



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

AUGUST 26

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.

- * Peaches: Golden Princess, Blushingstar, Sweet Dream & Jupiter Donut
- * Pluots: Flavor Grenade, Flavor Heart, Flavor Queen
- * Nectarines: Arctic Queen & Western Sweet
- * Gala Apples
- * Baby Jericho Romaine Lettuce
- * 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, Kellogg's Breakfast, Amana Orange or Moonglow
- * Lemon Cucumbers
- * 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, Coccozelle Bush, 8 Ball, Floridor or Partenon

This Week's Recipes

(Recipes on back)

- * Pancetta Peaches w Basil/Balsamic
- * Roasted Tomatoes Stuffed w Goat Cheese
- * Southern Serenity
- * Horiatiki/Greek Salad
- * Indian Eggplant--Bhurtha
- * Beignets de Courgette
- * Lemon Cuke Tofu Salad
- * Peaches 'N' Crème Fraîche Pie

Crop Talk

Gala apples are just now being harvested so that signals the real start of apple season. Although we've been picking Shamrocks for about 3 weeks now, the Gala gets us all primed up for the start of all the apples we know and love. Shortly we'll be picking the Hawaii apple which is a new addition to our orchard. It has the appearance of a Golden Delicious/Granny Smith but the flavor is almost honey-like if the apples are allowed to reach maturity. The temptation is always to pick fruit when it tastes about right but the Hawaii needs an extra few days for the honey flavor to come out. Also coming up is the Honey Crunch which is an improved version of the Honeycrisp. It's an easier apple for us to grow because it doesn't get too large like the Honeycrisp and it also doesn't develop a condition called bitterpit which is black spotting on the apple mostly at the calyx end. Honeycrisp is the most difficult of all apples to grow and many growers end up only being able to pack 50% of their crop because of quality issues like bitterpit, oversizing, sunburn and premature drop. But it's one of the best-tasting so we all just put up with it and hope for the best!



Explosively delicious Flavor Grenades are best when eaten fresh and crunchy like an apple!

Flavor Grenade, Flavor Heart & Flavor Queen Pluots

The crunchy yellow flesh of Flavor Grenade pluots make them dynamic standouts! Their green skin flushes red and amber when tree ripened. These pluots can store in your refrigerator almost forever. Unlike crispy Flavor Grenades, beautiful blackish purple Flavor Hearts ripen very quickly and have a very short shelf life so they must be

eaten when ripe. Soft-skinned, golden-green Flavor Queen Pluots are the sweetest of the pluot family and so tender that they are rarely carried in shops. When refrigerated, Flavor Heart and Flavor Queen Pluots may keep for a day or two. Ideal for eating on the go, pluots can be cut up for fresh, raw salads, baked into tarts or stirred into pancake and muffin batter before cooking or baking.

Blushingstar, Sweet Dream & Golden Princess Peaches

High in Vitamin C, Vitamin A, potassium and fiber, this week's peaches are straight out of a fairy-tale! Blushingstar is a classic white freestone peach with perfect apricot-gold skin. The Sweet Dream Peach is a new selection for our farm and is one of the tastiest we grow. It can be eaten firm or soft depending on your preference as it is an extremely low acid variety. Chop up into salsa or blend up with other seasonal fruits and ice cream for a sumptuous smoothie. Allow peaches to soften to your liking on the counter or in an open paper bag, then refrigerate. Most peaches will last at least a week in your refrigerator.

Arctic Queen & Sweet Western Nectarines

Mottled red skin belies the sweet white flesh of freestone Arctic Queen nectarines. They make a nice counterpoint to yellow flesh Sweet Western Nectarines, a new variety in Tiny's orchard. Packed perfectly ripe and ready for eating, make sure to eat your nectarines as soon as possible! Slice up this nectarine for a fresh twist to your classic grilled chicken salads; just add fresh goat cheese and a little balsamic vinaigrette and you're good to go! Place on the counter until preferred texture is reached then store in the refrigerator for up to a week.

