

# WHAT'S GROWIN' ON

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

10, 11, 12 Aug., 2010

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

VOL 9 NO. 32

We are the living links in a life force that moves and plays around and through us, binding the deepest soils with the farthest stars.

-Alan Chadwick



## BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ HEIRLOOM TOMATOES (SB) (FB)
  - ⌘ SWEET ITALIAN FRYING PEPPERS (FB)
  - ⌘ ITALIAN SWEET RED ONION (SB)(FB)
  - ⌘ MEDITERRANEAN CUCUMBER (SB)(FB)
  - ⌘ RED SUMMER CRISP *OR*  
REDLEAF LETTUCE (SB)(FB)
  - ⌘ SERRANO CHILE PEPPERS (SB)(FB)
  - ⌘ RUSSET POTATOES (SB)(FB)
  - ⌘ YELLOW CROOKNECK SQUASH (SB) (FB)
  - ⌘ CILANTRO (SB)(FB)
  - ⌘ \* Masumoto's LE GRANDE  
NECTARINES (SB)(FB)
  - ⌘ \* Peterson's DAPPLE DANDY PLUOTS  
(SB)
  - ⌘ \* Soghomonian's CHAMPAGNE GRAPES  
(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!* \* Peterson's DAPPLE DANDY  
PLUOTS \$11/ 4 LB.
- ✘ \* Boldt's SIMKA PLUMS  
\$9/ 4 LB
- ✘ \* Boldt's SATSUMA PLUMS  
\$9/ 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.

## DOWN ON THE FARM

Mr. Willey and our son, Patrick, are up in the high Sierra this week, a bit closer to the stars than we, down in the Valley. During the longest, hottest weeks of summer, tractor drivers and irrigators choreograph a ballet of pumps, pipes and plastic to put Field Three under solarization. This is a chemical-free way to eliminate troublesome weeds and confer an advantage to the small seeded vegetables that will sustain us through winter's dark months. Seed beds are prepared as for planting and thin clear plastic film is stretched over them. The soil is kept moist, encouraging weed seeds to imbibe water. Clear plastic creates a greenhouse effect, heating the ground to temperatures in the mid 120s degrees F., killing tender weed seeds to a depth of about 3 to 4 inches. After some six weeks, we carefully remove the plastic, so as not to disturb the soil. Then, newly seeded carrots, kale, chard and spinach should grow free of competition from weeds. —denesse

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

☼ If you would like to establish a delivery site closer to your home or work we would need at least 10 NEW members to cover the costs of an additional stop on delivery days, it takes a minimum of 20 members to keep a new site open. ☼ **PLEASE DO NOT IGNORE A PINK STICKER ON YOUR BOX, even if you are sure that your spouse mailed the payment!** ☼ **Free Organic Abundance!** For every new member you send our way we will mail you a certificate good for a free Organic Abundance up to \$15 in value. The new member (not just a trial customer) must list you as their referral. ☼ **Payments for organic abundance need to be mailed no later than the next day after receiving the product.** ☼ 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](mailto: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.

## FEATURED RECIPES

Mr. Willey would agree with eighteenth-century naturalist John Bartram, who once pronounced a dish of boiled squash "poor entertainment." If only Mr. Willey's Irish mother had known of this soufflé-like casserole of summer squash!

**YELLOW SQUASH CASSEROLE** Adapted from Cheryl & Bill Jamison's *American Home Cooking*

- |   |   |
|---|---|
| 2 Yellow Crookneck Squash               | 3/4 cups saltine or Ritz cracker crumbs |
| 1/2 cup sliced Sweet Peppers (optional) | 1/2 cup grated Cheddar cheese           |
| 3 Tbls. unsalted butter                 | 1/2 minced Serrano Pepper               |
| 1/2 large Onion, chopped                | 2 Tbls. finely chopped Cilantro leaves  |
| 1 plump garlic clove, minced            | 1 egg, lightly beaten                   |

Preheat the oven to 350 degrees F. Butter a medium baking dish, or two single serving gratin dishes. Cut the squash into 1/2-inch chunks. Place squash, and sweet peppers in a saucepan, barely cover with salted water. Bring to a boil; reduce the heat to medium and cover. Cook about 15 minutes, until the vegetables are very soft. Meanwhile, warm 2 tablespoons of butter in a medium skillet over medium-low heat. Stir in onion and hot pepper and cook slowly until very soft and translucent, 8 to 10 minutes. Add garlic and cook an additional minute. Scrape the mixture into a mixing bowl. Wipe out the skillet, return it to medium-low heat, and add to it the remaining tablespoon of butter. Stir in 1/4 cup of the cracker crumbs and cook briefly until the crumbs are golden. Scrape them onto a small plate and reserve them. Drain the squash mixture, mashing the vegetables just a bit. Spoon it into the mixing bowl. Stir in the remaining 1/2 cup of cracker crumbs, cheese and cilantro. Stir in egg and spoon the mixture into the prepared baking dish, or divide into the two gratin dishes. Correct seasoning with salt and freshly milled black pepper to taste. Scatter the toasted cracker crumbs over the top. Bake uncovered for about 15 to 20 minutes, until golden brown and lightly firm in the center. Serves two.

