



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

SEPTEMBER 2

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
- * Plums: Hiromi Red & Blue Hiromi
- * Pluots: Flavor Grenade, Flavor Heart, Flavor Queen
- * Arctic Queen Nectarine
- * Gala Apples
- * Basil
- * Bell Peppers
- * Leeks or Garlic
- * Lettuce
- * Potato Mix: All Blue, All Red, Yukon old, Rose Finn Apple-Ruby Crescent Fingerling, Russian Banana Fingerling, Mountain Rose, Sangre or Cranberry Red
- * 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

This Week's Recipes

(Recipes on back)

- * Summer Potato Salad
- * Tomato Confit with Herbed Ricotta
- * Potato Frittata
- * Excellent (& quick) Pizza
- * Roasted Farm Potatoes
- * Fresh Stonefruit Chutney
- * Peacapple Delight
- * Cocoa Gala Apple Pie
- * Pluot Pie Filling (for freezing)

Crop Talk

This is the time of year when you begin to hear talk on the radio and on TV about 'Fall is in the Air' when it starts to cool down. However when you're a farmer in Eastern Washington you've got to be on your guard not to pay much attention to that kind of chatter. I remember one year when I actually bought into that talk and factored in 3 or 4 extra days to maturity for one of our pluot crops because it really did feel like fall was in the air only to have the temperatures hit the mid 90's for a couple of weeks in mid-September and we got way behind on harvest and just barely managed to get the fruit off the trees before it softened too much. Daytime average temperatures for the Wenatchee area stay in the low 80's right through the end of September and almost every record high for the month is in the mid to high 90's. All of our crops are heat sensitive and the higher the temperature the quicker they mature and we stay on point when it comes to monitoring all of them. The forecast for early next week in Wenatchee is only 72F but the record high for that date is 97F and the average temperature is 82F. And you can bet with those lower temps in the forecast we'll be sure to hear plenty of media talk of Fall being 'in the air' but we'll be one party who won't be paying any attention to it at all!!



Hiromi Red Plums can grow as large as a medium-sized apple!

Blue & Red Hiromi Plums

Plums are vibrant cousins of peaches, nectarines and almonds. A good source of Vitamin C, they help increase iron absorption in the body. Both the Red and Blue Hiromis are just right for eating as-is and pair well with crème fraîche, salads, other stone fruits, cinnamon, honey, ginger, brandy and both red and white wine. Slice and freeze for the off-season or prep with sugar and spices for

future pie making. Allow your sweet Hiromi Plums to soften on the countertop to maximum flavor, then store in the refrigerator for a few days.

Basil

A vital ingredient to many traditional dishes, heart-healthy basil is full of beta-carotene, magnesium, iron and calcium. Basil can be enjoyed raw or cooked. When using in a cooked dish, add at the end for the best texture and flavor. Try fresh basil tea when in need of revitalizing: Steep a couple sprigs of fresh basil in hot water for up to five minutes (depending on desired strength). Remove sprigs and add lemon or honey if needed. To store fresh basil, trim the stems, pull off any lower side leaves and stand the bunch in a jar with enough cool water to cover the base of the stems. Leave basil at room temperature for 2 to 3 days and pick off fresh leaves when needed, making sure to change the water daily. Looking for an easy way to put up basil? Wash and blanch basil for 10 seconds, shock with cold water and then chop or process, pack into ice cube trays, topping off with cold water. When frozen, pop out the basil cubes and put in freezer safe containers for up to six months. Use cubes as needed. To dry basil, rinse stems and pick off leaves. Place a towel on a plate or flat surface in a warm place and cover with basil leaves. The leaves will dry out in 3-5 days, stir occasionally and when crisp break up or grind leaves and put in a jar or other airtight container.

Farm Potato Mix

Potatoes provide our bodies with essential protein, fiber, Vitamin C, Vitamin B and minerals. They even contain more potassium than bananas! Potatoes pair well with many ingredients such as eggs, butter, cheese, greens, fresh and dried herbs, tomato, eggplant, leeks, bell peppers, olive oil and meats like beef, poultry and pork. Oh-so-versatile, shred potatoes and fry up into pancakes, grate and stir into hashes, slice and layer into a gratin, boil and smash with salt, olive oil and red pepper flakes for a quick side dish or make into potato salad with chopped fresh herbs. Potatoes easily absorb moisture and flavors so try to avoid storing them near strongly flavored foods like apples. Keep unwashed potatoes in a cool, dark place with plenty of circulating air for up to a couple weeks.

