

WHAT'S GROWIN' ON

A NEWSLETTER KEEPING YOU UP-TO-DATE AND IN SEASON.

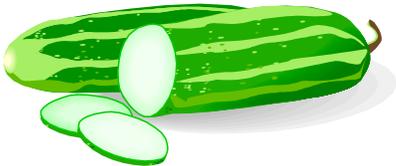
24, 25, 26 May 2005

WILLEY FARMS CSA (559)ORG-ANIC

VOL 4 NO. 21

Better to eat vegetables and fear no creditors, than eat duck and hide from them.

- *The Talmud*



BOX CONTENTS

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✧ RAINBOW CHARD (FB)(SB)
- ✧ RED LAsODA POTATOES (FB)
- ✧ NANTES CARROTS (FB)(SB)
- ✧ ROMAINE OR REDLEAF LETTUCE (FB)(SB)
- ✧ MEDITERRANEAN CUCUMBERS (FB)(SB)
- ✧ KOHLRABI (FB)(SB)
- ✧ RED SPRING ONION (FB)
- ✧ * FOSTER'S YELLOW ONIONS (FB)
- ✧ * MATSUMORA'S ASPARAGUS (FB) (SB)
- ✧ * PETERSON'S SPRING CREST PEACHES (FB)(SB)

SB = SEEDLING BOX, FB= FAMILY BOX

(SUBSTITUTIONS MAY BE NECESSARY)

* Certified Organic from Other Farms

SPRING FARM TOUR

Saturday June 4th.

Two tours only:

9 am and 11 am.

Reservations required

674-2642

∞ BEACH'S BERRIES ∞,
UNSPRAYED; NOT ORGANIC,
DELICIOUS LOCAL BOYSENBERRIES
\$16 / 6 - 1/2 PINT BASKETS

ORGANIC ABUNDANCE BOX FOR NEXT DELIVERY

THESE PRODUCTS ARE CERTIFIED ORGANIC

- ✧ STRAWBERRIES
\$12 / 4 -1 PINT BASKETS.

DOWN ON THE FARM

In field three, Mr. Willey's crew had to put out all new drip tape in the potatoes! The red potatoes are in full bloom now, meaning about three weeks to harvest. The cherry tomatoes in field one are covered with clusters of minute yellow starflowers. In field four we removed the covers from the first two plantings of melons in bloom, and the strawberries are finally loading up with tiny green fruit! We suspect that field two has a neon sign that reads Butterfly Motel. Its chard, kale, Mei Qing, and collards have all been damaged from caterpillar holes in the leaves! We have finished with the pea season and hope to start green beans in that same field later this week. -denesse

Featured Crop

Mediterranean Cucumbers (*Cucumis sativus*) belong to the same vegetable family as the pumpkin, zucchini, watermelon and other squashes. First cultivated in Asia, cucumbers were brought to America by Columbus, and eventually grown by Native Americans and colonists from Florida to Canada. Today cucumbers grow in a wide variety of shapes and sizes, from inch-long gherkins to mammoth greenhouse varieties that reach 20 inches or longer. The crisp, cool and moist attributes of cucumbers make them well suited for salads, sandwiches and snacks. The cucumbers in your box are a Mediterranean variety - an edible skinned, burpless variety, with no seeds. After many farm trials of Japanese and Mediterranean varieties we chose this cultivar because it most closely resembles the English hothouse cucumber - our favorite. The variety is from Israel and does not have to be grown in a hothouse. Another important reason we selected this variety is that it is parthenocarpic (makes fruit without pollination); therefore we can grow them under row covers - essential for our region in Madera because we have problems with cucumber beetles. **To Prepare and store:** Mediterranean Cucumbers have a tender, delicious, edible skin, which can easily be damaged. To maintain their firm texture, store our cucumbers in the perforated plastic bags that you have received in previous weeks. Add sliced cucumbers to tossed salads. Shred cucumbers and mix with dill and low fat or fat free sour cream for a tasty dip. **Pairs well with,** sesame or sunflower seeds, butter, bread, lettuce, onion, dill, paprika, yogurt or sour cream, cumin, cayenne pepper, lemon juice, soy sauce, and distilled, wine, cider, rice or herbed vinegar.

Featured Recipes

COLD NOODLE SALAD adapted from Sara Moulton

- 1 Mediterranean Cucumber, cut into julienne
- 1/2 cup red spring onion, thinly sliced
- 1 kohlrabi, peeled and cut into julienne
- 1 carrot, scrubbed and cut into julienne
- 3/4 cup sliced shiitake mushrooms
- 2 Tbls. black sesame seeds
- 1/4 cup water
- 2 cups cooked udon noodles

Dressing:
2 tablespoons lemon juice
1 tablespoon fresh ginger juice
1 tablespoon sesame oil
1/4 teaspoon red chile flakes
1 tablespoon sugar
1 teaspoon salt
Pinch freshly ground black pepper

Combine the cucumber, kohlrabi and spring onion in a medium bowl and refrigerate. In a medium non-stick sauté pan, lightly cook carrots and mushrooms in a medium pan with the sesame seeds, adding 1 tablespoon of water at a time. Continue to cook until carrots and mushrooms are tender. Cool. Add to cucumber mixture and keep refrigerated. Combine all ingredients for dressing and mix well. Toss with vegetables and noodles.

