



Tiny's Organic 'Farm to City' CSA 2009 ♦ A Farm Family Growing for You

# Fresh from the Farm

(this newsletter also available online)

[www.TinysOrganic.com](http://www.TinysOrganic.com)

## AUGUST 19

### This Week's Harvest

Please note: This newsletter is usually written before harvest is complete. Below is a list of what we hope to put in your bag. For peak freshness, we harvest at the last possible minute. If a variety is ready at that time, we add it to your bag.

- \* Cherry Plums
- \* Sun Plums
- \* Western Sweet Nectarines (just a couple due to limited harvest)
- \* Peaches: Jupiter Donut & Sweet Dream
- \* Shamrock Apples
- \* Arugula
- \* Lettuce: Baby Jericho Romaine, Barcarole Romaine or Deer Tongue
- \* Bell Pepper Mix: Bianca and Orion
- \* Eggplant Mix: Turkish Orange, Rosa Bianca, Louisiana Long Green or Imperial Beauty
- \* Tomato Mix: Arkansas Traveler, Pineapple, Oaxacan Pink, Pink Beauty, Brandywine, Sunkist, Cosmonaut Volkov, Valencia, Cherokee Purple, Persimmon, Tiffen Mennonite, Old German, Pink Accordion, Kellogs Breakfast, Amana Orange or Moonglow
- \* Cucumber Mix: Lemon, Crystal Apple, Satsuki Midori, Adam Pickle or Boothby Blonde
- \* Summer Squash Mix: Bennings Green Tint, Goldy, Success Pm Yellow Straight Neck, Yellow Scallopini, Ronde De Nice, Golden Zucchini, Yellow Crookneck, J.E.V., Costata Romanesco, Cocozelle Bush, 8 Ball, Floridor or Partenon

### This Week's Recipes

(Recipes on back)

- \* Oven Roasted Tomatoes
- \* Yogurt Walnut Squash Bread
- \* Creamy Cucumber Soup
- \* Jupiter Peach Tart
- \* Phatty Stuffed Tomatoes
- \* Plum Pavlova

### Crop Talk

The first rain since late April fell last Friday and it was almost surreal to see water falling from the sky! It rained for about 3 hours or so and helped settle the dust out in the fields and also helped turn the brown grass just a little bit greener! On the crops front, we're still seeing the results of last winter's severe cold when temps hit -20F for about a week or so just before Christmas. Weakened trees are now showing signs that they won't recover which adds to the total of trees that straight up died from the cold. Going into spring we lost 600 trees (out of a total of 18,000) and it now looks like we'll lose a couple hundred more by season's end. It appears to be variety-specific and we now know what not to replant next year. Nectarines always seem to be the primary victims and we suspect it's because they lack the insulating fuzz that protects peaches. Not only are they affected by winter cold but they also have difficulty handling any kind of hard frost. Our best guesstimate is that last winter's freeze was a one in fifty year event. About all we can do is plant more next year and hope for better luck in the years to come!



### Sweet Dream Peaches

This low acid, yellow fleshed, freestone peach is the largest entry in Tiny's peach lineup. Sporting yellow skin brushed with bright red, Sweet Dreams can be canned, chopped into salsa, made into chutney or blended with other seasonal fruits and ice cream or yogurt for a sumptuous summer shake! Save shake prep time by slicing and freezing peaches as soon as you get home then pull them out as needed during the week. Allow fresh peaches to soften to your liking on your counter or in an open

paper bag, then refrigerate. Yellow peaches will last a few days in your refrigerator.

### Bell Peppers

Tiny's is growing many varieties of bell peppers this season and this week we're featuring Bianca and Orion: Store sweet bell peppers in a plastic bag in the refrigerator for up to a week if you must but please use as quickly as possible to get the most nutrients as well as the best texture and flavor from your peppers! Sweet peppers are a good fit with many other foods including eggplant, tomatoes, summer squash, garlic, beef, cheese, rice and sausage.

