

WHAT'S GROWIN' ON

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

27, 28, 29 July, 2010

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

VOL 9 NO. 30

"We are indeed much more than what we eat, but what we eat can nevertheless help us to be much more than what we are."

Abelle Davis



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ☞ * Foster's SWEET CORN (SB) (FB)
- ☞ ZUCCHINI SQUASH (SB)(FB)
- ☞ ITALIAN SWEET RED ONION (SB)(FB)
- ☞ MEDITERRANEAN CUCUMBER (SB)(FB)
- ☞ RED SUMMER CRISP LETTUCE (SB)(FB)
- ☞ GOLDRICH CANTALOUPE (SB)(FB)
- ☞ YUKON GOLD POTATOES (SB)(FB)
- ☞ ROMA TOMATOES (SB) (FB)
- ☞ SUGAR BABY WATERMELON (FB)
- ☞ * Peterson's ZEE LADY 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

✘ *Peterson's **ZEE LADY PEACHES**
\$12/ 4 lb. Last Call

DOWN ON THE FARM

Starting in December, Mr. Willey and I decide how many transplants to order of each variety of tomatoes, peppers, cucumbers, basil and eggplant for each planting date starting in very early March and running through Artichokes in July. A long time farmer friend of ours, Kenny Lucero, makes these transplants according to National Organic Program standards. Several times a week, our CSA driver, Brian Yocum has been picking up transplants from Kenny's greenhouse on south Chestnut Avenue. Not long ago, we transplanted our last tomatoes and Mr. Willey has already been ordering seed for the fall and winter season. Juan Jose's small transplant crew are the same fellows that harvest melons, and if you've ever tried to judge the ripeness of these delicious orbs in your back yard, you would know what talent these men possess! There is a fine line between picking a fruit that is a tasteless gourd and the sweet, juicy melons we have been enjoying. It has always been a wonder to me that people think farm labor is "unskilled". -denesse

FEATURED RECIPES

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

- | | |
|--|--|
| 1 medium Zucchini | 2 Tbls. olive oil |
| 1/2 cup Sweet Red Onion | kernels cut from 2 ears Fresh Sweet Corn |
| 2 garlic cloves | 2 Tbls. fresh chopped basil or parsley |
| 1 cup Roma Tomatoes, chopped | 1 Seedless Cucumber, finely diced |
| 1/2 tsp. red pepper flakes or 1 Tbls. fresh chopped jalapeno | |

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

GRILLED ZUCCHINI SUCCOTASH Recipe courtesy Bobby Flay

- | | |
|---|--|
| 2 Zucchini, halved lengthwise | 2 ears Fresh Corn, kernels cut off |
| 3 Tbls. olive oil | 3 Roma Tomatoes, seeded and diced |
| Salt and freshly ground pepper | 2 cups heavy cream |
| 1 Sweet Red Onion, finely chopped | 1/4 cup crumbled queso fresco cheese |
| 2 cloves garlic, finely chopped | 1/4 cup chopped cilantro leaves (optional) |
| 1 jalapeno pepper, grilled, peeled, seeded, and diced | |

Heat grill to high. Brush cut side of zucchini with olive oil and season with salt and pepper. Grill, cut-side down, until golden brown, about 2 to 3 minutes. Turn over and continue cooking until just cooked through. Remove from heat and cut into small dice. Heat remaining oil in a medium saucepan on the grates of the grill. Add the onion and cook until soft. Add the garlic and cook for 1 minute. Add the corn kernels and cook for 5 minutes. Add the tomatoes, chile pepper, diced zucchini, and heavy cream and cook until the cream is reduced by half and begins to thicken. Season with salt and pepper, to taste. Remove from the heat and add the cheese and cilantro. Serves 4 to 6.

Look for Potato recipes on 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 everything except tomatoes, potatoes, peaches and onion. Allow melons to warm to room temperature before serving. Store potatoes in a cool dry place, protected from light. Keep cucumbers and lettuce in microperv bags, which may be washed and reused. Store vegetables separate from fruits. Refrigerate, or consume stonefruit when as soft as desired. Dick and Karen Peterson are closing out their peach season with **Zee Lady Peaches**, they will pick once more for Organic Abundance. This is another example of high acid, high sugar peach, which is well suited for drying, jamming, and eating with ice cream. The Peterson's 30-acre CCOF certified organic farm is in Kingsburg. My mother turned seventy-five last year, we flew her sister

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

✦ SUGAR BABY WATERMELON

\$8/ 8 lb. minimum)

✦ TABLE TOMATOES \$10/5lb.

✦ ZUCCHINI & CROOKNECK

SQUASHES \$9/ 4 LB.