Gala Apples

A good source of dietary fiber and high in Vitamin C, the Gala is a full-bodied sweetly crisp apple with a fragile, unique skin showing red-orange rays streaking over a yellow background. Gala Apples are sweet, crisp and a great snack with cheddar cheese. Eat fresh out of hand, juice or mix the cream-colored apple slices into your fruit crumbles and crisps. Grill apple rings brushed with butter, sprinkle with a cinnamon-sugar-clove mixture and serve with pork chops or chicken. Store Gala apples in the refrigerator for up to three weeks but probably not the best idea to leave on the counter for more than a couple of days because they soften very quickly at room temperature.

Packing the Pantry

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

Apples: Make into applesauce, apple butter and hot water process to seal into jars for the pantry or make apple pie filling and freeze.

Cucumbers: Blend one cup water, 1 seeded cucumber, ¼ cup basil or mint (optional), a splash of lemon or lime juice and a sprinkle of coarse salt in a food processor. Pour mixture into an ice cube tray, freeze, then pop out cubes and put in a freezer safe bag or container. Drop a couple cubes in a glass of cold water or seltzer to enjoy cucumber agua fresca any time of year!

Oven-Roasted Tomatoes Stuffed with Goat Cheese

6-12 tomatoes (approx. 3 pounds)

1 2/3 pounds fresh goat cheese

1 large egg, lightly beaten

2 garlic cloves, minced

2 tablespoons finely chopped basil

1 teaspoon kosher salt

1/4 teaspoon freshly ground pepper

1/4 cup extra-virgin olive oil

Preheat the oven to 425°. Slice off the top 1/2 inch of each tomato and reserve the tops. Scoop out the tomato cores and seeds. Cut a very thin sliver off of the bottom of each tomato to help them stand up straight. Arrange the tomatoes in a 9-by-13-inch glass or ceramic baking dish. In a bowl, combine the goat cheese with the egg, garlic, basil, salt, pepper and 2 tablespoons of the olive oil. Spoon the goat cheese mixture into the tomatoes, mounding the filling 1/2 inch above the rim. Cover with the tomato tops and drizzle with the remaining 2 tablespoons of olive oil. Bake tomatoes for 35 minutes until tender and browned in spots and the cheese is hot. Let stand for 15 minutes. Serve warm or at room temperature.

HORIATIKI / GREEK SALAD

4 tomatoes, sliced in segments

1 onion, sliced

2 cucumbers, sliced

1 tbsp olive oil

1 cup feta cheese, sliced

Salt, pepper and oregano seasoning

Mix the ingredients together and spread the oil over top. Sprinkle with salt, pepper and oregano.

Pancetta-Wrapped Peaches with Basil and Balsamic

16 thin slices of pancetta

2 medium freestone peaches—halved, pitted and cut into 8 wedges each

Salt and freshly ground pepper

16 basil leaves

1 tablespoon olive oil

Balsamic vinegar, for drizzling

Lay the pancetta slices out on a work surface. Set a peach wedge at the edge of each slice, season with salt and pepper and top with a basil leaf. Roll up the pancetta to enclose the peaches. In a medium skillet, heat the olive oil. Add half of the wrapped peaches and cook over moderate heat, turning occasionally, until the pancetta is browned and crisp, about 4 minutes. Transfer to a platter and repeat with the remaining peaches. Lightly drizzle the peaches with aged balsamic vinegar and serve.

Lemon Cucumber Tofu Salad

Serve over a platter of cooked mung beans or salad greens, brown rice or soba noodles as well.