### Cucumbers

High in Vitamin C and A, cucumbers are anti-inflammatory, cleansing and easy to use in juices, ice pops, salads, sushi and wraps but did you know that cucumbers are good for your outside as well as your insides? Place chilled cucumber slices on your eyes for ten minutes to reduce puffiness and de-stress. Cucumber puréed with witch hazel also makes a simple facial toner or blend chopped cucumber with yogurt for a calming and cleansing mask. Quench your on-the-job thirst by chilling water with cucumbers sliced lengthwise in your water bottle overnight and take to work. Remember, cucumbers don't keep long because of their high water content. Put them in the crisper drawer of your refrigerator and keep up to a week.

### Tomatoes

Mineral rich and high in Vitamins A and C, fresh heirloom tomatoes are a traditional part of summer cuisine. Now is the time to enjoy them prepared with minimal fuss! Don't refrigerate, rather keep them stem-side down on the counter until you're ready to eat! Just rinse with cool water before use, then chop and add to salads, sauces, chutneys, fresh salsas and pasta dishes. For a simple appetizer or side dish, slice and drizzle with olive oil, sprinkle a little salt and pepper on top and serve with fresh mozzarella. Stuff with breadcrumbs, garlic, your favorite spices and herbs; add a touch of olive oil and bake to make easy oven roasted tomatoes. Some heirloom varieties are very delicate which is why you don't often see them in grocery stores. Tomatoes pair well with feta, ricotta and blue cheese, basil, all sorts of salad and hearty greens, cucumbers, chicken, beef, onion, eggplant, peppers, summer squash and shellfish.

## Packing the Pantry

### Tips to help prepare your pantry and freezer for the off-season

MUHAMMARA: A NUTTY BELL-PEPPER SPREAD

5 medium bell peppers, seeded, roasted and peeled if desired, cooled

1 1/3 cup walnut halves

1 cup shelled cashews (unsalted)

2 tsp whole cumin seeds

1/2 tsp smoked salt (or regular salt + smoked paprika)

1/4 tsp ground chili powder or more, to taste

2 cloves garlic, peeled

2 tsp walnut or olive oil

1 tbsp lemon juice

2 tsp pomegranate molasses or balsamic vinegar

Toast walnuts, cashews, and cumin seeds in a dry skillet and cool. Puree bell peppers, salt, chili powder, garlic, oil, lemon juice and molasses or vinegar in a food processor until smooth, season further to taste. Put muhammara in freezer safe containers (use portion size containers), place plastic wrap directly over the surface of the mixture, close the container tightly and store in the freezer for up to a year. Thaw in the refrigerator and use for a quick flavor boost when you're cooking up next season's harvest--also fantastic on fresh cucumber slices and roasted, baked or grill zucchini. *Adapted from Chocolate & Zucchini*

**Eggplant:** Slice and blanch or roast and puree then put in freezer safe plastic bags to use in future soups and sauces.

**Tomatoes:** Oven dried tomato halves can be bagged and kept in a dark place for up to six months or placed in an airtight container in the refrigerator for eight months and the freezer for up to a year.

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## Oven Roasted Tomatoes

4 heirloom tomatoes

4 tbsp butter

2 tbsp brown sugar

1/2 tsp salt

1/4 tsp pepper

Cut tomatoes into halves or thirds and coat thoroughly with melted butter. Place face down on a baking sheet and sprinkle with brown sugar, salt, and pepper. Bake at 350F for 2 hours checking occasionally to prevent burning. Let cool and serve on crackers or bread with chevre or other soft cheese.

*Recipe by Katharine Isserlis, friend of the farm*

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## Yogurt Walnut Summer Squash Bread

2 cups all-purpose flour

1/2 tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

3/4 cup plus 2 tbsp sugar

2 large eggs

1/2 cup vegetable oil

1/2 cup Greek yogurt

1 cup summer squash, coarsely grated

1 cup walnut halves (4 ounces), toasted, coarsely chopped, cooled

Butter

Whisk flour, baking powder, baking soda and salt in a large bowl. Mix sugar with eggs, oil and Greek yogurt in a separate bowl then stir into flour mixture along with squash and walnuts until a batter forms. Coat all sides of a 9 X 4 1/2 inch loaf pan with butter and a light sprinkle with flour. Put the batter into the loaf pan and bake at 325F for 1 hour 10 minutes. The bread is done when it has risen and you are able to stick a toothpick in the center and pull it out free of crumbs. Slice and serve after cooling for a half hour or wrap in plastic and keep at room temperature for 4 days or freeze for at least a month.

