

# WHAT'S GROWIN' ON

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

20, 21, 22 July, 2010

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

VOL 9 NO. 29

"How beautiful, how colorful, how delicate is this ball of lapping waters, floating continents, and swirling clouds gliding in a thin veil of air! How small, unique and solitary is this one and only home of ours."

—OUT OF THE EARTH, DANIEL J. HILLEL



## BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✂ \* Devine's SWEET CORN (SB) (FB)
  - ✂ GENOVESE BASIL (SB)(FB)
  - ✂ ITALIAN SWEET RED ONION (SB)(FB)
  - ✂ MEDITERRANEAN CUCUMBER (SB)(FB)
  - ✂ SWEET GREEN PEPPER (SB)(FB)
  - ✂ SUN KING CANTALOUPE (SB)(FB)
  - ✂ RUSSET POTATOES (SB)(FB)
  - ✂ TABLE TOMATOES (SB)(FB)
  - ✂ \* Peterson's FLAME CREST PEACHES (FB)
  - ✂ \* Masumoto's SUN CREST 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! **GAZPACHO PACK \$15** w/Recipe  
CUCUMBERS, TOMATOES, PEPPERS & ONION
- ✂ New! **PICKLING CUCUMBERS \$15 / 8 LB** Recipe included
  - ✂ **SWEET ITALIAN FRYING PEPPERS \$9 / 3 LB.**
  - ✂ \* Soghomonian's **FLAME SEEDLESS GRAPES \$12 / 4 lb.**
  - ✂ **ROMA TOMATOES \$10/5lb**
  - ✂ **HEIRLOOM TOMATO MEDLEY**  
New! \$15/ 6 LB. Recipe included
  - ✂ **SALSA PACK \$12/ 10 LB.**  
ROMA TOMATOES, ONIONS, CHILIES & Recipe
  - ✂ New! **GOLDRICH CANTALOUPE \$8/4 TO 5 MELONS (8 lb. MIN.)**

## DOWN ON THE FARM

**Filled by value, not by volume.** The \$15 or \$20 paid for a CSA box covers a number of expenses including iced packaging, delivery, newsletter, the cost of postage and telephone as well as wages for the person answering that telephone and servicing your account. Naturally, winter's leafy greens make a box appear more abundant than this season's corn and potatoes. One of the pleasures of your CSA membership is accessing some produce that cannot be purchased at local retailers. Though grown in nearby Coalinga, organic sweet corn is virtually unavailable locally, likewise our fabulous seedless cucumbers, or sungold cherry tomatoes. In our careful monthly price surveys we find that the Seedling Box is comparable to purchasing the same *certified organic items* at a nearby retail store. However, the Family Box is consistently a 20 to 25% savings over local retail prices. -denesse

## FEATURED RECIPES

**MID-SUMMER ITALIAN BREAD SALAD** Adapted from Allrecipes.com A crusty rosemary bread works nicely for this classic Italian salad that **REQUIRES** stale bread.

- |                                |  |
|--------------------------------|--|
| 1 clove garlic                 | 1 clove garlic, minced                         |
| 1 (1 pound) loaf Italian bread | Basil leaves of 1 small bunch, chopped or torn |
| 1 Tomato, chopped              | 1/8 cup chopped fresh thyme                    |
| 1 Seedless Cucumber, chopped   | 1/4 cup olive oil                              |
| 1 Sweet Red Onion, chopped     | 2 Tbls. balsamic vinegar                       |

Rub a peeled clove of garlic around a wooden salad bowl. Pull apart or chop the stale bread into bite-size pieces. In the prepared salad bowl, combine the bread, tomatoes, cucumbers, red onions, garlic, basil and thyme. Add enough olive oil and vinegar to lightly coat, toss and serve. Makes 4 generous servings.

**SICILIAN PANZANELLA** Adapted from Allrecipes.com Italy's famous bread salad is usually associated with Tuscany, this version uses the flavors of Sicilian cuisine.

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| 8 oz. country style white bread    | 10 kalamata olives, pitted and halved |
| 3 Tbls. garlic flavored olive oil  | 1/3 cup Basil pesto                   |
| 1/2 tsp. coarse salt               | 1/4 cup balsamic vinegar              |
| 1 (15 ounce) can garbanzo beans    | 1 Tbls. minced fresh rosemary         |
| 2 cups chopped Tomatoes            | 1/4 tsp. black pepper                 |
| 2/3 cup chopped Sweet Green Pepper | 4 ounces crumbled goat cheese         |
| 1 small red onion, sliced          | 1/4 cup toasted pine nuts             |

Preheat oven to 350 degrees F. Cut bread into 1-inch cubes and toss with the olive oil to evenly coat. Sprinkle with salt, and toss again. Spread evenly over a baking sheet, and bake in preheated oven until golden brown, about 12 minutes. Remove from oven and allow to cool completely. Drain and rinse garbanzo beans, toss together with tomatoes, peppers, onion, and kalamata olives in a large bowl. In a separate bowl, whisk together basil pesto, balsamic vinegar, rosemary, and black pepper. Toss the tomatoes with the pesto mixture, and let stand at room temperature for 30 minutes to 1 hour. To serve, toss the toasted bread cubes and goat cheese with the tomato mixture. Sprinkle with toasted pine nuts. Serves 8.

**POTATO BURGERS** from Lucy Madden's *The Potato Year*.

- |                                       |                             |
|---------------------------------------|-----------------------------|
| 1/2 lb. Russet Potatoes               | Salt                        |
| 1/2 lb. organic grass-fed ground beef | freshly ground black pepper |
| 1 cup finely chopped Onions           | chopped herbs (optional)    |

Grate potatoes onto a kitchen towel. Pat potatoes dry and add to other ingredients. Form into small **thin** burgers and fry in hot oil. They take a bit longer to cook than normal hamburgers.

