



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 16

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.

- * Apples: Honeycrisp, Gala & Hawaii
- * Nectarines: Arctic Queen & Arctic Blaze
- * September Sun Peaches
- * Pluots: Flavor Queen, Flavor King & Dapple Dandy
- * Arugula
- * Bell Pepper Mix: Orion, Bianca & Corno di Toro
- * Lemon Basil
- * Sage
- * Jericho Lettuce
- * 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)

- * Lemon Basil Tapenade
- * Whole Wheat Pasta with Lemon Basil & Salmon
- * Arugula Pesto
- * Pasta with Arugula and Goat Cheese Sauce
- * Arugula Salad
- * Apple Cup Pies
- * Quinoa with Peppers & Tomatoes
- * Farm Apple Cake

Crop Talk

Maybe it's just coincidence or luck but our weather prediction last week (don't believe what you hear in the media about 'Fall Is In The Air'!!) came true as temps hovered in the mid 90's the past week here in Wenatchee, almost 15 degrees higher than normal but we're expected to cool off to the mid 80's the rest of this week! This heat wave followed a very cool Labor Day weekend when we weathered a cold rain and highs only in the mid 60's. On the crop front, we've just completed fall plantings, and carrots are almost ready to pick from plantings made back in early August. And wow, are these special carrots! Purple Dragon leads the way along with the Yaya and Red Core Chanteney. Along with carrots, we're looking to harvest Tat soi, radishes, Big Red Wave mustard greens, spinach and more in the next few weeks. Plus we're planting more strawberries for next spring, filling in the blank spots in the beds and rejuvenating existing beds that have run their course in time over the past couple of years. Hawaii apples are also in the bag this week and are literally just fresh off the trees early this morning as the bags were being packed here at the farm. Also look for several more very cool heirloom and modern varieties in weeks to come. Apple harvest has really just begun and you'll fall in love with some of the extra special ones that are still on the trees, including Arkansas Black, Honeycrunch, Spitzenburg, Golden Russet and Fuji.



Gala apples were first propagated in New Zealand in the 1920's by J. H. Kidd as a cross between a Golden Delicious and Kidd's Orange Red.

Gala Apples

Crisp, sweet and juicy, the Gala apple lends itself to use in marvelous sauces, salads and raw juices. Its toothsome, cream-colored flesh contains nutrients that support lung and heart health and help prevent tooth decay. Gala holds its texture well when baked into crisps, muffins, pies and tarte tatin and pairs well with

crab, curry, ginger, tomatoes, peaches, nuts, chicken and vanilla. Try a twist on typical candied apples by making red wine caramel apples. Galas can be stored well in the refrigerator without going mushy for about two weeks.

Arctic Blaze Nectarines

A good-sized, clingstone variety showing striking red over ivory skin, the quirky Arctic Blaze features rich flavor and firm texture when picked and mellows into a very sweet fruit when soft ripe. Thought to be one of the best low acid white flesh nectarines, Arctic Blaze nectarines are a good source of Vitamin C. Blend them into an icy sorbet, slice into a cheesecake or tart recipe or mix with grilled scallops, corn, tomato and basil for a delectable, slightly offbeat end-of-summer salad. Nectarines pair well with arugula, lettuce, honey, almonds, pistachios, walnuts, pluots, pork, poultry, basil, crème fraîche, yogurt, champagne and red or white wine sauce. To soften nectarines, leave them on the counter for a day or two then move the fruit into your refrigerator. Please note that white flesh peaches and nectarines ripen much quicker than yellow varieties, so check on them often and enjoy!

September Sun Peaches

Fuzzier than most other peach varieties, ruddy freestone September Suns have crisp bright yellow flesh chock-full of Vitamin C and other important nutrients, including potassium, fiber and Vitamin A. They are great for canning and eating fresh out of hand. Try making September Sun peach slab pie, jam, ice pops, creamsicles or a peach-tomato gazpacho! Peaches pair well with basil, sage, tomatoes, apples, pluots, arugula, and other salad greens as well as seafood and meats like pork and chicken. Allow fresh yellow flesh peaches to soften to your liking on your counter or in a paper bag and then refrigerate for a few days.

