

WHAT'S GROWIN' ON

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

Aug. 31 & 1, 2 Sep., 2010

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

VOL 9 NO. 35

“The world is my country, all mankind are my brethren, and to do good is my religion.”

**THOMAS PAINE
(1737-1809)**



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ ROMA TOMATOES (FB)
- ⌘ TABLE TOMATOES (SB)(FB)
- ⌘ ITALIAN SWEET RED ONION (SB)(FB)
- ⌘ CLASSIC GLOBE EGGPLANT (SB)(FB)
- ⌘ RED SUMMER CRISP *OR*
RED LEAF LETTUCE (SB)(FB)
- ⌘ RUSSET POTATOES (SB)(FB)
- ⌘ *Perry or Peixoto's BROCCOLI (SB)(FB)
- ⌘ *Herman's BLACK MISSION FIGS
(SB)(FB)
- ⌘ *Loewen's ELEPHANT HEART PLUMS
(FB)
- ⌘ SWEET 100 CHERRY TOMATOES (FB)
SB= SEEDLING BOX, FB= FAMILY BOX
*Certified Organic from Other Farms

Limited Time Offer

Receive a certificate for a free
Organic Abundance
AND 5% discount when you
change from monthly to quarterly
billing.

Offer Expires Sept 20

ORGANIC ABUNDANCE FOR NEXT DELIVERY

(comes in a separate carton)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ **NEW!** * Rider's MC INTOSH
APPLES \$11/ 4 LB.
- ⌘ **NEW!** * Soghomonian's
THOMPSON SEEDLESS GRAPES
\$11/ 4 LB.
- ⌘ HEIRLOOM TOMATO MEDLEY
\$15/ 6 LB. Recipe included

DOWN ON THE FARM

In *Mediterranean Vegetables* Clifford A. Wright pens “Eggplant is found in every Mediterranean cuisine, most popular in a swath that starts in Jerusalem, arcs through Turkey, Greece, and southern Italy, ending in Sicily.” But, don’t overlook the French who, may or may not have invented Ratatouille and an elegant dish of eggplant stuffed with breadcrumbs and anchovies. The Spanish are fond of an eggplant pisto and Berejenas Con Queso, flavored with cheese, mint, onion, nutmeg and cloves. The “Classic” Eggplant recipes include Ratatouille, Eggplant Parmesan, Baba Ghannouj, the delicious layered Mousaka and Sicilian relish Caponata. My dearly departed friend, Kathy Barsotti, would spread pesto on eggplant slices, bake on a cookie sheet until fork tender, then keep them at room temperature. Every time she came into the kitchen during her busy farming schedule, she would grab a slice of her own version of “fast food”. Eggplant is the perfect “pasta” if you are watching your carbs, and a meat alternative if you are serving vegetarians. When my children were small, we would make Eggplant Pizza. Use thick slices of eggplant that had been pre-baked until just tender; spread pizza sauce and all your favorite pizza toppings on your “personal” pizza. Bake until toppings are bubbly. —denesse

FEATURED RECIPES

ROASTED SMALL RUSSETS Adapted from foodnetwork.com

Small Russet Potatoes,
extra-virgin olive oil, to coat
salt and black pepper

Preheat oven to 450 degrees. Scrub potatoes well, but do not peel. Allow to air dry for up to 30 minutes. In a bowl, drizzle whole potatoes with a generous pour of extra-virgin olive oil; toss with seasoning blend or coarse salt and pepper. Arrange potatoes on a large baking sheet so that there is a bit of space in between each. Bake 20 minutes, then turn oven setting to broil. Broil for 10 to 15 minutes until golden brown.

MAKARONADA ME MELITANES From Clifford Wright's *Mediterranean Vegetables*.

This is a Greek take on Pasta Alla Norma. If you can't find Kefalotyri Cheese (KEE-fah-loh-TEER-ee), a tangy hard Greek cheese, substitute either Romano or Parmesan. Serve 6 to 8 persons.

1 Globe Eggplant, peeled & cubed	1/3 cup dry red wine
1/2 cup olive oil	2 Tbls. tomato paste
2 cup ripe Tomatoes, chopped	salt and freshly ground black pepper
2 large garlic cloves, finely chopped	1/2 lb. ziti, or macaroni
1 cinnamon stick	1 cup (4 oz.) grated Kefalotyri cheese
1/4 tsp. allspice	2 Tbls. butter

Heat 1/4 cup olive oil in a large skillet over medium-high heat. Cook eggplant, tomatoes and garlic until bubbling and soft, 10 min. Add cinnamon, allspice, wine, and tomato paste. Stir, season to taste with salt and pepper. Reduce heat to low, simmer until thickened, 30 min. Remove cinnamon stick. Meanwhile bring a large pot of salted water to boil, add pasta. Cook uncovered until pasta is almost soft. Drain, toss with 1/2 cup of cheese. Preheat oven to 350 degrees F. Pour remaining olive oil into a large casserole, cover with cooked macaroni. Spread eggplant mixture over the pasta, sprinkle with remaining cheese. Dot with butter. Bake until bubbly, about 30 minutes.

BROCCOLI CASHEW PEANUT MADNESS Adapted from *From Asparagus to Zucchini* by Madison Area Community Supported Agriculture Coalition.

