

WHAT'S GROWIN' ON

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

17, 18, 19 Aug., 2010

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

VOL 9 NO. 33

And there arrives a lull in the hot race
Wherein he doth forever chase
That flying and elusive shadow, rest.
An air of coolness plays upon his face,
And an unwonted calm pervades his
breast.

MATTHEW ARNOLD (1822-1888)



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ TABLE TOMATOES (SB)(FB)
 - ⌘ SWEET SPANISH PEPPERS (SB)(FB)
 - ⌘ ITALIAN SWEET RED ONION (SB)(FB)
 - ⌘ MEDITERRANEAN CUCUMBER (SB)(FB)
 - ⌘ RED SUMMER CRISP *OR*
ROMAINE LETTUCE (SB)(FB)
 - ⌘ YUKON GOLD POTATOES (SB)(FB)
 - ⌘ SWEET 100 *OR* SUNGOLD CHERRY
TOMATOES (FB)
 - ⌘ *Peterson's DAPPLE DANDY PLUOTS
(SB)(FB)
 - ⌘ *Soghomonian's FLAME SEEDLESS
GRAPES (SB)(FB)
- SB= SEEDLING BOX, FB= FAMILY BOX
* Certified Organic from Other Farms

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.

ORGANIC ABUNDANCE

FOR NEXT DELIVERY

(comes in a separate carton)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✘ * Peterson's DAPPLE DANDY PLUOTS \$11/ 4 LB.
- ✘ HEIRLOOM TOMATO MEDLEY \$15/ 6 LB. Recipe included
- ✘ RED & YELLOW SWEET SPANISH PEPPERS \$11/ 3 lb.

DOWN ON THE FARM

Down in Field Four the soil was "pre-irrigated" with sprinklers in 10-hour sets. Tom Bursey came to spread compost, followed closely by the tractor and disc, covering the living fertilizer. It is the most delicious smell when soil is thrown into beds! For good germination, bean seed must be sown into luxuriant moisture, with no further addition of water until the beans emerge. In the spring, we will lay a floating row cover over an entire planting of beans to hold in the moisture and warm the soil a bit. These fall beans are covered with a narrow strip of shade cloth that will cool the soil a degree or two as well as holding in the "water of life". As soon as the sprouts emerge the shade must be removed at once! Else a spindly bean plant will result, too weak to support much of a bean crop. Beans are a sixty-day crop and a most unforgiving one. Trouble at any step of development will prevent good yields. Poor emergence, aphid pressure, heat at bloom, the beans cannot or will not recover from any set back. When the first fall beans emerge, standing at attention in long emerald rows, I take a deep breath, filled with hope for a new season. -denesse

FEATURED RECIPES

CHICKPEA & PEPPER SALAD Adapted from Deborah Madison's *The Savory Way*

- | | |
|--|---|
| 1/2 Sweet Red Onion | 1 tsp. tomato paste |
| 1 Sweet Spanish Pepper | juice of 1/2 lemon |
| 1 Tbls. virgin olive oil | 6 Kalamata olives, pitted and cut into large pieces |
| 1 garlic clove, finely chopped | 1/2 Mediterranean Cucumber, thinly sliced |
| 1 tsp. ground cumin | 1/4 cup roasted & salted sunflower kernels or pepitas |
| 1/2 tsp. paprika | 1/4 cup homemade or bottled vinaigrette |
| 1- 15 oz. can Organic chickpeas, Cannellini beans, or red kidney beans | |

Cut onion in quarters and thinly slice crosswise to make about 1 cup. Thinly slice sweet pepper into pieces 2 inches long to make 1 1/2 to 2 cups. Warm olive oil in a skillet and add onion, pepper, garlic, cumin, paprika, and lightly salt. Cook over medium heat, stirring frequently, until the onions and peppers are just slightly softened, for about 3 minutes. Stir in the tomato paste and lemon juice and cook for another 30 seconds or so. Drain and rinse beans, dress with vinaigrette, Add vegetables, cucumbers, olives and seeds, lightly toss again. Serve dusted with additional paprika and minced cilantro or parsley garnish (optional) FB may add a cup of halved cherry tomatoes.

SWEET PEPPER AND TOMATO SOUP Adapted from Deborah Madison's *The Savory Way*

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|------------------------------|--|
| 1 Tbls. virgin olive oil | 1 Sweet Red Onion |
| 1 large garlic clove, minced | generous pinch of saffron threads |
| 1 Tbls. prepared pesto | 1 Sweet Spanish Pepper |
| 2 Tbls. chopped parsley | 2 ripe Table Tomatoes, chopped |
| 1/4 tsp. dried thyme | 1 cup Organic vegetable juice (like V-8) |
| 1 tsp. sweet paprika | 1 1/2 cups water |
| 1 Tbls. tomato paste | 1 cup cooked rice |
| 1 bay leaf | salt & freshly ground pepper |

If you don't have a cup of rice leftover from another meal, start the rice cooking first. Cut onion into sixths and thinly slice crosswise. Cut peppers and tomatoes into 1/2-inch pieces. Gently warm olive oil in a soup pot, add garlic, fresh basil or prepared pesto, parsley, thyme, paprika and tomato paste, mix together. As soon as the oil is hot, add bay leaf and onion. Sprinkle saffron directly over the onion. Stir everything together, and cook for several minutes, until the onion begins to soften. When the onion is soft, add sweet pepper, tomatoes and their juice, V-8 juice and water. Bring to a boil; then immediately lower the heat and cook over very low heat for 25 minutes. Stir the cooked rice into the finished soup, season generously with salt and pepper, garnish with Parmesan cheese, and serve. Stirring in a can of Cannellini beans will make this a hearty stew. Serves 2 as soup, 3 with the extra beans.

