

WHAT'S GROWIN' ON

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

13, 14, 15 July, 2010

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

VOL 9 NO. 28

“Summer afternoon -
Summer afternoon... the
two most beautiful words in
the English language.”

-HENRY JAMES (1843 - 1916)



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ☞ * Devine's SWEET CORN (SB) (FB)
 - ☞ YELLOW CROOKNECK SQUASH (SB)(FB)
 - ☞ ITALIAN SWEET RED ONION (SB)(FB)
 - ☞ MEDITERRANEAN CUCUMBER (SB)(FB)
 - ☞ RED SUMMER CRISP
OR ROMAINE LETTUCE (SB)(FB)
 - ☞ SUN KING CANTALOUPE (SB)(FB)
 - ☞ YUKON GOLD POTATOES (FB)
 - ☞ BLACK CHERRY OR SUNGOLD
CHERRY TOMATOES (SB)(FB)
 - ☞ * Peterson's DIAMOND PRINCESS
PEACHES (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!* SWEET ITALIAN
FRYING PEPPERS \$9 / 3 LB.
- ✧ * *New!* Soghomonian's FLAME
SEEDLESS GRAPES \$12 / 4 lb.
- ✧ ROMA TOMATOES \$10/5lb
- ✧ HEIRLOOM TOMATO MEDLEY
New! \$15/ 6 LB. Recipe included
- ✧ SALSA PACK \$12 - Recipe incl.
(ROMA TOMATOES, ONIONS, & CHILIES)
- ✧ *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.

DOWN ON THE FARM

The quoted Henry James may have studied in Geneva, London, Paris, and Bonn, but he clearly never spent a summer afternoon in California's Great Central Valley! This week we transplanted our last tomatoes and Mr. Willey immediately turned his attention to ordering seed for the fall and winter seasons. Juan Jose Martinez runs an expert transplanting crew and also operates a small on-farm greenhouse where we start all the late season CSA transplants. We grow less than commercial quantities of fall cucumbers, Brussels sprouts, cabbages and radicchio, so we must produce these transplants ourselves. However, as CSA membership has grown, this becomes a larger part of our summer afternoons, as a few years ago we doubled the size of our little nursery. -denesse

FEATURED RECIPES

A COOL REFRESHING SUMMER SALAD adapted from "www.foodnetwork.com"

- | | |
|---|-------------------------------|
| 1 head Lettuce, cut into bite size squares | 1 tsp. sugar |
| 1/2 pint Cherry Tomatoes, halved (optional) | 1 carrot, shredded (Optional) |
| 1 Mediterranean Cucumber, diced | coarse salt and black pepper |
| 4 Tbls. extra-virgin olive oil, | 1/2 Sweet Red Onion, chopped |
| 2 to 3 Tbls. red wine vinegar | |

Place lettuce in a salad bowl and top with tomatoes, cucumbers, onion, and carrot. Place oil, vinegar and sugar in a small plastic container. Put the lid on the container and shake dressing until sugar dissolves, about 1 minute. Pour dressing over salad. Season salad with salt and pepper, to taste, and toss to combine.

CORN AND TOMATO SALAD from *Gourmet Magazine*, September 1997

- | | |
|-----------------------------|---|
| 1 Crookneck Squash | 1/2 tsp. red pepper flakes or 1 Tbls. minced jalapeno |
| 1/2 cup Sweet Red Onion | 2 Tbls. olive oil |
| 2 garlic cloves | kernels cut from 2 ears fresh Sweet Corn |
| 1 clamshell Cherry Tomatoes | 1 Seedless Cucumber, finely diced |

Finely chop squash, thinly slice red onion. Mince garlic and halve tomatoes. In a large non-stick skillet heat oil over moderately high heat until hot but not smoking and sauté squash and corn with salt and pepper to taste, stirring, until corn is golden brown, about 5 minutes. Reduce heat to moderate and stir in onions, garlic and hot pepper. Cook mixture, stirring, 1 minute. Transfer vegetables to a bowl and immediately add tomatoes. Cool corn salad to room temperature, stir in diced cucumber, serves 4.

GRILLED PEACHES From Food Network Kitchens

- | | |
|-------------------------------|--------------------------|
| 2 ripe medium Peaches | 1/4 tsp. almond extract |
| 1/2 tsp. pure vanilla extract | 2 Tbls. dark brown sugar |
| 1 pint frozen vanilla yogurt | |

Cut the peaches in half and remove the pit. Slice each half in two and toss them in a bowl with the vanilla extract, almond extract, and brown sugar. Set aside for 15 minutes while you preheat a grill with a medium-high heat. Grill skin side down until skin is slightly charred, about 3 minutes. Turn and grill on the other 2 sides until you get nice grill marks, about 1 minute on each side. Divide the peaches among 4 bowls and serve with the frozen yogurt.

CANTALOUPE SALAD From [foodnetwork.com](http://www.foodnetwork.com)

- | |
|---|
| 1/2 Cantaloupe, sliced into wedges |
| 1 Tbls. honey |
| 1 (1-inch) piece fresh ginger, peeled and finely grated into a small bowl |
| Small handful fresh mint, leaves torn |

Peel cantaloupe slices and arrange on a serving platter. Drizzle with honey. Press grated ginger firmly down into a small bowl and then tilt bowl to one side to release juices, drizzling ginger juice over cantaloupe. Top with freshly torn mint and serve.