DENESSE'S CHARD TARTS This is my variation on Spanikopitas. They make some seasoned Feta cheeses now and they are great in this recipe.

- 1 Tube of FLAKY refrigerator biscuits
- 1 bunch of chard
- 1/2 Small Onion, diced
- 1 Tbls. Olive oil
- 1 Egg
- 2 oz. Feta cheese

Pre heat oven to 375° F. Wash chard and shake dry. Sauté onions in a skillet over med-high heat. Strip stems from the chard and use for making stock or diced up into soups. Coarsely chop chard leaves and add to skillet, turning frequently. Cook until wilted down, about 10 minutes. Pour out onto a cutting surface, allow to cool. Mince up the chard-onion mixture, season with plenty of pepper and salt to taste. Beat one egg and add cooled chard. On a floured board roll out the biscuits until as thin as piecrust. These biscuits come in two sizes, if you have the larger size that come 5 per tin, cut in half, you will have 10 half moon shapes of biscuit dough. If you have the

MORE ORGANIC ABUNDANCE

ALL PRODUCTS ARE CERTIFIED ORGANIC

- ✦ **SPRING ONIONS \$10/ 5 lb**
*PETERSON'S SPRING CREST
PEACHES \$10 / 3 1/2 LB.
- ✦ **NEW! GREEN BEANS \$12 / 5 LB**
- ✦ **SPRING RADISHES \$10/ 10 BUNCH**
*JESSUP'S MARSH RUBY RED
- ✦ **GRAPEFRUIT \$10 / 8 FRUITS**
- ✦ **NEW! MEDITERRANEAN CUCUMBERS \$11 / 5 LB**
- ✦ *** LAS PALMALITAS AVOCADOS \$11 / 4 LB**
- ✦ *** JESSUP'S VALENCIA ORANGES WHILE THEY LAST \$9 / 8 LB**
- ✦ **JUICER'S DELIGHT 10 LB EACH NANTES CARROTS & * VALENCIA ORANGES, \$15**
- ✦ **A SPRING MIX OF SALAD INGREDIENTS THE SALADMEISTER \$10**
- ✦ **TABLE CARROTS \$10 / 10 LB**
- ✦ **JUICING CARROTS \$12 / 25 LB**
- ✦ **BLOOMSDALE SPINACH \$10 / 4-8 oz. Microperf bags**
- ✦ **BLOOMSDALE SPINACH \$12 / 3 LB LOOSE**
- ✦ **T&D WILLEY FARMS CANVAS SHOPPING BAG - 100% ORGANIC & USA MADE \$15**
- ✦ *** CAFÉ MAM, WHOLE BEAN, ORGANIC FAIR TRADE COFFEE, FRENCH ROAST OR DECAF ITALIAN BLEND \$10 / 12 OZ CAN OR 4 for \$35**
- ✦ *** BATES & SCHMITT APPLE JUICE \$13 / 3 - 48 oz bottles**
- ✦ *** ORGANIC OLIVE OIL from SCIABICA \$10 / 12.7 oz (4 BOTTLES / \$35)**
- ✦ *** FULL BELLY FARM'S SHELLED WALNUTS \$11/3-8 OZ BAGS**
- ✦ *** SAN JOAQUIN VALLEY DRIED FIGS \$11 / 3- 12 oz containers**
- ✦ **BLACK MISSION OR WHITE CONADRIA**
- ✦ *** VICTOR'S ORGANIC RAISINS \$11 / 3-15 oz cans**
- ✦ *** SHERMAN THOMAS PRODUCTS GROWN & PROCESSED IN MADERA C.C.O.F. CERTIFIED**
- ✦ *** ALMONDS, ROASTED & SALTED, \$15 / 2- 1 LB BAGS**
- ✦ *** PISTACHIOS IN THE SHELL ROASTED & SALTED, \$15 / 2- 1 LB BAGS**
- ✦ *** DRIED PLUMS, PITTED \$10 / 2 LB - TASTY!**

*Certified Organic from Other Farms
Place Organic Abundance orders at CSA@tdwilleyfarms.com or by phoning 559-ORGANIC, (674-2642)

Friday NOON Deadline to order for the following week.

