to summer's arrival, to a time of abundance and celebration. While new hybrids stay sweet longer than old-fashioned varieties, we still recommend that you eat sweet corn within a day or two of its arrival. If you must delay eating corn, leave the husks on and refrigerate the ears in a plastic bag for as short a time as possible. After about four days the corn's sweetness diminishes. Though it is perfectly edible and tasty, older corn is more suited for use in recipes than for eating right off the cob. – John Peterson, *Angelic Organics*

## FEATURED RECIPES

**COLD POTATO AND CUCUMBER SOUP** from Lucy Madden's *The Potato Year*

- 1 lb. Potatoes
- 1 Cucumber, unpeeled, diced
- light vegetable stock
- sea salt and freshly ground black pepper
- 1/2 cup heavy cream
- 1 Tbls. chives, snipped

Put potatoes in cold water to cover, add 1/2 Tbls. salt, bring to a boil. Reduce heat, cover and simmer until tender. Meanwhile cook cucumber in a pan with enough stock to cover. While warm, run potatoes through a food mill to puree and remove skins. When cucumbers are tender, liquidize with an emulsion blender. Add potato puree to cucumbers adding more stock to bring soup to desired consistency. Allow to completely cool, stir in cream. Correct seasoning. Garnish with chives.

**Jalapeno Chile Peppers** (*Capsicum annum*) Chile Pepper heat is located around the ribs (placenta) and seeds where the Capsaicinoids are concentrated, the compounds that render the mouth-searing qualities of chile peppers. If you wish to minimize heat with any chile, these are the parts to remove. We highly recommend that you wear rubber gloves while handling any kind of hot pepper and **avoid touching your eyes, nose, and mouth.**

**POTATO & CARROT SALAD** adapted from *Bon Appetit* Add minced Jalapenos for extra bite!

- 2 large Red Potatoes
- 2 large Carrots, thickly sliced
- 2 large cloves of garlic, chopped
- 1/4 tsp. coriander seeds
- 1/4 tsp. dried crushed red pepper flakes
- 1 1/2 tsp. ground cumin
- 3 Tbs. fresh lemon juice
- 2 Tbs. extra virgin olive oil
- 1/2 cup Sweet Red Onion, chopped
- 4 Tbls. fresh cilantro or parsley, chopped
- 2 tsp. toasted black sesame seeds
- 1/3 cup green olives with pimento, 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. Meanwhile, combine carrots, 1/2 cup water, garlic, coriander seeds and red pepper flakes in a saucepan. Bring to a boil, reduce heat to medium, cover and cook until tender but still slightly crisp, about 7 minutes. Uncover and cook until the water evaporates, a minute or two. Place carrot mixture into a large bowl and cool slightly. When cool enough to handle, peel potatoes, cut into cubes, add to bowl. Stir cumin in a skillet over low heat until fragrant, about a minute. Remove from the heat and stir in lemon juice and oil. Pour over carrots and potatoes, toss and cool. Toast sesame seeds (if you desire) and set aside. In another bowl, mix onion, parsley and olives. Pour over the carrot mixture, toss, correct seasoning with salt and pepper. Sprinkle the sesame seeds over the top. You may leave at room temperature for up to 2 hours before serving. Serves 6

Look for **MANY 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. Allow melons to warm to room temperature before serving. Store potatoes in a cool dry place, protected from light. Keep all leafy items, carrots and cucumbers in microperf bags, which may be washed and reused. Store vegetables separate from fruits. Eat Devine's White Sweet Corn as soon as possible for maximum flavor. Roast in the husk over a hot grill, turning a quarter turn every 10 to 15 minutes or after husking, it cooks quickly by boiling 10 minutes. Add left over corn kernels and minced **Jalapeno pepper** to your batter for corn bread muffins. In 1997 partners Don Devine and Dave Wood realized the importance of all natural, chemical-free produce and became an organic

## MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- \* Peterson's **DIAMOND PRINCESS PEACHES** \$12/ 4 lb.
- \* **ZUCCHINI & CROOKNECK SQUASHES** \$9/ 4 LB.
- \* **EGGPLANT SAMPLER** \$9/4 lb. 3 varieties
- \* **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
- \* **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](mailto:CSA@tdwilleyfarms.com) or by phoning 559-ORGANIC, (674-2642)

Friday NOON is the Deadline to order Organic Abundance for your Next CSA deliveries!