Look for MANY 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. Allow melons to warm to room temperature before serving. Store potatoes in a cool dry place, protected from light.

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- * Peterson's **FLAME CREST PEACHES** \$12/ 4 lb.
- * **ZUCCHINI & CROOKNECK SQUASHES** \$9/ 4 LB.
- * **EGGPLANT SAMPLER** \$9/4 lb. 3 varieties
- * **CHERRY TOMATO MEDLEY** BLACK CHERRY, SUNGOLD & SWEET 100 \$12/FIVE 1/2 PT. CLAMSHELLS
- * **ITALIAN SWEET RED ONIONS** \$9 / 6 LB.
- * *Fresh!* **RED IRISH POTATOES** \$10 / 8 lb
- * *Fresh!* **YUKON GOLD POTATOES** \$10 / 6 lb.
- * **BASIL** \$10 / 6 bunches
- * **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!

Keep all leafy items, squash and cucumbers in microperf bags, which may be washed and reused. Store vegetables separate from fruits. Mr. Willey loves **Cookneck Squash** halved and sautéed in butter until golden brown, served with salt, pepper and a dusting of Parmesan. The **Diamond Princess** is a newer peach variety for Kingsburg's Dick and Karen Peterson. Keep stonefruit at room temperature until they are the desired softness, then refrigerate. Dick and Karen Peterson farm 30 acres, specializing in the high acid, high sugar peaches we consider to be "Old Time" favorites. They have been C.C.O.F certified since 2002. **Sweet Corn** (*Zea mays* v. *saccharata*) is a sugary treat that has developed into a U.S. favorite for barbecues and summer parties. This corn is the product of elaborate crossings of diverse varieties to form a very sweet kernel with outstanding flavor when eaten fresh. Corn, really a grain, is native to the Americas and a staple food for millions. This grass has undergone more genetic manipulation through breeding in less time than any other crop in human history. By the early 1900's, sweet corn enthusiasts had ignited efforts to breed more adaptive and improved varieties. Today numerous types of sweet corn exist, each one classified by its sweetness. We advise you to refrigerate your corn at once, and eat it as soon as possible. Sweet corn is excellent shucked and boiled in salted water for a scant 10 minutes. Butter, salt and pepper are sufficient seasoning for fresh sweet corn. **Cantaloupes** were once known as muskmelons, so named because of the delightful aroma of the ripe fruits. *Musk* is a Persian word for a kind of perfume; *melon* is French, from the Latin *melo*pepo, meaning "apple-shaped melon". Muskmelons are native to Persia (Iran), with a secondary center including modern day Kashmir and Afghanistan. Best served at room temperature, store cut melons tightly wrapped, in the refrigerator.

FARTHER AFIELD

Those docile black and white Holstein "milk machines" on today's industrial dairies hardly evoke an image of their wild progenitor, the enormous auroch, *Bos primigenius*, that commandeered Eurasian forests some 8,000 years ago, on the cusp of its impending domestication. European scientists, hot on the trail towards sequencing the complete auroch genome from ancient, well-preserved bone, intend to resurrect this extinct bovine from which all modern domestic cattle arose. Motivation for such an undertaking derives from "Jurassic Park" fascinations as well as the potential utility of repopulating Northern Europe's forests in which this native herbivore once browsed, contentedly munching on beech saplings, which today threaten to choke these boreal ecosystems. The proposed back-breeding project, using domestic cattle strains, which yet carry key portions of the ancient auroch genome, is reminiscent of a similar early 20th century effort carried out by the brothers Heck, directors of the Munich and Berlin zoos. The Hecks seemingly "reversed evolution" by crossing numerous cattle breeds to combine remnant characteristics from their wild auroch ancestors, the last of which perished in 1627 on a Polish game preserve. Without any sophisticated genetic tools beyond the fresh rediscovery of Mendel's laws of inherited traits, the two German zoologists produced beasts that in all visual respects appeared identical to depictions of aurochs in famous French and Spanish cave paintings from the Paleolithic era. This astonishing breeding experiment inadvertently launched much misguided interest in human eugenics, which the cruel Nazi regime pursued to a devastating end. Several dairying friends of mine who transitioned their herds to pasture have quickly recognized that today's cows, bred for maximum production on grain diets, do not perform particularly well when foraging grass. These visionary herdsman are now calling upon out of favor breeds such as the Dutch Belted and others, well adapted to pasture, as genetic reservoirs of disease resistance and consistent production under new grass paradigms. Western cultures, especially, have prospered by an eight millennia-long intimacy with bovine relatives, a profound respect for which has significantly eroded over our current industrial age. Perhaps retrieving the great mother auroch from an abyss of extinction will engender in modern *Homo sapiens* some newfound appreciation for the fellowship and interdependence we share with all Earthly beings. —Tom Willey

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

⊗ DO NOT IGNORE A PINK STICKER ON YOUR BOX! Our CSA phone (674-2642) is available to you 24 hours a day. ⊗ Recycle or Re-Use Plastic Ice Bags. Keep one in the car for a wet bathing suit or sandy shoes or a toddler's change of clothing. Great for camping and traveling too. ⊗ E-mail denesse@TdwilleyFarms.com if you would like a preview of next week's box or wish to be added to the O.A. add-on list. Please use CSA@tdwilleyfarms.com to request a vacation hold or electronic statements, order organic abundance, inquire about or make changes to your account or to make a personal farm tour reservation. We confirm ALL e-mails.⊗