Packing the Pantry

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

Italian Tomato Sauce

8 pounds tomatoes, chopped
½ cup chopped fresh basil
1 onion, minced
3 cloves garlic, crushed with flat of knife and sliced
½ cup olive oil
Red pepper flakes to taste
Salt and pepper to taste
Saute onion, garlic and red pepper flakes in olive oil until onions are translucent. Add chopped tomatoes, basil, salt and pepper. Let simmer on low heat for 1-2 hours or until desired consistency. When cool, pour into freezer safe containers.

AJVAR: A ROASTED EGGPLANT AND PEPPER SPREAD

5 sweet bell peppers
1 small-medium eggplant
1 clove garlic, smashed
1 ½ tbsp olive oil
½ tsp red wine vinegar or fresh lemon juice
Salt and pepper to taste
Broil bell peppers and eggplant whole until the skin blisters. Allow them to cool, then seed and remove skin from the peppers. Scoop out eggplant flesh. Process peppers, eggplant, garlic, olive oil and red wine vinegar in a blender or food processor until it becomes a rough puree. This spread can be frozen and used as a sandwich spread, on grilled meats or vegetables or crostini. *Adapted from kathyvegas, foodbuzz, August 13, 2009*

Summer Potato Salad

2 lbs potatoes
2 tbsp white or apple cider vinegar
Extra-virgin olive oil to taste
Fresh basil, torn or chopped
Salt & black pepper
Cover potatoes with cold salted water in a 3-quart saucepan, simmer, covered until tender 10 to 15 minutes. Drain potatoes and halve or quarter if desired. Add vinegar, oil, basil, salt & pepper to potatoes while warm and toss to coat. Serve warm or at room temperature.

Tomato Confit with Herbed Ricotta

2 c heirloom tomatoes (any size), stemmed
1 garlic clove, smashed and peeled
1 bay leaf, torn in half 3 tbsp olive oil
Coarse sea salt and black pepper
1 cup fresh ricotta cheese
Crusty bread, for serving
2 tsp chopped fresh herbs (*basil, thyme, tarragon or chives would work well*)
Heat oven to 325F. Spread tomatoes, garlic and bay leaf on baking pan with rim. Drizzle with oil and sprinkle with a large pinch of salt and several grinds of pepper. Bake until tomatoes are wrinkled and fragrant, about 45 minutes, shaking pan once or twice. Transfer pan to a rack to cool. Discard garlic and bay leaf halves. In a shallow serving bowl, gently combine ricotta and herbs. When tomatoes are warm or at room temperature, spoon them over ricotta and serve with bread, sprinkled with more salt if desired.

Roasted Farm Potatoes

Heat oven to 425F. Wash & chop or slice into 1" cubes. Put potatoes in plastic bag, add olive oil and salt. Shake bag until potatoes are well coated. Pour potatoes into a foil packet and roast for about 20 – 30 min. Serve with shaved parmesan and fresh chopped basil.

Potato, Leek and Fromage Blanc Frittata

¾ lb. potatoes
2 tbsp unsalted butter
2 leeks, white and tender green parts only, halved lengthwise and thinly sliced
Salt and freshly ground black pepper
10 large eggs 1/3 cup whole milk
4 ounces *fromage blanc* or 1 cup crumbled feta cheese
Preheat the oven to 375°. In a medium saucepan, cover the potatoes with water and bring to a boil. Boil the potatoes until tender, about 15 minutes. Drain and let cool slightly, then cut into 1/2-inch dice. In a 10-inch nonstick ovenproof skillet, melt the butter. Add the leeks and cook over moderate heat until tender, about 4 minutes. Add the potatoes and cook for 3 minutes longer. Season with salt and pepper. In a large bowl, whisk the eggs with the milk and season with salt and pepper. Pour the eggs over the leeks and potatoes and cook for 5 minutes without stirring. Dollop the *fromage blanc* or sprinkle the feta cheese over the leeks and potatoes. Transfer the skillet to the oven and bake until the eggs are just set in the center, about 18 minutes. Slide the frittata onto a serving plate. Cut into wedges and serve.

