

WHAT'S GROWIN' ON

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

3, 4, 5 August, 2010

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

VOL 9 NO. 31

The summer night is like a perfection of thought.

Wallace Stevens (1879 - 1955)



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ CLASSIC GLOBE EGGPLANT (SB) (FB)
 - ⌘ SWEET SPANISH PEPPERS (SB)(FB)
 - ⌘ ITALIAN SWEET RED ONION (SB)(FB)
 - ⌘ MEDITERRANEAN CUCUMBER (SB)(FB)
 - ⌘ RED SUMMER CRISP LETTUCE (SB)(FB)
 - ⌘ TABLE TOMATOES (SB)(FB)
 - ⌘ RED LA SODA POTATOES (SB)(FB)
 - ⌘ ROMA TOMATOES (SB) (FB)
 - ⌘ GOLDRICH CANTALOUPE (FB)
 - ⌘ * Boldt's FIRE PEARL NECTARINES (SB)(FB)
 - ⌘ * Boldt's SIMKA PLUMS (SB) (FB)
 - ⌘ * Peterson's ZEE LADY PEACHES (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! * Soghomonian's CHAMPAGNE GRAPES \$11 / 3 lb.
- ✧ NEW! * Masumoto's LE GRANDE NECTARINES \$9.50 / 3 lb.
- ✧ NEW! * Boldt's FEY ELBERTA PEACHES \$9.50/ 4 LB.
- ✧ NEW! * Boldt's SATSUMA PLUMS \$9/ 4 LB.
- ✧ * Soghomonian's FLAME SEEDLESS GRAPES \$12 / 4 lb.
- ✧ HEIRLOOM TOMATO MEDLEY \$15/ 6 LB. Recipe included
- ✧ GAZPACHO PACK \$15 w/Recipe CUCUMBERS, TOMATOES, PEPPERS & ONION
- ✧ NEW! RED & YELLOW SWEET SPANISH PEPPERS \$12/ 3 lb
- ✧ SALSA PACK \$12/ 10 LB.
ROMA TOMATOES, ONIONS, CHILIES & Recipe

DOWN ON THE FARM

We have enjoyed four straight weeks of cantaloupes and I am sure that some of you are sated by them now! Being a CSA member is a bit like having your own garden, while someone else does the weeding. If you grew melons in your garden, you would have some every other day until their sweet season was ended by the midsummer nightmare of aphids. We just started the tomato season in earnest, but by the time September rolls around, you might be tired of "love apples". Getting in touch with the seasonality of foods is one of the great benefits, and challenges of your membership in our farm community. As we bid adieu to melons and sweet corn we welcome a rotation of eggplant, tomatoes and peppers. The stonefruit season will give way to grapes, followed by California apples. - denesse

FEATURED RECIPES

PLUM COFFEE CAKE MUFFINS Adapted from *Martha Stewart's Baking Handbook*

- | | |
|--|-------------------------------|
| 3/4 cup sugar | 1/8 tsp ground nutmeg |
| 1 tsp ground cinnamon | 2 eggs, at room temperature |
| 2 cups flour | 1 tsp. vanilla |
| 1 tbsp baking powder | 3/4 cup milk |
| 1/2 tsp salt | 1/2 cup melted butter, cooled |
| 4 ripe Plums, pitted and cut into small chunks | |

Preheat the oven to 375 degrees. Spray or line 10 muffin cups. Put water in the remaining two cups. Set aside 2 Tbls. sugar and 1/2 tsp. cinnamon. In a large bowl, combine remaining sugar, and cinnamon with flour, baking powder, salt, and nutmeg. In another large bowl, whisk together eggs, vanilla, milk, and melted butter. (Make sure the melted butter is cool before adding.) Fold the egg mixture into the flour mixture with a rubber spatula. Divide the batter in two halves, spooning one half evenly among 10 lined muffin cups. Add a layer of plum pieces to each. Spoon the remaining half of the batter over the layer of plums. Combine the reserved 2 Tbsp sugar and 1/2 tsp. of cinnamon in a small bowl. Sprinkle over the muffins. Bake for 15 – 20 minutes, or until a toothpick inserted in the center of one of the muffins comes out clean. Leave to cool in the muffin tin for 5 to 10 minutes before removing from tin and transferring to a wire rack to cool completely.

HILTON POTATOES Adapted from Lucy Madden's *The Potato Year*

- | | |
|--------------------------------|--|
| 1 lb Red Potatoes, scrubbed | 2 cloves garlic, chopped |
| 2 Tbls. canola oil | 6 small Tomatoes (or one 15 oz. can) |
| 1 Sweet Spanish Pepper, seeded | sea salt and freshly ground black pepper |
| 1 Eggplant | fresh chopped herbs, to taste |

Put on a pot of water to boil. Cut peppers and eggplant in a 3/4-inch dice. Peel and dice potatoes to 1/2-inch. In a large skillet, heat oil over low heat, add peppers, eggplant and garlic, cook slowly while you prepare tomatoes. Immerse whole tomatoes in boiling water until you see the skins loosen (3 to 5 min.). With a slotted spoon, remove to a food mill or coarse colander, working over a bowl to collect all the pulp and juice, holding back only the skins and tough core. Add tomato puree to the cooking vegetables, increase the heat and bring to a boil. Add the diced potatoes and simmer until the potatoes are just tender; the vegetables should retain their shape. Season to taste. Makes nearly 2 quarts! Serve the first night over buttered noodles. Add a can of cannellini beans or some cooked chicken to the leftovers for a second supper.