**CRISPY POTATO CAKES** Adapted from [foodnetwork.com](http://foodnetwork.com)

- |                                  |                                       |
|----------------------------------|---------------------------------------|
| 3/4 cup grated Onion             | 1/4 tsp. salt                         |
| 2 Russet Potatoes, finely grated | 1/4 tsp. black pepper, freshly ground |
| 1 tsp. all-purpose flour         | 3 Tbls. olive oil                     |
| 1 large egg                      | 1 Tbls. unsalted butter               |

Place grated onion and potato in a wire mesh strainer over a bowl. Let the collected solution sit for a

## MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- \* **SALSA PACK \$12/ 10 LB.**  
ROMA TOMATOES, ONIONS, CHILIES & Recipe
- \* **SWEET ITALIAN FRYING PEPPERS \$9 / 3 LB.**
- \* **ROMA TOMATOES \$10/5lb**
- \* **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](mailto:CSA@tdwilleyfarms.com) or by phoning 559-ORGANIC, (674-2642)  
Friday NOON is the Deadline to order Organic Abundance for your Next CSA delivery!

few minutes, then carefully pour off liquid, retaining the potato starch in the bottom of the bowl. Add onion and potato to this starch. Beat flour into the egg, stir this into the potatoes and mix well with salt, and pepper. In a large non-stick sauté pan, heat olive oil and butter over medium-high heat. Once the bubbles from the butter subside, spoon 3 heaping tablespoons of the potato mixture into the sauté pan. Repeat, making 4 to 6 pancakes. Cook pancakes about 4 minutes on each side, assuring that both sides are well browned and the potato is cooked through. Reduce the heat under the pan if the potato cakes are browning too quickly in order to make sure the inside is cooked completely. Remove the cakes to a paper towel lined plate as they finish, season while hot.

### CILANTRO CREAM Adapted from foodnetwork.com

1 cup sour cream  
1/4 cup finely chopped fresh Cilantro leaves  
salt and freshly ground black pepper  
1/2 lime, juiced

In a small mixing bowl, combine the sour cream, cilantro, and lime juice together. Mix thoroughly; season with salt and pepper. Serve with Crispy Potato Cakes, empanadas, baked potatoes, fish, taco salad, chicken casserole.

**There are 8 years of featured 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.

### 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 cucumbers, peppers and lettuce in microperf bags, which may be washed and reused. Store vegetables separate from fruits. Refrigerate, or consume stonefruit when as soft as desired. **Yellow Crookneck Squash** is one of our oldest domesticated squashes, probably native to New Jersey. **Heirloom Tomatoes** may include the large Cherokee Purple, larger still Marisol Gold, or diminutive Marmande. Our **Serrano Chile Pepper** is a spicy little devil; a natural with nachos, in omelets, mac and cheese, or pasta salad. PLEASE HANDLE CHILES WITH RUBBER GLOVES and avoid contact with eyes or nose. Removing the ribs and seeds will reduce the spicy heat of peppers. All **nectarines** were small, white-fleshed ornamental fruits until the **Le Grande** was developed in 1942, named after the small town on the way to Yosemite. These are from the Masumoto family's 65 acres in Del Rey, C.C.O.F. certified since 1991. The seed is no longer available for our beloved **Italian Sweet Frying Pepper**; requiring us to protect and save our own. Traditionally served on an Italian sausage sandwich, use it fresh in summer salads, including potato and pasta salads, or stew it in pasta sauces. The Black Corinth, one of the oldest grape varieties grown in our region, has been dubbed the **Champagne Grape** because its tiny blue-black berries have a bubble-like appearance and refresh delightfully as both berries and rachis are so tender you can eat them stem and all. These excellent grapes come from the Soghomonian's farm in Fresno, CCOF certified growers for 26 years. We're sure that you will appreciate these send off **Dapple Dandy Pluots** from our friends, Dick and Karen Peterson, in Kingsburg. Their 20 acres are C.C.O.F. certified.

## FARTHER AFIELD

A fond childhood memory recalls midsummer afternoons perched in a catbird seat amongst gnarly branches of our backyard tree, polishing Satsuma plums against my T-shirted stomach until it could hold no more of their blood red, tart-sweet, meaty flesh. Our parents yanked that beloved tree, some fifty years ago, to provide a swimming pool for sister Teresa and I, both rehabilitating from bouts with polio. I've long mourned the loss of those magical, edible orbs on which I imagined shone a starry map of the heavens in a legion of emerald speckles, splashed across maroon skin. You may be among the clever few spotting Satsumas on last week's Organic Abundance list and if so are enjoying a plum treasure, as am I for the first time in a half-century. After decades searching for the lost fruit, we recently learned Dorothy and David Boldt maintain two Satsuma trees in their Parlier organic orchard. Limited supply necessitated a low-key promotion. As Dorothy has it, the neighboring immigrant Kotsura's gifted this "homeland" variety to her grandparents as they established the family's orchard in 1913. The California Satsuma was an early 20<sup>th</sup> century introduction by plant breeding wizard, Luther Burbank, who enjoyed a rock star's status equal that of his friend and contemporary, Thomas Edison. Burbank developed his Satsuma by crossing Japanese "blood plums" with other varieties sent him from a commissioned expedition to that Asian archipelago. The novel Satsuma was widely planted, early on, throughout Southern California, as its fruitfulness required a uniquely low number of winter chilling hours. Horticulturally gifted next door neighbor, Mr. Tucker, likely planted my childhood tree in our yard, just a stone's throw from San Gabriel Mission, as my own folks were certifiable "black thumbs". Though California's commercial orcharding was birthed in the Southland, it has long since waned in that now urbanized region and with it went the once famed Satsuma. We are fortunate to have in our community a few orchardists like the Boldts who treasure fruit gems of the past. You also might have availed yourself of their Fey Elbertas, that once tissue-wrapped delicacy of family shippers hereabouts, from another pair of honored trees they yet maintain on the multi-generation farm. —Tom Willey