Fresh Stonefruit Chutney

1 Golden Princess Peach, sliced thinly
1 Arctic Queen Nectarine, sliced thinly
2 Hiromi Red Plums, sliced thinly (*or 1 cup cherries, quartered and pitted, if you have some packed away in the freezer*)
6 tbsp sugar 3 tbsp white balsamic vinegar ½ tsp garam masala
In a bowl, gently mix peach, nectarine, plums, sugar, balsamic vinegar and garam masala and let marinate at room temperature for about an hour. Stir from time to time. Stonefruit Chutney can be made the day before and chilled until ready to serve.

Peacapple Delight

1 apple
1 peach
3 tbsp butter
2 tbsp brown sugar
1 tsp cinnamon
pinch of salt
pinch of cayenne pepper
Slice your apple and peach into "bite-sized" pieces, about ¼" thick x 1" x 1"
At med-low heat, melt your butter. Add your fruit and toss to get them coated in the butter. Add your dry ingredients and reduce heat, a "sauce" will start to form. Keep the fruit and sauce moving so that it does not scorch. When fruit is soft, remove from heat and serve over ice cream or by itself.
Recipe by Eric Willard

Excellent (& quick) Pizza

3 cups all-purpose flour
1 (.25 ounce) package active dry yeast
2 tbsp olive oil
1 tsp salt
1 tbsp white sugar
1 cup warm water (110F)
Combine flour, salt, sugar, and yeast in a large bowl. Mix in oil and warm water. Add more oil if needed. Spread out on a large pan brushed with oil. Bake at 375F for 20 to 25 minutes.
Pizza Topping Suggestions:
Brush crust with olive oil and/or pesto and layer with any combination of paper thin slices of tomatoes, potatoes, summer squash and/or caramelized leeks or onion. Top with feta cheese, Parmesan or shred any cheeses you already have in your refrigerator. Bake at 375F for 20-25 minutes. Garnish with freshly chopped basil.

Cocoa Gala Apple Pie

1½ cup flour
3 tbsp cocoa powder
5 ½ oz butter, room temperature
5 tbsp sugar or to taste, plus more for sprinkling
2 eggs
½ tsp vanilla extract
1 tbsp cold water
7 Gala apples, chopped, diced or sliced
1 oz butter
1 ½ tsp cinnamon or to taste
2 oz dark chocolate, broken into pieces
Mix flour, cocoa powder and 4 ½ oz butter and then stir in sugar, eggs, vanilla extract and water until smooth dough forms. Roll out and place in a spring-form cake pan, trim edges and chill in refrigerator a half hour along with unused dough (wrap it in plastic). Simmer 1 oz butter, cinnamon and half the apples until soft then turn off heat. Stir in chocolate and rest of apples, cool. Pierce crust with fork and pour choco-apples into pan. Push down sides of dough almost to top of apples. Flatten unused dough and cut into shapes, arrange on top of apples, sprinkle with sugar and bake at 350 for up to 40 minutes until top is crispy.
Adapted from Kayotic Kitchen, March 18, 2009

Pluot Pie Filling

2 tbsp lemon juice
4 cups any variety pluots, pitted and sliced
1 cup sugar
2 tbsp quick cooking tapioca, flour or cornstarch
½ tsp cinnamon ½ tsp nutmeg
Gently toss pluots and lemon juice in a bowl. Mix sugar, tapioca, cinnamon and nutmeg in another bowl, add to pluots and lemon juice and let flavors mingle for a quarter hour. Line a pie dish with plastic wrap or foil and pour in pluots. Put in freezer until solid, remove from pan, wrap tightly and store until needed, up to 6 months. Later, make your favorite crust and press it into the pie pan, place the frozen filling on top and bake!
Adapted from Divine Dinner Party, May 6, 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.