What to do with Tomatoes, Red Onions or Eggplant? There are 8 years of featured 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, stonefruit and onion. Store potatoes in a cool dry place, protected from light. Keep eggplant, cucumbers, peppers and lettuce in microperforated bags, which may be washed and reused. Store vegetables separate from fruits. Refrigerate, or consume stonefruit when as soft as desired. Eggplant can suffer cold damage if refrigerated for more than 5 days, leaving it on the counter for a week will hasten seed development, rendering a bitter overtone to the fruit's sweet flesh. Despite eggplant's sturdy appearance, it should be one of the first items consumed from this week's box. Use Mediterranean Cucumbers, Roma Tomatoes, Sweet Spanish Peppers, and Italian Sweet Red Onions to make homemade gazpacho. "Summer Supper Salads" start with Red Summer Crisp

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✱ SWEET ITALIAN FRYING PEPPERS \$9 / 3 LB.
 - ✱ ROMA TOMATOES \$10/5lb
 - ✱ SUGAR BABY WATERMELON \$8/ 8 lb. minimum) *Last Call!*
 - ✱ TABLE TOMATOES \$10/5lb.
 - ✱ 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 \$10/8lb
 - ✱ Russet Potatoes \$10 / 8 lb.
 - ✱ 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!

Lettuce. Taco Salad, Tuna Salad, Chinese Chicken Salad, or Shrimp Salad are single dish suppers for these hot summer evenings. Both sweet and hot peppers belong to the Capsicum family, native to tropical areas of the Western Hemisphere and brought to Europe by Christopher Columbus, quickly finding their way into Spanish cuisine. Sweet peppers display a full range of colors, their juicy flesh can be thick or thin. The sweet green peppers we enjoyed a few weeks past have now ripened to red and yellow fruits. The **Lamuyo** or European gourmet peppers are a modern version of the long lovely fruits found in an old Vilmorin Seed catalogue, named *Piment douce d' Espagne*, translated **Sweet Spanish Peppers**. Green bell peppers contain twice the vitamin C of oranges by weight; red and yellow peppers have four times as much. Fresh market Plums are classified with other stone fruits in the genus *Prunus* of the Rose family. Most plums grown today are either European or Japanese types. European plums *Prunus domestica*, are better adapted to cooler regions and include the heirloom Green Gage and all the prunes. Ancestors of what we call Japanese plums, *Prunus salicina*, actually originated in China and include all the fresh market plums initially improved in Japan and later, to a much greater extent, in the United States. **Simka**, once called Sim-Ka Rose, was a chance discovery made in California and introduced in 1959. This plum and the delightful low acid, white-fleshed **Fire Pearl Nectarine** are from D.E. Boldt in Parlier, delivered to Madera just hours after picking. Dorothy & David Boldt farm 111 acres, CCOF certified since 2007. Dick and Karen Peterson saved us a few boxes of their last high acid, high sugar **Zee Lady Peaches**. The Peterson's 30-acre CCOF certified organic Kingsburg farm will yet produce their Dapple Dandy pluots in about 10 days.

DOWN ON THE FARM with Tom Willey Fri. Aug. 6th, 5 to 6 PM on KFCF 88.1 FM
Tom and guest, our beloved seedsman John Bauer, will discuss "negotiating today's treacherous seed acquisition landscape".

FARTHER AFIELD

British journal, *New Scientist*, took on an increasingly popular notion that vegetarianism could save the planet in their recent cover story (Jul. 17-23), notable for its reliance on credible statistics. Of a world population near 7 billion, only 75 million eschew meat by choice, while one of every five human beings doesn't eat meat because that person can never afford it. The rest of us either eat lots of meat or demonstrate a propensity to "keep up with carnivore Joneses" as affluence grows. Consequent to this runaway "appetite for the flesh", world beef production has ballooned more than 60% since 1970, pork consumption nearly tripled and chicken pecked its way to a jaw-dropping, six-fold increase over that period. When understood that half of all grains harvested worldwide are fed to these livestock (70% USA), agriculture's significant ecosystem disruptions are less proportionate to our human population than its increasing appetite for animal proteins. *New Scientist's* analysis, while admitting ample evidence exists to indict meat, milk and eggs for major environmental crimes, cautions against ignoring the ecological services domestic animal species historically performed before modern humans pressed them into their current industrial servitude. Cattle, sheep and goats long excelled at grazing marginal lands unsuitable for cultivation. Pigs and chickens, traditionally employed as "garbage collectors" in our communities, subsisted on waste foods, no longer fit for human consumption. The author suggests it might be unwise to now brand as "illegal aliens" these domestic species with which *Homo sapiens* coevolved over ten millennia. Some analysts propose livestock should be reintegrated into mixed farming systems, reassuming their historical ecological niches, while we make do with less meat, milk and eggs of more varied uniformity than today's. Others advocate ramping up the industrial animal production model to even greater levels of feed conversion efficiency, while scrubbing out troublesome pollutants by capturing biogas and manure for energy production. *New Scientist's* inquiry points out, it is not possible to embrace eggs and milk exclusively without considering meat as an inevitable byproduct or the role animal hides and wool perform in clothing our species. It is refreshing to read an article that demonstrates this interspecies issue involves greater complexity than some would lead us to believe. —Tom Willey

More info: <http://www.fao.org/docrep/010/a0701e/a0701e00.HTM>

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

☼ Thank you to all who have paid on time! ☼ Of course you may send a proxy to pick up your box, however... please instruct them to **take ONLY the box (es) with your name** on the label. Don't neglect to have the proxy SIGN for the box, OA boxes are also listed on the sign-off sheet as a reminder. ☼ **Do not ignore BALANCE DUE:** An X in the "balance due" column on the sign off sheet means we have NOT received your payment. An organic abundance will also cause an X to appear in this column. ☼ 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.