✦ EGGPLANT SAMPLER

\$9/4 lb. 3 varieties

✦ CHERRY TOMATO MEDLEY

BLACK CHERRY, SUNGOLD & SWEET 200

\$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 or by phoning

559-ORGANIC, (674-2642)

Friday NOON is the Deadline to

order Organic Abundance for

your Next CSA delivery!

out from Illinois and had a great gab session about growing up on many different share-cropped farms in and around Pike county, Illinois. Of their fondest memories is eating **Fresh Sweet Corn** with butter running down their little girl arms and dripping off their elbows. If you've grown tired of hot buttered corn, you may wish to make corn salad, corn relish or corn fritters. My mother has never made any of those recipes and it's no shame if you always serve your sweet corn the same way, week after week. The Fosters' farm in the lovely San Juan Valley has been C.C.O.F. certified since 1990. Since our **Mediterranean Cucumbers** need not be peeled, they make lovely tea sandwiches for entertaining guests. Layer thinly sliced cucumbers on buttered bread, lightly salted, chill before serving. First cultivated in Asia, cucumbers were brought to America by Columbus, and eventually grown by Native Americans and colonists from Florida to Canada. The **Mediterranean Cucumber** in your box is an edible skinned, burpless variety, with no seeds. This Israeli variety is parthenocarpic (makes fruit without pollination); and can be grown under a pest excluding row cover – essential for our region because of the prevalence of cucumber beetle (the adult form of the corn rootworm). **Sugar Baby Watermelon** is a Willey household favorite. An abundance of shiny, black seeds dot the sweet, refreshingly moist flesh. After several watermelon trials over a number of seasons we have concluded that seeded watermelons are superior in flavor to any seedless variety grown. Watermelon is rich in lycopene and contains a fair amount of vitamins A and C. Store whole watermelon in the refrigerator if at all possible and keep no more than a week. If it's too large for your unit, keep in a cool, dark place. Cut watermelon should always be tightly wrapped, refrigerated and used within a day or so.

FARTHER AFIELD

We're all rather familiar with flying monkeys, but airborne spiders astride gossamers at altitudes equal that of Mt. Whitney's summit, oh my! NPR's clever Science Desk reporter, Robert Krulwich, posted a delightful piece (7/15/10), beautifully animated video and all, describing high altitude highways on which legions of insect and arachnid brethren log untold miles across continents and over open oceans. Scientists assure, a curtain of air one mile wide, reaching to 20,000 feet above would see three billion insects passing through during a common summer's month. Winged insects are one thing, but what we imagine to be earthbound spiders cruising at such altitudes is a greater marvel. Seems these eight-legged animals can climb the highest point in their terrestrial environment, spin a thread and catch a zephyr upon which they can be swept further than two miles aloft traveling vast distances. There's a gang of near-microscopic arachnids, sucking on my watermelons' leaves that I wish would blow town on the next breeze. These tiny spiders, we farmers call pest mites, often flare up during our hot and dusty summers, preying on vulnerable, heat-stressed crops. We would like to counterattack by releasing their easily obtained carnivorous predatory mite cousins, *Metaseiulus occidentalis* and *Phytoseiulus persimilis*, but these warriors wimp out as the thermometer climbs and humidity drops. Furthermore, tender plants of the cucurbit family, to which melons belong, cannot tolerate pest-smothering organic soaps and oils without severe leaf burn. Fortunately, last season we made the acquaintance of Enrique Rodriguez, operating a small insectary behind his south Fresno home, who claims to be the sole successful entrepreneur raising six-spotted thrips, *Scolothrips sexmaculatus*, which thrive on San Joaquin Valley heat and a diet of pest mites. A recent investment in 10,000 of Enrique's thrip-soldiers (\$50 per thousand) appears to be keeping the situation in check. Thrips are also auditioning in our eggplant where the coarse, hairy underside of leaves is perfect cover for pest mites but an unwelcome habitat for most predators. These complexities tempt many a farmer to just crank up the spray rig and pour on toxics. Now, if I could just conjure a way to coax those tiny leaf-sucking arachnids to sail away on the next wind. Perhaps I could offer them some "frequent flyer miles" my wife and I never get an opportunity to use ourselves. –Tom Willey

For more fascination: <http://www.npr.org/templates/story/story.php?storyId=128389587>

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

✦ CSA members pay in advance. **Statements for the five weeks of August have been mailed. Your payments are due August 5th.** ✦ **If you received a Statement in the mail it means we do not have a credit card authorization form signed by you. Your payments, large or small, are due August 5.** ✦ **Our desire is to deliver only quality, delicious produce. If you are disappointed, so are we. Please let us know promptly if any item does not meet this standard.** ✦ 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. Look for a confirmation from Stacy or Marie.