Arugula

Tender, peppery and refreshingly bitter, arugula is low in calories and high in Vitamins A, C and minerals. Arugula can be used in fresh salads, wilted and tossed with wheat berries or pasta, made into pesto, layered into roast beef or grilled cheese sandwiches, mixed into creamy smashed potatoes and used to top pizza and crostini. You can also mix arugula into stir-fries and substitute it in for any green in your favorite soups or salads. It goes well with whole grains, peaches, pluots, nectarines, apples, goat cheese, mozzarella, pine nuts, olives, roasted bell peppers, fresh and roasted tomatoes, potatoes, vinaigrettes, garlic, pancetta, bacon and many other meats. Best eaten as soon as possible after picking, this mustard green can be stored unwashed in a plastic bag in the refrigerator. Rinse well in cool water before eating, as arugula leaves may be a little gritty from the fields.

Packing the Pantry

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

Lemon Basil Tapenade

This spread from the South of France is a natural on grilled bread or pizza, or as a stuffing for chicken breasts.

- 1 cup pitted Kalamata olives
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 1 tbsp chopped lemon basil
- 3 tbsp chopped capers
- 2 tsp fresh lemon juice
- Freshly ground pepper

Place olives, garlic, basil and capers in a food processor. Pulse a few times until the mixture becomes a rough paste. Place in mixing bowl and add lemon juice and pepper. May be stored in refrigerator up to one week or freeze for use in the winter. Bring to room temperature before serving.

Whole Wheat Pasta with Lemon Basil & Salmon

- ½ lb whole-wheat spaghetti pasta
- 1 clove garlic, minced
- 2 tbsp extra-virgin olive oil
- ½ tsp salt, plus more for seasoning
- ½ tsp freshly ground black pepper
- 1 tbsp olive oil
- 4 (4-ounce) pieces salmon
- ¼ cup chopped fresh lemon basil leaves
- 3 tbsp capers
- 1 lemon, zested
- 2 tbsp lemon juice
- 2 cups fresh arugula leaves, discard stems

Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until al dente, about 8 to 10 minutes. Drain pasta and transfer to a large bowl. Add the garlic, extra-virgin olive oil, salt and pepper. Toss to combine. Meanwhile, warm the olive oil in a medium skillet over medium-high heat. Season the salmon with salt and pepper. Add the fish to the pan and cook until medium-rare, about 2 minutes per side, depending on the thickness of the fish. Remove the salmon from the pan. Add the lemon basil, capers, lemon zest, and lemon juice to the spaghetti mixture and toss to combine. Set out 4 serving plates or shallow bowls. Place ½ cup arugula in each bowl. Top with ¼ of the pasta. Top each mound of pasta with a piece of salmon.

Arugula Pesto

Makes enough sauce for one pound of pasta

- 3 cups arugula
- ½ cup extra virgin olive oil
- 1 small clove garlic, coarsely chopped
- ¼ cup pine nuts
- ¼ cup coarsely chopped kalamata olives
- ¼ tsp salt & freshly ground black pepper to taste
- ¼ cup freshly grated Pecorino Romano or Parmesan cheese

Place all ingredients except cheese in a food processor. Process until smooth, scraping down the sides of the bowl as necessary. Transfer mixture to a small bowl and stir in the cheese. Taste for seasonings adding salt or pepper as desired.

Pasta with Arugula and Goat Cheese Sauce

- 1 bunch of arugula
- 1 8-ounce container low-fat yogurt or sour cream
- 1/3 cup goat cheese, crumbled
- 1 pound fusilli noodles
- Salt & pepper to taste
- Grated parmesan cheese, as garnish

Fill a large pot with water and bring to a boil. Chop arugula and dry thoroughly. Place the arugula, yogurt or sour cream, goat cheese, salt & pepper in a food processor. Blend the ingredients thoroughly. Keep the sauce at room temperature until ready to use. Add a pinch of salt to the boiling water and cook the fusilli following the instructions on the package. When the noodles are cooked, drain them and place on serving dishes. Pour the sauce evenly over the top of each serving and add some grated parmesan cheese to each dish. Serve immediately.

