

WHAT'S GROWIN' ON

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

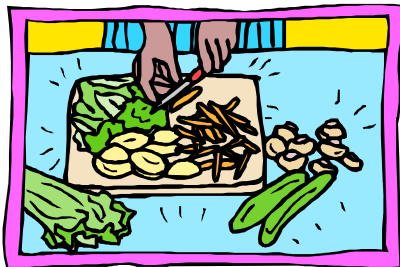
7, 8, 9 Sept., 2010

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

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"Few of us are aware that the act of eating can be a powerful statement of commitment to our own well being, and at the same time to the creation of a healthier habitat."

- JOHN ROBBINS



BOX CONTENTS

(Substitutions may be necessary)

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ⌘ OKRA (FB)
 - ⌘ TABLE TOMATOES (SB)(FB)
 - ⌘ SWEET RED ONION (SB)(FB)
 - ⌘ ITALIAN ZUCCHINI SQUASH (SB)(FB)
 - ⌘ RED SUMMER CRISP *OR*
RED LEAF LETTUCE (SB)(FB)
 - ⌘ YUKON GOLD POTATOES (SB)(FB)
 - ⌘ *Peixoto's BROCCOLI (SB)(FB)
 - ⌘ *Rider's MCINTOSH APPLES (SB)(FB)
 - ⌘ *Soghomonian's THOMPSON
SEEDLESS GRAPES (SB)(FB)
 - ⌘ FRENCH BREAKFAST *OR*
EASTER EGG RADISHES (FB)
- SB= SEEDLING BOX, FB= FAMILY BOX
* Certified Organic from Other Farms

Tomato's Night Out

Thurs. Sept 16

www.slowfoodmadera.org

ORGANIC ABUNDANCE FOR NEXT DELIVERY

(comes in a separate carton)

ALL PRODUCTS ARE CERTIFIED ORGANIC

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

DOWN ON THE FARM

Cool nights are welcome to many of our fall seedings. We started to plant our fall potatoes this week. Tens of thousands of eggplants are producing only 200 lbs of fruit per day, size has diminished on all our peppers and basil is really slowing down. Recently transplanted leeks, radicchio and cabbage are holding on, though not growing much. Tractor drivers are seeding in earnest all the crops that will carry us through the winter; spinach, beets, turnips, lettuce, radishes and kohlrabi. -denesse

FEATURED RECIPES

ORECCHIETTE WITH BROCCOLI & CHICKPEAS Adapted from foodnetwork.com

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| 1 can organic garbanzos (chickpeas), drained | 1 Tbls. minced garlic |
| 2 Tbls. extra-virgin olive oil, plus more for drizzling | 1/2 tsp. red pepper flakes, optional |
| 1 Tbls. salt | 1 to 2 cup diced Tomatoes (fresh or canned) |
| 2 cups Broccoli florets and peeled, chopped stems | freshly ground black pepper |
| 6 oz. ounces orecchiette pasta | 3 Tbls. toasted bread crumbs |
| 1/2 cup minced Red Onion | grated Romano Pecorino, for serving |

Place the drained chickpeas in a bowl and drizzle with a bit of olive oil. Bring a large pot of water to a boil. Add the salt and then drop in the broccoli and cook until tender but not too soft, 4 to 5 minutes. Remove with a slotted spoon and refresh in cold water to set the color. Drain and set aside. Then drop orecchiette into the same boiling, salted water. While the pasta cooks, heat 2 tablespoons olive oil in a sauté pan over medium heat. Add onion, stir until translucent, add tomatoes and cook until tender, about 8 minutes. Add garlic, red pepper flakes, if using, and chickpeas and cook for 2 minutes. Season, to taste, with salt and pepper. Drain the pasta when it is al dente; add it and broccoli to the sauce. Stir in toasted breadcrumbs. Warm through. Transfer to warmed bowls and sprinkle with Pecorino, if desired. Serves 2 to 3.

ZUCCHINE TRIFOLATE from Clifford A. Wright's *Mediterranean Vegetables*. This is from the Sardinian Ristorante La Lepanto. Trifolato is a dish cooked with garlic and either parsley or oregano.

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| 2 or 3 Zucchini, trimmed | 1 garlic clove finely chopped |
| 2 Tbls. olive oil | 1/2 tsp. dried oregano |
| salt & freshly ground black pepper | |

Using an outdoor grill or an oven preheated to 450 degrees F., grill or roast whole zucchini just until the skins loosen, but not tender all the way through, about 10 minutes. Slice the zucchini 3/8 inch thick. Transfer to a medium skillet with garlic, olive oil and oregano. Season with salt and pepper and cook over medium heat, stirring until the zucchini are slightly golden. Serve at room temperature. **To make this side dish into a main course;** while the zucchini are grilling boil up some pasta and dice a couple of tomatoes. Use a **large** skillet to infuse sliced zucchini with flavors of garlic and oregano, once zucchini are golden, combine with tomatoes and cooked pasta.