FRAMED POTATOES Adapted from *The Garden-Fresh Vegetable Cookbook* by Andrea Chesman

These are even better made ahead and reheated.

- Extra-virgin olive oil
 - Small Potatoes, cut into halves
 - Coarse sea salt and freshly ground pepper
- Preheat oven to 475 degrees F. Pour enough oil into a large cast-iron skillet to generously coat the

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
\$11/FOUR- 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**
- ✘ **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 delivery!

pan and heat over high heat until quite hot. Add a single layer of potato halves, cut-side down. Fry until the potatoes are beginning to brown, 4 to 5 minutes. Transfer the potatoes to a large, ungreased baking sheet and repeat with remaining potatoes. Continue until all the potatoes have been browned on the cut side. Place the potatoes in the oven and bake until completely tender, about 20 minutes longer. Season generously with salt and pepper. Serve immediately or hold in the refrigerator for 1 to 2 days. Reheat at 400° F until hot throughout, about 20 minutes. Taste and adjust the seasonings if desired.

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.

MORE RECIPE AND STORAGE TIPS...

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

Refrigerate everything except tomatoes, stonefruit and onion. Keep cucumbers, peppers and lettuce in microperf bags, which may be washed and reused. Potatoes are physiologically ready to sprout and should be refrigerated unless used within a couple of days. Store vegetables separate from fruits. We bid adieu to our seedless Mediterranean Cucumbers but anticipate their autumn return. If your Sweet Spanish Peppers don't have enough color, leave them out of the fridge for a day or two, then either use them or refrigerate to maintain their firm texture. Refrigerate, or consume stonefruit when as soft as desired. If Flame Seedless Grapes are left on the bunch for fruit and cheese platters, rinse them briefly under cool water and drain to refresh them about 30 minutes before serving. Grapes are excellent in cold salads, especially chicken, turkey, or tuna salads. Frozen grapes are a nutritious snack for kids. Place Red Flame or other seedless grapes on a tray in the freezer. Once frozen, store in a ziplock freezer bag for anytime snacking. Joe Soghomonian became C.C.O.F. certified organic back in 1984! **Puots** are a cross between an apricot and plum. These **Dapple Dandy Puots** are the last of Dick and Karen Peterson's stonefruit season. Their 20 acres in Kingsburg have been C.C.O.F. certified since 2001.

FARTHER AFIELD

Over a just completed, periodic pilgrimage to our wilderness temple of water and stone 9000 feet above the town of Madera, I experienced a Pauline-like conversion. Though not jolted from a horse by divine bolt, as was that Hebrew Saul, I nonetheless went sailing over the rump of my long-eared steed, just as muleskinner-madam Tracy's barked command to "Duck!" reached my ear. A natural archway, under which the rest of our mule train had safely passed, was likely created by a winter's heavy snows this tree, hairpin-bent, failed to support. Something could have shook loose a bit, bouncing along the granite floor, pegleg stuck fast in stirrup, but miraculously nothing appeared much worse for wear, save the frightful state of my dear guide. High Sierra retreats are rare occasions on which I savor bits of poetry, reading same aloud to companions as we re-create civilization around an evening's cook fire. Son Patrick joined this year's mountain trek and prevailed upon me to purchase a "Whitman's Sampler", our budding English literature scholar is convinced this 19th century bard transformed the very bedrock of American poetic art. Like the convert Saul, I'm now a fervent Walt Whitman apostle. Imagine my embarrassment at reading a distilled essence of all the blather and blab I've fed you over nine years' newsletters, on we humans and our agriculture's place in nature's realm, summed up in little more than a page of the Civil War Era wordsmith's inspired verse. I may henceforth send you a copy of Whitman's "This Compost" each week and leave it at that. The 1819 Long Island born, literary "voice of America" acutely observed his young nation's bustling urban culture, but examined all through nature's vivid lens. To pay bills, Walt scurried about as a prolific journalist covering a broad diversity of topics and events. Whitman the poet composed during the Age of Wonder, a time in which science and art were not considered such dissimilar pursuits as we make them out to be today. A wee knock on the head there under a cathedral ceiling, so star-strewn as to cast an intoxicating blur across the heavens, might have enabled me to access poetic wisdom. As son Patrick and I circumambulated camp-side Chittenden Lake, tucked below iron-red Madera Peak, we marveled on the "top of the world" grandeur and our privileged bathing in its profundity of silence that speaks so much to poets and plowmen alike. —Tom Willey Read the poem: <http://www.daypoems.net/poems/2069.html>

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

♻️ Recycle the paper that lines your boxes along with your newspapers. We cannot reuse this paper once it has left the farm. Some creative people save the paper and turn it into gift-wrap with lovely homemade printing. ♻️ **CONTACT THE HOST FIRST if you need to visit your CSA site outside of the normal pick-up day and time.** ♻️ Use denesse@TdWilleyFarms.com if you would like a preview of next week's box or wish to receive last minute Abundance offerings. ♻️ 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.