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## Creamy Cucumber Soup

1 pound cucumbers: cut 6-12 spears for serving, peeled, seeded, coarsely chopped the remainder

10 small pepperoncini: 4 stemmed, seeded, and chopped, 6 whole for serving plus

1/4 cup liquid from the jar

1/4 cup plus 2 tbsp chopped dill

1 cup plain yogurt

1 cup buttermilk

1/4 tsp ground cumin

Salt

Puree chopped cucumbers, chopped pepperoncini, pickling liquid, 2 tbsp dill, yogurt and buttermilk in a food processor. When smooth, add cumin, 1/4 cup dill and salt to taste and then chill for at least a half hour. Serve soup with one or two cucumber spears and a whole pepperoncini next to each bowl.

*Adapted from Food & Wine, September 2009*

## Jupiter Peach Tart

1 1/2 cups all-purpose flour

1/4 cup granulated sugar

1/2 tsp baking powder

1/2 tsp lemon zest, finely grated

7 tbsp unsalted butter, softened

1 large egg

1 large egg yolk

1/4 c plus 2 tbsp peach preserves

5-6 firm Jupiter peaches cut into 1/2 inch wedges  
(*other white peach varieties will work as well*)

Confectioners sugar, for dusting

Pulse flour, granulated sugar, baking powder, lemon zest and butter in a food processor until just blended then put in the whole egg and egg yolk and process into soft dough. On a lightly floured work surface gently knead the dough and then press it evenly into a 10 1/2 inch fluted tart pan with a removable bottom. Brush 1/4 cup of peach preserves over the dough and arrange peach wedges over top. Bake for at 375F for 20 minutes on the bottom oven rack until the peaches are slightly soft then spread 2 tbsp of peach preserves over the fruit and bake a half hour more until the peaches are tender and the crust is golden. Dust with confectioners sugar and cool for a half hour.

*Adapted from Food & Wine, September 2009*

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## Phatty Stuffed Tomatoes

2 medium or large tomatoes

2 cups cooked brown rice

1/4 cup minced Italian parsley, arugula or basil

1 tsp oregano

Salt & pepper

Breadcrumbs

Parmesan cheese, grated

Make a circular cut at the top of the tomatoes to remove the stems and use a teaspoon to scoop the pulp from the inside of the tomatoes. Mix the pulp and spices with brown rice and stuff the hollowed out tomatoes with the mixture. Place the tomatoes in baking dish and sprinkle with the cheese and breadcrumbs. Bake at 350F for 20-25 minutes.

*Recipe by Katharine Isserlis, friend of the farm*

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## Plum Pavlova

2-4 Sun Plums, sliced

6 Cherry Plums, sliced

3/4 cup raw or brown sugar

Fruity white wine or lemon juice, optional

2 egg whites

1/2 tsp vinegar

Rice flour for sprinkling

Handmade Whipped Cream (*see June 17 CSA News for recipe, available online*)

Toss Sun Plum and Cherry Plum slices with 1/4 cup sugar and a splash of white wine (*you can leave out the sugar and wine if preferred*) and set aside. Whip 1/2 cup sugar, egg white, and vinegar until thick and shiny, at least 5 minutes (longer if done by hand). Sprinkle rice flour on a sheet of baking paper and pour/dollop egg and sugar mixture into a messy circle about inches in diameter. Bake at 250F for about an hour until it is crisp but still pale. Turn off the oven, open the door slightly and leave the pavlova inside until cold. Just before serving, slather with Handmade Whipped Cream and top with sliced plums.

*Inspired by Ditta Isager, Fruit Meringue Cake*

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*For CSA related questions, please visit our website, [www.TinysOrganic.com](http://www.TinysOrganic.com), contact our Seattle Home Office, 206.762.0577 or send an email to [info@ilovetiny.com](mailto:info@ilovetiny.com).*