GARLIC MASHED POTATOES FB may double

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|---|-----------------------------|
| 3/4 lb. Potatoes, quartered | 3 Tbls. unsalted butter |
| 2 tsp. kosher salt, plus more for seasoning | 1 tsp. chopped garlic |
| 6 Tbls. whole milk | freshly ground black pepper |

Put the potatoes in a saucepan with cold water to cover, add salt. Cover and bring to a boil, reduce heat to medium and simmer, uncovered, until the potatoes are tender but not mushy, about 10 to 15 minutes. Combine milk, butter and garlic in a small saucepan, warm over low heat until the butter is melted. Drain potatoes and run through a food mill or potato ricer while still warm. Gently fold in heated milk mixture. Season with salt and pepper, to taste. FB may add up to 1/4 cup finely minced radish greens to their doubled recipe.

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 and onion. Keep broccoli, zucchini and lettuce in microperforated bags, which may be washed and reused. Potatoes are physiologically ready to sprout and should be refrigerated unless used within a day or two. Store vegetables separate from fruits. Table Tomatoes sliced and seasoned with salt & freshly ground pepper are delicious on sourdough toast, served with a slice of Cheddar cheese. Keep tomatoes at room temperature.

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!

We are taking advantage of an abundance of **Broccoli** in California's cooler growing regions. This week's "branches" are grown by Dick Peixoto over in the Watsonville area where deep black soil and moderate temperature make ideal conditions for cole crops. Dick is my age and claims to have been farming since the eighth grade. <http://www.lakesideorganic.com/history101.asp> His operations are QAI certified. Every **McIntosh Apple** has a direct lineage to a single tree discovered in 1811 by John McIntosh on his farm in the Canadian province of Ontario. Now the most popular apple cultivar in New England, where it is considered a superior eating apple and well suited for applesauce, cider, and pies. The McIntosh Red from Bruce Rider and Sons has a crisp white flesh covered with red and green skin and a tart flavor.. The Riders farm 57 Watsonville acres, CCOF certified. Englishman William Thompson immigrated to the United States in 1863. He grafted three vine cuttings of a grape variety known as Lady de Coverly to California native grapevines. Making additional graftings over a four-year period, he produced the seedless variety that bears his name. Today **Thompson Seedless** is the most popular table grape. It is also one of the most versatile varieties, used for juice, wine and for 95 percent of the raisins produced in California. Refrigerate your grapes and wash only when ready to eat. Joe, Johnnie and Natalie Soghomonian's 500 acres in Fresno are CCOF certified since 1984. Cut the green tops off **French Breakfast** or **Easter Egg Radishes** and refrigerate bottoms in a shallow dish of water. The greens may be added to salads or used in stir-fries. You may have eaten more **Okra** than you know as it is widely used in food processing as a thickener, in soups and catsup for example. Like black-eyed peas, okra came to North America via African slave ships. This ancient plant is a relative of cotton and still grows wild in the Upper Nile region of Ethiopia and Sudan. **Mr. Willey's Okra:** soak 8 bamboo skewers in water overnight. Use them to make 4 "okra ladders", brush okra with olive oil, sprinkle with salt and Bar-B-Q for about 5-7 minutes per side. **Denesse's Okra:** Sauté bacon, chopped onions, and okra until just tender. Add chopped tomatoes, salt and plenty of black pepper, turn off the heat. Serve with rice for a main dish. Leftovers are delicious in an omelet with Swiss cheese.

FARTHER AFIELD

I furiously crammed over several days in preparation for last Friday's "soil carbon radio throw down" with UC Davis agro-ecologist, Johan Six, which we had eagerly anticipated since the spring. Not being a fertilizer we pour from a sack, carbon is something about which most farmers seldom think. Captured by plants from the atmosphere in miraculous photosynthesis, Carbon is the unique, signature element common to all Earthly life, playing a more critical role in soil fertility than any agricultural input devised since humans took up the plow. Johan Six, still a young academic, has produced a remarkable body of research and publishing on soil carbon management beginning in his native Belgium, then on to tropical Vietnam, Africa and these United States. Organic or natural systems farmers, reliant on composts and green manures to nourish crops, are somewhat more aware of the soil-carbon connection. Soil carbon dynamics have recently become enmeshed in a vigorous, ongoing climate change debate but appear to be attracting less attention than warranted. Earth's unique cycling features oceans as its greatest carbon repository, harboring a whopping 15 times the quantity of this life-essential element than our terrestrial environment and atmosphere in combination. However, our planet's soils sequester twice the carbon found in Earth's atmosphere. If just a small, recently increased, fraction of atmospheric carbon is causing all the purported climate disruption mischief, wouldn't it make perfect sense to stuff that back into our managed soils where it can perform an immense good by enhancing crop productivity and human nutrition? At the time you read this, I will have re-digested the mountain of scientific literature collected on this topic over years and enjoined Johan Six in a vigorous debate that you might have tuned into last Friday evening. As we begin to perceive ourselves necessary caretakers of the unique environment that hosts *Homo sapiens'* prolific numbers on this planet, much reflection on our conduct as gardeners is in order. Humankind's short history practicing agriculture has consumed about half the ancient, stored carbon in our cultivated soils. Perhaps devising clever replenishment schemes could correct climatic imbalance and set us on a truer course for centuries to come. -Tom Willey

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

⊗ PLEASE DO NOT IGNORE A PINK STICKER ON YOUR BOX, even if you think it is in error. For your convenience, we accept major credit cards but NO LONGER ACCEPT DEBIT CARDS. ⊗ Re-use your plastic ice bags for camping and storage. ⊗ 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.⊗