2 lemon cucumbers, quartered then sliced into ¼ inch thick slices

1 handful of fresh dill (about 2/3 cup loosely packed)

¼ cup extra virgin olive oil

¼ cup fresh lemon juice

2 big pinches of salt

8 ounces nigari extra firm tofu

¼ cup pine nuts

½ of a large, ripe avocado

Toss the cucumbers, dill, olive oil, lemon juice and salt together in a medium bowl. Let sit for at least 20 minutes tossing gently once or twice along the way. In the meantime, cook the tofu and a pinch of salt in a well-seasoned skillet over medium-high heat for a few minutes, until the pieces are browned on one side. Toss gently once or twice, then continue cooking for another minute or so, until the tofu is firm, golden, and bouncy. Set aside. Just before serving cut the avocado into cubes. Spoon the cucumbers out of the lemon-olive oil mixture into a large salad bowl. Add half of the remaining dressing, the tofu, and half of the pine nuts. Gently toss. Taste. Add more dressing or salt if you like. Sprinkle the avocado across the top of the salad and gently toss once or twice to distribute it throughout the salad. Serve topped with the remaining pine nuts.

Southern Serenity

2 ripe peaches, pitted and chopped

4 ounces straight bourbon

Peach wedges or diced peaches, for garnish

Blend together the peaches and bourbon and make into a frozen drink. Spoon into a stemmed wineglass and garnish with the peach wedges.

Indian Eggplant - Bhurtha

2 large eggplants (or several small)

4 tbsp oil

1 medium onion, chopped

3 large tomatoes very ripe, chopped

1 clove garlic, minced

¼ tsp cayenne pepper, optional

½ tsp ground turmeric

½ tsp ground cumin

1 tbsp coriander powder

Salt & ground black pepper to taste

¼ cup chopped fresh cilantro

Roast eggplants over gas flame or under grill until skin is thoroughly blackened all over and the eggplant itself is soft to the touch. When cool enough to handle, remove all skin under running cold water. Mash or chop roughly. In a heavy saucepan heat oil and fry the onion until lightly browned. Add tomato and cook till tomato is well done. Add ground spices and stir for a few seconds, then add eggplant and salt. Cover and cook on low heat until liquid evaporates and it becomes a puree thick enough to scoop up with pieces of chapatti (flatbread). Garnish with fresh cilantro and serve hot or cold as an accompaniment to chapattis and rice or as a dip.

Beignets de Courgette

This zucchini fritters recipe calls for mixing the vegetables into the dough itself. You can vary the recipe by adding cumin or maybe a pinch of cayenne or 1/4 cup of parmesan cheese. Top with cheese for a very satisfying appetizer.

1 pound zucchini/summer squash

2 eggs

2 cloves garlic, crushed

½ cup flour

½ teaspoon salt

¼ teaspoon pepper

Oil for frying

Shred the zucchini using a food processor and put it in a big mixing bowl. Stir in the eggs, garlic, flour and salt and pepper and mix until blended. The batter may look a bit runny but don't get alarmed, it all holds together once it heats the hot oil. Heat about ½ inch of oil in a heavy skillet. Drop the batter by tablespoons-full into the oil and cook until browned, three to four minutes per side. Remove from oil with a slotted spoon and drain on absorbent paper towel. Serve warm. Makes about 20 fritters.

Peaches 'N' Crème Fraîche Pie

Half batch of your favorite pie crust, chilled and

pressed into a pie pan

¼ cup confectioners sugar

¼ tsp baking powder

Pinch of salt

3-6 tbsp all-purpose flour

¼ cup cold butter, cut into pieces

4-5 yellow peaches, pitted and quartered

2-4 tbsp sugar, to taste

Pinch of salt

5 tbsp crème fraîche

First, mix confectioners sugar, baking powder, salt and three tablespoons flour together in a bowl and cut in the cold pieces of butter with a fork until crumbly. Next, in another bowl, mix peaches, sugar and salt and let marinate for 15 minutes. Spread two tablespoons crème fraîche in bottom pie shell, sprinkle with one-third of the flour-butter mixture and arrange the peaches on top. Drizzle the rest of the crème fraîche on the peaches and strew the remaining flour-butter mixture overtop. Bake at 375F for about 50 minutes until bubbly and golden and then cool for a quarter hour and then eat or chill in the refrigerator overnight to eat cold the next day.

Adapted from Smitten Kitchen, July 2009

For CSA related questions, please visit our website, www.TinysOrganic.com, contact our Seattle Home Office, 206.762.0577 or send an email to info@ilovetiny.com.