**Look for Basil Pesto and many other recipes on [www.TdWilleyFarms.com](http://www.TdWilleyFarms.com).** From the home page, select RECIPES. Scroll down to the Summer season. Each crop is listed with a drop down menu of previously featured recipes.

### **MORE RECIPE AND STORAGE TIPS...**

<http://whfoods.org/foodstoc.php>

Refrigerate cantaloupe, corn, green pepper and cucumber. Allow melons to warm to room temperature before serving. Store potatoes in a cool dry place, protected from light. Keep cucumbers in microperf bags, which may be washed and reused. Use a flower vase to hold basil stems in water at room temperature. Tent the "bouquet" with a microperf bag. Pinch

## MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

### \* SUGAR BABY WATERMELON

\$8/ 8 lb. minimum)

### \* TABLE TOMATOES \$10/5lb.

\*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! RUSSET POTATOES

\$10 / 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

\*Certified Organic from Other Farms



Place Organic Abundance orders at  
[CSA@tdwilleyfarms.com](http://CSA@tdwilleyfarms.com) or by phoning  
559-ORGANIC, (674-2642)

off any flowers that may appear. Store vegetables separate from fruits. Refrigerate, or consume stonefruit when as soft as desired. **Suncrest Peaches** grown and harvested by the Masumoto family in Del Rey have been memorialized in the book *Epitaph for a Peach*. Masumoto's 71 acres have been C.C.O.F. certified since 1991. Karen Peterson's father pulled out his Suncrest peaches and kept the **Flame Crest** instead. Dick and Karen Peterson are still harvesting all those old high acid varieties and we love 'em! Their 30 acres have been C.C.O.F. certified since 2002. Make a quick and crunchy summer salad with unpeeled **Mediterranean Cucumber, Sweet Green Pepper, Italian Red Onion, and Table Tomatoes**. Cut the vegetables into attractive slivers or coarse chunks; add a vinaigrette, your favorite bottled dressing, or just salt, pepper, and a splash of vinegar. Along with Red LaSoda for potato salad, Yukon Gold for mashing and roasting, we introduce the iconic **Russet Potato** for baking and frying. This is the high starch potato used for "chipping". In Ireland they call this type of spud a "floury potato" and the smaller ones are delicious steamed. On the emerald isle, they are served with only butter and salt (black pepper still considered an exotic spice). We should have these in rotation with other potatoes until autumn. All three are available as organic abundance. Russets make excellent hash browns or "country fried" potatoes with big chunks of onion and **Sweet Green Pepper**. The season is winding down for Bob and Brent Devine's delicious **White Sweet Corn** from Coalinga. They're CCOF certified since 1997. Plan to eat fresh sweet corn as soon as possible.

## FARTHER AFIELD

Not a regular reader of the powerhouse scientific journal, *Nature*, from which a rare article on organic pest control was torn and sent along by a CSA member in last week's mail, I gave it a go. One glance left a quick impression that submissions to *Nature* are purposely written in languages unintelligible to all but parochial tribes of scientists. But the title's lure: "Organic agriculture promotes evenness and natural pest control" (July 1, 2010) scorched me with dogged determination to digest its substance, so I commenced looking up definitions of each newly encountered, quirky term. Turns out, lead author David Crowder and his entomologist colleagues are conducting just the type of research for which I and other natural systems farmers have long advocated, explaining their article's near impenetrable complexity. Any farm is an agroecosystem, a disrupted facsimile or remnant of the natural ecology it replaced, featuring fewer species of plants, insects and microorganisms than it once did in a native state. Crowder's team set out to compare relative biodiversity on Washington state's organic and conventional potato farms, focusing on a whole complex of insect predators, parasitic nematodes and fungi which contribute to natural suppression of the dreaded Colorado potato beetle. These researchers' "break through" discovery, which landed a coveted *Nature* publication, was that the absolute number of species present in a potato field (richness) was less important than the relative abundance of each species (evenness). Organic farms exhibited vastly more balanced predator populations of insects, nematodes and fungi, than did conventional potato fields. Greater population evenness on these organic potato farms led to 18% fewer pests and 35% larger plants. Concerned they might be observing a phenomenon that would not play out on a broader landscape, the team scoured scientific literature for similar evenness comparisons on other farms growing other crops. The nearly forty relevant studies they unearthed all agreed with their findings in Washington potato fields. Like careful scientists, they don't speculate as to the reasons for such results, but the late Harry Shorey, UC Kearney entomologist always startled listeners with his claim: "The key to effective insect control is to keep pesticides off plants". "Balance of nature" is a term we bandy about but rarely investigate at levels of complexity embraced by Crowder's ambitious team. Their work provides a glimpse into the interwoven world of food webs our best next-generation young minds will need to penetrate to sustain the success of humanity's agricultural revolution. -Tom Willey

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

⊗ Friday NOON is the Deadline to order Organic Abundance for your Next CSA delivery!  
⊗ Missing items; every once in a while an item might be missing from your box. Please let us know by Noon on Friday if you require a replacement item. ⊗ **If your name is on the sign-off sheet, A BOX HAS BEEN PREPARED AND DELIVERED FOR YOU. This is why it is so important to take only the box that bears your name. If your box appears to be missing, please contact the host or the Farm immediately, so that we may help you find your produce.** ⊗ Each organic abundance order comes in its own box and is listed separately on the sign-off sheet. **This is how our driver knows that he is delivering each and every item that was ordered.** ⊗ E-mail [denesse@TdwilleyFarms.com](mailto: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](http://CSA@tdwilleyfarms.com) to request a vacation hold or electronic statements, order organic abundance, inquire about or make changes to your account.