farm certified by California Certified Organic Farmers. Along with Brent Devine, they farm over 1300 acres in Coalinga. Like all stonefruit, allow Van Dyke's **Blenheim Apricots** to ripen at room temperature until soft as desired, then refrigerate (see insert). The **Cantaloupe** was named after a township, near Tivoli, Italy, a summer residence of the Pope. It was originally cultivated from seeds brought from Armenia, the homeland of melons. "Cantalupo" literally means wolf-song or "singing wolf", first introduced to North America by Christopher Columbus on his second voyage to the New World. The Burpee Company developed and introduced the "Netted Gem" in 1881 from varieties then growing in North America. Cantaloupes contain enzymes essential for maintaining strong antioxidant defenses in the human body and provide health benefits to both the immune and cardiovascular systems, reducing one's risk of heart attack. In 1941 a moldy cantaloupe in a Peoria, Illinois market was found to contain the best and highest quality penicillin after a world-wide search conducted by Andre Moyer who was able to quickly scale-up production of the most effective antibacterial agent yet discovered, making sufficient quantities available to treat Allied soldiers wounded on D-day. For thousands of years before the Spanish arrived, Peruvians had cultivated an enormous diversity of **potato** varieties in the high Andes Mountains. Their unique method of "freeze-drying" makes the tuber one of the first preserved foods. Potatoes are fat-free, and a good source of Vitamins B<sub>1</sub>, C and niacin. Minerals like potassium, calcium and phosphorus concentrate near the peel so cook them in their skins. Potatoes are delicious in soups, stews, salads, gratins, and baked goods. Though too fresh to fry, they can be baked, roasted, grilled, boiled and mashed. The **Sungold Cherry Tomato** is denesse's favorite tomato. Refrigerate *only* if you will not be eating them within 3 days.

## FARTHER AFIELD

The key summer economic engine that is our three acres of basil has been sputtering along on only about two cylinders. One of the serendipitous by-products emanating from a robust biological fertility program is a relative freedom from soil pests and soilborne diseases. Sweet basil is native to India but has been produced most intensively for the last century on Italy's Riviera Ligure, from which its preeminence in Mediterranean cuisine has radiated this herb's cultivation to other areas around the globe, including our U.S. Unfortunate Italian basil growers have been struggling for decades with a serious wilting disease, now identified as *Fusarium oxysporum* f. sp. *basilici*, (*Fob*) which was first recognized in the former USSR a half-century back. Until its recent prohibition, Ligurian basil cultivators dealt with this destructive soil pathogen by employing the infamous but effective fumigant, methyl bromide. Basil's skyrocketing popularity in our country became responsible for *Fusarium* wilt's hitchhiking here on infected Italian seed around 1990. Since the loss of methyl bromide, profit minded agrochemical concerns have been uninterested in registering new fungicidal agents for a minor specialty crop grown on fewer than 200 acres in Italy, epicenter of its now global production. Fortunately, the focus on controlling this serious disease in basil has shifted to biological strategies. It was early on observed that applications of quality compost conferred a disease suppressive effect on soils, as was our experience in growing basil organically for over a decade. However the last two years this host specific *Fob* pathogen has been breaking through our biological defenses to a greater degree, resulting in significant plant mortality. Strangely, we can often disinfect the site where a basil plant succumbed to *Fob*, inoculate with beneficial microbiology and replant successfully just days later, even when the "rule of thumb" dictates rotation away from the susceptible herb for 8-10 years. Researchers have rather recently discovered several related strains of non-pathogenic *Fusarium oxysporum*, which, if first to colonize the root zone, actually protect plants from their disease causing cousins. Unfortunately, none of these have yet been commercialized. We natural systems farmers are grateful beneficiaries of plant health protections conferred by our careful stewardship of beneficial microbiology; even while admitting we lack much understanding of soil's biotic complexity. In the troublesome case of our all important basil crop, I'm now being challenged to develop greater sophistication in my approach. Some learning must be acquired the hard way. —Tom Willey

More info: [www3.interscience.wiley.com/cgi-bin/fulltext/122600706/PDFSTART](http://www3.interscience.wiley.com/cgi-bin/fulltext/122600706/PDFSTART)

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

⊗ 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 [dennesse@TdwilleyFarms.com](mailto: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](mailto:dennesse@TdwilleyFarms.com)