

# WHAT'S GROWIN' ON

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

24, 25, 26 Aug., 2010

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

VOL 9 NO. 34

## "God created humans in a garden."

- Daniel Fagerstrom  
Indiana Vegetable Farmer



## BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ ROMA TOMATOES (SB) (FB)
  - ⌘ SWEET SPANISH PEPPERS (SB)(FB)
  - ⌘ ITALIAN SWEET RED ONION (SB)(FB)
  - ⌘ ITALIAN ZUCCHINI SQUASH (SB)(FB)
  - ⌘ ROMAINE, RED SUMMER CRISP *OR*  
RED LEAF LETTUCE (SB)(FB)
  - ⌘ RED LASODA POTATOES (SB)(FB)
  - ⌘ \*Peixoto's BROCCOLI (SB)(FB)
  - ⌘ \*Herman's CALAMYRNA FIGS (SB)(FB)
  - ⌘ \*Peterson's DAPPLE DANDY PLUOTS  
(FB)
  - ⌘ \*Boldt's AUGUST FIRE NECTARINE  
(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

- ✦ NEW! \* Herman's FRESH BLACK MISSION FIGS \$10/ 3 LB.
- ✦ NEW! OKRA \$11/ 3 LB.
- ✦ HEIRLOOM TOMATO MEDLEY \$15/ 6 LB. Recipe included

## DOWN ON THE FARM

These are called the "Dog Days" of summer, usually extending from 20 days before to 20 days after the conjunction of Sirius (the DOG Star) and the sun. At this time of year Sirius disappears into the Sun's glow. Both heavenly bodies are rising and setting at around the same time. Ancient stargazers thought that heat from Sirius, the brightest star in the heavens, combined with heat of the Sun to produce the hottest weather of the year! Even though Sirius is hotter than our Sun it is much too far away to warm our planet. In produce sales, these are the slowest days, lasting until everyone is back from summer travels and people's lives begin to routinize. Mr. Willey drove up to Ripon to procure next season's strawberry plants. We have started pulling plastic off the solarized beds to seed all our winter vegetables in earnest over the next several weeks. -denesse

## FEATURED RECIPES

**GLAZED SUMMER VEGETABLES** from Vegetarian Cooking for Everyone by Deborah Madison

- 2 Roma Tomatoes
- 2 Tbsp. Italian Sweet Red Onion, diced
- 2 Tbs. butter
- 1/2 Sweet Spanish Pepper
- 2 Tbs. olive oil
- 1 Zucchini
- 3 Tbs. balsamic vinegar
- salt and freshly milled pepper

Core tomatoes, then cut into wedges. Slice zucchini lengthwise in half, then into strips about the same size as the tomatoes. Cut the sweet pepper into narrow strips. In a skillet large enough to hold the tomatoes, peppers and zucchini in a single layer, heat oil and sauté zucchini and pepper until wilted. Add butter and heat until it foams, then sauté tomatoes until their color begins to dull (about 3 minutes). Toss pan frequently to avoid scorching. Turn heat to medium, add the vinegar and onion and shake the pan back and forth until the vinegar has reduced, leaving a dark, thick sauce. Season with salt and plenty of pepper.

**BROCCOLI SALAD** Recipe courtesy Paula Dean Use nitrate-free bacon from Organic Prairie

- 1 head Broccoli
- 1 cup mayonnaise
- 6 to 8 slices cooked bacon, crumbled
- 2 Tbs. white vinegar
- 1/2 cup chopped Sweet Red Onion
- 1/4 cup sugar
- 1/2 cup raisins, optional
- 1/2 cup diced Roma Tomatoes
- 8 ounces sharp Cheddar, cut into very small chunks

Trim off the large leaves from the broccoli stem. Remove the tough stalk at the end and wash broccoli head thoroughly. Cut the head into tiny flowerets, peel and cut the stem into bite-size pieces. Place in a large bowl. Add the crumbled bacon (if using), onion, tomatoes, raisins, and cheese. In a small bowl, combine the remaining ingredients, stirring well. Season to taste with salt and freshly ground black pepper. Add to broccoli mixture and toss gently.

### START WITH GRILLED ZUCCHINI, ONIONS AND PEPPERS.

Cut zucchini in large diagonals (almost lengthwise), about 1/4" thick, cut the pepper(s) into 1/2-inch strips. Cut the onion in half, lengthwise through the root end. Then cut into wedges, carefully including a bit of the root end to hold the onion together during grilling. Brush lightly with olive oil and grill over medium coals. Alternately, bundle everything into aluminum foil and place on the grill. When the vegetables are tender but not charred or mushy, you may now use them in a number of ways.

**Warm Vegetable Salad:** Toss grilled vegetables and wedges of tomato with prepared Italian Dressing or your own vinaigrette and grated Parmesan cheese. Serve warm over torn lettuce.

**Vegetable Lasagna:** With or without pasta: Use a spicy tomato sauce, make layers of squash, Ricotta Cheese, pitted olives, peppers, mozzarella; repeat. Bake until heated through.

**Vegetarian Enchiladas:** Add cubed potatoes to your foil packet, or use left over potatoes. Coarsely chop all cooked vegetables, add cheese and or canned cooked black beans, if you desire. Wrap in warmed tortillas, arrange in a baking dish. Use a spicy green enchilada sauce to pour over all, bake until warmed through.