Arugula Salad

- 4 packed cups arugula, stems discarded
- ½ cup thinly sliced red onion (optional)
- ¼ cup crumbled Roquefort or other blue cheese
- 2 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- Salt & freshly ground black pepper

Wash and dry the arugula and tear large leaves into pieces. Add the arugula, red onion, and half the blue cheese to a salad bowl. Whisk together the olive oil, balsamic vinegar, salt, and freshly ground black pepper. Toss the dressing with the salad ingredients. Taste and add more balsamic vinegar, if needed. Sprinkle with the remaining blue cheese, grate freshly ground black pepper over the salad and serve.

Apple Cup Pies

Cut out circles of pie pastry large enough to leave a bit of overhang around the edge of a cupcake tin. Gently push the pastry into a cup, leaving a bit of rim around the edge. Leave an empty cup between cup pies. Fill with sliced fruit (cored or pitted as necessary... but skins on is ok) mixed in with a handful of sugar, lemon juice, cornstarch or flour, and a dash or two of

spices. Top with another, slightly smaller, round of pastry and pinch shut. Brush with a bit of egg wash, sprinkle with sugar, and cut about 4 vent holes in the top. Bake at 425F for about 15 minutes, then reduce the heat to 325 and bake for another 10 to 15 minutes or until the filling is furiously bubbling and the tops are golden brown.

Quinoa Salad with Roasted Peppers and Tomatoes

- ¼ cup plus 1 tbsp extra-virgin olive oil
- 2 cups quinoa, rinsed and drained
- 2 cups fresh orange juice
- 2 cups water
- Kosher salt
- 2 large bell peppers
- ½ cup pine nuts
- 1 tbsp white wine vinegar
- 1 medium cucumber—peeled, halved, seeded and finely diced
- 1 large tomato, seeded and finely diced
- ¼ cup finely chopped lemon basil
- Freshly ground black pepper

In a medium saucepan, heat the 1 tbsp of olive oil. Add the quinoa and cook over moderately high heat, stirring, until lightly browned, about 4 minutes. Add the orange juice, water and a generous pinch of salt and bring to a boil. Cover and cook over low heat until the liquid is absorbed, about 15 minutes. Fluff the quinoa with a fork and spread on a baking sheet to cool. Meanwhile, roast the peppers under the broiler, turning occasionally, until charred all over. Transfer the peppers to a bowl, cover and let steam for 10 minutes. Peel and seed them and cut into 1/4-inch dice. In a medium skillet, toast the pine nuts over moderate heat, stirring occasionally, until golden and fragrant, about 5 minutes. Transfer the pine nuts to a plate to cool. In a large bowl, whisk the remaining ¼ cup of olive oil with the vinegar. Add the quinoa, peppers, pine nuts, cucumber, tomato and lemon basil and toss well, breaking up any lumps of quinoa. Season the salad with salt and pepper and serve.

Farm Apple Cake

- 2 cups apples (any variety will do), cut into ¼ inch cubes (peel on)
 - 2 ½ cups whole wheat pastry flour
 - 1 tbsp baking powder
 - 2 tsp cinnamon
 - ½ cup sugar (natural cane or brown sugar)
 - ½ tsp sea salt
 - 2 eggs
 - 1 cup buttermilk
 - ¼ cup butter, melted
 - 3 tbsp large grain sugar
- Preheat the oven to 400F degrees, rack in the middle. Butter and flour (or line bottom with parchment paper) one 9-inch square baking dish or tart pan. Place the chopped apples in a bowl of water along with the juice of one lemon. Set aside. Combine the flour, baking powder, cinnamon, sugar and salt in a large bowl. And in a separate smaller bowl whisk together the eggs and the buttermilk. Whisk in the melted butter. Pour the buttermilk mixture over the flour mixture and stir until barely combined. Drain the apple, shake off any excess water, and fold the apples into the cake batter. Spoon the batter into the prepared pan, pushing it out toward the edges. Sprinkle with most of the large grain sugar. Bake for about 20-25 minutes or until cake is just set and a touch golden on top.

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.