Don't hesitate to ask for an Organic Abundance item that you don't see or for wholesale quantities of any item.

smaller size that come with 8 per tin, leave them in full circles. Place a scoop of chard and crumble some feta on top. Fold over dough and seal with the tines of a fork. Bake on a greased cookie sheet until golden brown, about 18 minutes. These make great after-school snacks or a nice change from sandwiches in brown bag lunches.

GRILLED ASPARAGUS SPEARS Recipe courtesy Bob Blumer

1 bunch fresh asparagus, 4 tablespoons olive oil, 1 teaspoon salt
Preheat a grill. Trim the Asparagus and peel off the outer skin of the lower half of the remaining stalk with a vegetable peeler. Place asparagus on a plate. Drizzle oil over the asparagus and turn spears until they are coated. Sprinkle with salt and turn again. Grill asparagus for 5 minutes over a hot grill. Each minute or so, roll each spear 1/4 turn. Asparagus should begin to brown in spots (indicating that the natural sugars are caramelizing) but should it not be allowed to char. Dripping oil may cause flare-ups. Keep water handy to spritz on coals, if necessary. Remove from grill and serve immediately. Any leftovers are fabulous in an omelet or salad.

For more recipe ideas check www.epicurious.com and www.foodtv.com

MORE RECIPE AND STORAGE TIPS...

This is the last of **Matsumora's Jumbo Asparagus**. Refrigerate and use within 2 or 3 days for best quality. When you get home remove the tops of **Bunched Nantes Carrots** refrigerate bottoms in a microperf bag. Carrots add crunch when grated into a salad of **Spring Lettuce**. Lettuces keep best in a microperf bag in the refrigerator crisper drawer. You can make a taco salad over a bed of lettuce with onions, cheese, ground meat and beans. Refrigerate **Rainbow Chard** in a large microperf bag. We love chard in a Sunday morning frittata, chard leaves can also be added to mixed salads. Refrigerate **Kohlrabi**, the bulbous stem of the "cabbage-turnip". Remove leaves and save for a stir-fry. Peel and serve as a delicious snack food raw, or cook as you would potatoes. We have **Spring Crest Peaches** from Richard and Karen Peterson's 30-acre CCOF certified organic farm in Kingsburg. They were a hit in the boxes last year and we hope you enjoy them once again. Keep at room temperature until fruit yields to firm pressure. **Red LaSoda Potatoes** are best for making potato salads. These potatoes need to be refrigerated or they will sprout. Enjoy leftover cooked potatoes for breakfast by sautéing them with delicious **Foster's Yellow onion** from their CCOF certified organic ranch in San Benito County. **Red Spring Onions** add a spicy kick to any dish when used raw, but do become very sweet when sautéed. Both green tops and burgundy bulbs may be used. Include these in any recipe calling for onions.

FARTHER AFIELD

It must have been the day, week or month of the teacher as appreciative testimonials to admired educators adorned the opinion pages of the Fresno Bee. A handful of exceptional teachers instilled in me a passion for knowledge from grade school to the university. I am as guilty as most for inadequately expressing appreciation to them. As a city slicker, deciding to farm, I was in dire need of instruction and found some in the classroom and in books. The mentoring of a priceless kind I found in generous farming neighbors. My best "professor" of dirt farming was Mr. Leon Poe. He exquisitely gardened a fifteen-acre plot on Olive Ave., east of Fresno, for over thirty years. Legions of locals knew his sweet corn and vine ripe Ace tomatoes as the best. Mr. Poe took me under his wing when I landed on a rented twenty-acre sand hill down the block with few tools beyond my desire. Many a hot afternoon we spent on Mr. Poe's couch under the shade tree as he dispensed wisdom in the guise of tales. He was born a share cropper-turned herbalist's son and "prospered" through the depression hunting wild boar in a Louisiana swamp. In better times he worked on white people's farms becoming a skilled agriculturist. He came to arid California seeking renewed health after a bout with tuberculosis. Mr. Poe taught me the patience, timing and low cost techniques I needed to become a successful market gardener. Now, at ninety-five years of age, he only grows a few vegetables in front of his bungalow in the Senior Citizens Village. I know it should be "Tuesdays with Mr. Poe" but I only manage to visit him a few times a year. Our relationship underscores the need to secure the transfer of knowledge generationally. The only way to repay Mr. Poe's favor is to oblige another eager but ignorant young person wishing to farm. I look forward to the opportunity to honor the generosity of the many teachers who led me out of darkness and into the light. — Tom Willey

MEMBERSHIP CORNER

- ☼ **Monthly Statements have been mailed. Payments are due June 5.**
- ☼ To be placed on a list to receive an e-mail of the planned contents of the next week's box, send an e-mail to denesse@TdwilleyFarms.com.
- ☼ **WHEN YOU BRING US A NEW CSA MEMBER (NOT A TRIAL CUSTOMER) YOU WILL RECEIVE AN ORGANIC ABUNDANCE GIFT CERTIFICATE.**