1 Tbls. sesame oil	2 tsp lemon juice
1 Sweet Red Onion, chopped	1/4 tsp. cumin
1 clove garlic, minced	cayenne pepper to taste
1 Tbls. soy sauce	1 lb. (or more) Broccoli, peeled and chopped
1/2 cup crunchy peanut butter	handful of roasted cashews, chopped
1 lb. cooked cubed chicken or tofu (optional)	

Make up a batch of rice. Steam broccoli by wrapping in a damp kitchen towel and microwaving on high for a few minutes, checking for bright green, tender broccoli every minute. Heat oil in skillet or wok, add onion and garlic; sauté until softened, not brown. Add broccoli, toss to combine, remove from pan, but keep warm. In the same pan, combine peanut butter, lemon juice, soy sauce, cumin and cayenne. Add enough water to make a gravy-like texture, and correct seasoning. Plate the rice with the chicken or tofu, if using, arrange broccoli on top. Pour peanut madness over all, topping with chopped cashews. Serves 4.

There are 8 years of featured recipes on www.TdWilleyFarms.com. From the home page,

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- * OKRA \$11/ 3 LB.
- * 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 or by phoning 559-ORGANIC, (674-2642)
Friday NOON is the Deadline to order Organic Abundance for your Next CSA delivery!

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, peppers, eggplant and lettuce in microperf bags, which may be washed and reused. Store vegetables separate from fruits. A New World species, the first tomatoes grown in Europe were called "love apples" as they were botanically related to the mandrake, or "love plant," which was noted in the Bible for its reputed aphrodisiac qualities. Like many fruits, tomatoes continue to ripen once picked, receiving fruit in a number of color stages allows you to enjoy tomatoes over the entire week. Full of vitamins A and C, tomatoes are abundant in the pigment lycopene, which may help prevent a range of ailments from heart disease to macular degeneration. Because heat loosens lycopene's bonds to the tomato cell wall, cooked tomatoes provide even more of this helpful pigment than do fresh slicers. Absorption is improved when a lycopene-rich food is eaten with a bit of fat, thus, the natural pairing of tomatoes with olive oil. This week's **Broccoli** is from our friend Joe Perry. Joe is the last grower in the once famous South Bay garden district of Fremont. His CCOF certified 90 acres are leased from an Alameda county "history farm" park. A few of you may have broccoli from Dick Peixoto, QAI certified since 1996. The **Black Mission Fig** is a favorite to trim, quarter and soak in dessert wine. Serve over ice cream or homemade custard. Or skip the wine, dice and serve on shortcake, just like you would strawberries. The figs are from Kevin Herman's CCOF certified farm in Madera. Figs and goat cheese pair well and make a nice addition to a green salad. A delight out of hand, the **Elephant Heart Plum**, is from Fran and Ted Loewen, CCOF certified since 2006.

FARTHER AFIELD

My Southern California childhood memories include Saturday afternoon family jaunts out and about 20 miles east of our Mission San Gabriel home, where suburbs still blended into farmscapes; destination Sweeney's egg ranch. This aging couple tended a modest flock of layers and treasured social contacts with "the regulars". An amusing family legend tells of my folks gifting holiday fruitcake, which they cleverly home-baked in a coffee can, to Ma and Pa Sweeney who ground it up for their morning java brew then complained of its disagreeable taste on our subsequent visit. The Iowan, Jack DeCoster who produces eggs by the billions and reigns as food safety scandal-of-the-month's current "poster boy", probably doesn't exchange Christmas presents with those eating his omelets but may be giving them a fair value. Since such "Mom & Pops" as our family once patronized were driven from the egg business with its wholesale industrialization by the 1970's, a declining number of hyperscale producers have been receiving an average return of around 50 cents per dozen, from which they must cover all expenses and theoretically extract a profit. Is it any wonder that today's system, encouraging up to 300,000 layers crammed into battery cages in a single facility, has struggled with previously unknown *Salmonella* Enteritidis infection and contamination since the 1980's? In a recent letter to Iowa's egg producers The Humane Society cites no fewer than seven government sponsored scientific studies published this decade in the European Union (conveniently, we don't conduct such research in the US) which clearly indict excessive flock size and caged systems as the most significant factors contributing to high *Salmonella* infection rates. Modest sized flocks in open air or on pastures can exhibit orders of magnitude lower *Salmonella* infection rates according to these EU investigations. Full Circle's Bylsma and Burroughs families, supplying our CSA's eggs, pasture-raise layers that can fully express their innate "chickenness" on a daily basis. Never the less, our friends struggle to realize any profit from their management-intensive organic husbandry, even while receiving the significant premium you pay for their product. Michael Pollan, in a recent Wall Street Journal interview, admonishes omnivores to "pay more and eat less", arguing in support of \$8/dozen well-laid eggs. Might you wish to thank and encourage our hardworking friends at Full Circle with a fruitcake, remember not to bake it in a coffee can. -Tom Willey

For more info:

http://www.humanesociety.org/assets/pdfs/farm/report_food_safety_eggs.pdf
Joel Salatin "chickenness" <http://www.youtube.com/watch?v=-T9UaPIAsMI>

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

* Thank you to all who have paid on time! September payments are due this week. We accept Visa and Mastercard WITH YOUR SIGNED AUTHORIZATION. * Please keep the pick up sites tidy. Members are expected to **unfold their box and place it in the box rack**. Do not leave paper or plastic bags at the sites. * E-mail denesse@TdwilleyFarms.com if you would like a preview of next week's box or wish to be on the Additional Offerings list. * Use CSA@TdwilleyFarms.com to request a vacation hold or electronic statements, order organic abundance, inquire about or make changes to your account or to make a personal farm tour reservation. We confirm ALL e-mails.*