**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 potatoes, tomatoes, stonefruit and onion. Keep broccoli,**

## MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✦ **RED & YELLOW SWEET SPANISH PEPPERS \$11/ 3 lb.**
- ✦ **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**
- ✦ **Italian Sweet Red Onions \$10/8lb**
- ✦ **Russet Potatoes \$10 / 8 lb.**
- ✦ **Red Irish Potatoes \$10/8 lb.**
- ✦ **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](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!

peppers, zucchini and lettuce in microperf bags, which may be washed and reused. Store vegetables separate from fruits. Sauté strips of Zucchini, Sweet Red Onions, Yellow Spanish Peppers, and Roma Tomatoes in olive oil seasoned with some garlic, salt and pepper. Alternately, braise the vegetables with red wine and Italian seasonings. Serve with Lundberg Farm's Risotto for a 20-minute meal. Sandwiches and potato salad made with Red LaSoda Potatoes make a cool summer supper. Use leftover boiled potatoes in Potatoes O'Brien. In a greased baking dish combine about 2 cups sliced or diced leftover potatoes, 1 diced Spanish Pepper, 1 diced Sweet Red Onion, 1 Tbls. flour, salt and pepper. Pour 1 cup hot milk over all, sprinkle breadcrumbs on top and dot with butter, bake about 30 minutes at 350° F. The "fruit" of locally famous Calimyrna Figs is actually an inside-out flower cluster that relies on a very specific, minute wasp species to carry pollen from male flowers of the wild Caprifig to the all-female flowers of the Calamyrna. Store figs in your refrigerator, but warm to room temperature before serving. Kevin Herman farms in Madera and has been a CCOF certified organic grower since 1993. Broccoli this week is from our colleague Dick Peixoto farming in the Pajaro Valley, QAI certified since 1996. As a member of the cancer-fighting cruciferous family, Broccoli should always be left uncovered when cooking to allow sulfurous compounds to escape. Phytochemicals are natural bioactive compounds found in plant foods that work with nutrients and dietary fiber to protect against disease. Broccoli is loaded with these as well as being rich in vitamins, minerals, fiber and antioxidants. August Fire Nectarines are high sugar, high acid clingstones with a firm, crisp texture. Young Alex Boldt, fifth generation farmer from D.E. Boldt in Parlier, drove these up to Madera just hours after picking. Dorothy & David Boldt farm 111 acres, CCOF certified since 2007. These are ready to eat or you may wish to wait until they yield to a gentle squeeze. These are the last of Dick and Karen Peterson's Dapple Dandy Pluots, a cross between a plum and apricot. Peterson's Kingsburg 20 acres have been C.C.O.F. certified since 2001.

## FARTHER AFIELD

A corpulent, elderly gentleman and his poodle lapdog pal occasionally motored up to our Madera farm in a powder blue El Dorado, some years back, pressing me with stories of the Kirkman family's history as original cultivators of our land. Seems his native Arkansan great uncle first acquired our place from cattle barons, Miller and Lux's million acre inventory when it was being sold off for farming in the early 20<sup>th</sup> century. Over several apparitions, my eccentric visitor never budged from that well-appointed driver's seat, narrating through open window his paternal uncle's subsequent inheritance of the farm and long ago fame as a fruit breeder. A bit of sleuthing does reveal once extant 'Kirkman Gem' and 'Late Kirkman' peaches that must have drawn the interest of erstwhile fruit breeder, John Garabedian, who purchased our farm from Wm. T. Kirkman, presumably along with those namesake varieties, in the early 1960's. That well-known Fresno horticulturist likely removed same varieties to his King's Canyon Rd. and Fowler Ave. breeding farm on which Garabedian, over a long career, developed such favorites as the 'Angelino' plum. In recent decades, despite public controversies, both our formerly rented Clovis farm and Garabedian's precious breeding grounds were paved over by that community's feverish school developments, sending us north to Madera and the brokenhearted fruit breeder soon thereafter to his heavenly reward. All these neglected tales flooded my consciousness last week as I read of an impending destruction of what may be the world's most vital and storied repository of rare berries and fruits, Russia's Pavlovsk Experimental Station. Highly revered, globe-hopping botanist, Nikolai Vavilov, established this prized collection of over 5,000 fruit varieties, 90% of which are found nowhere else in the world, in 1926 before he was cruelly eliminated by the Stalinist regime. Throughout the 900-day siege of Leningrad, one dozen scientists, guarding the station's companion seed collection, chose starvation over consuming its precious germplasm for food. But last week, the post-soviet Russian Supreme Court, ruled in favor of a housing development for the now renamed city of St. Petersburg to replace this priceless 200 acre fruit collection which cannot be relocated on any practical time scale. In response to significant international pressure, President Medvedev and Prime Minister Putin have declared a one-month suspension of the court's order to determine if it should be overridden. —Tom Willey

Send your letter:

[www.fooddemocracynow.org/blog/2010/aug/15/urgent\\_action\\_needed\\_to\\_save\\_historic\\_seed\\_bank](http://www.fooddemocracynow.org/blog/2010/aug/15/urgent_action_needed_to_save_historic_seed_bank)

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

☼ Your payments for next month's service are due September 5. ☼ Use [denesse@TdWilleyFarms.com](mailto: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](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.