



www.TinysOrganic.com

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 23

#### 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: Golden Delicious & Honeycrisp
- \* Arctic Snow Nectarines
- \* September Sun Peaches
- \* Pluots: Flavor King & Dapple Dandy
- \* Hiromi Gold Plum
- \* Astro Arugula
- \* Big Red Wave Mustard Greens
- \* Eggplant Mix: Turkish Orange, Rosa Bianca, Louisiana Long Green, Udumalpet or Imperial Beauty
- \* Jericho Romaine 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)

- \* Vegetable Lasagna
- \* Tomato Paste
- \* Fresh Tomatoes & Sautéed Mustard Greens with Poached Eggs
- \* Arctic Snow Nectarine & Arugula Salad
- \* Curried Eggplant with Chickpeas & Arugula
- \* Apple Butter
- \* Caramel Apples

#### Crop Talk

Apple season is definitely here! For many varieties of apples, most growers pick the whole tree in one picking and that makes life a lot easier because of the added expense and time of having to revisit the tree and essentially set up your harvest operation all over again. But almost all varieties of apples do not ripen at the same time. If you can picture the apples at the top of a tree exposed to the sun every day all summer long versus apples that are at the bottom on the inside of the tree, then you can quickly see that there is no way those apples on the bottom are going to be anywhere close to maturity relative to the ones on top because most of their growing life is in the shade. When they're picked before maturity, the flavor is usually very starchy, the size is small and the flesh has a tinge of green which is a good sign that it needs to stay on the tree for at least a few more days. The best tip we can give when shopping at a store in the off-season is to choose larger apples as well as ones with a background color that is more yellow than green. And stay away from apples that soften quickly like Red Delicious, Golden Delicious, MacIntosh, Rome, Gala, Braeburn and Cameo. For 'no surprise' apples, always look for Grannies, Pink Ladies, Honeycrisp and Fuji. Here at Tiny's we usually pick our apple trees 3 times over a period of a couple of weeks just to be sure that our members (us too!) get the best-tasting apples possible.



Honey sweet Golden Delicious Apples have been in production for over 80 years.

#### Golden Delicious & Honeycrisp Apples

Some research suggests eating apples may help protect against oxidative damage that contributes to brain disorders and may help maintain brain performance so be sure to get your fill of fresh apples whenever you can, which will be easy when Golden Delicious Apples are in season. Related only in name to the ubiquitous Red Delicious, crisp and juicy Golden Delicious feature a light yellow flesh

excellent for salads, sauces, baking and freezing. They are so sweet that sometimes you can even cut down on the sugar in your recipes when using them in pies and cakes. Treat your apples gently to prevent bruising and store them in the refrigerator as apples stored at room temperature can deteriorate ten times faster than ones refrigerated, especially Golden Delicious.

#### Arctic Snow Nectarines

A good source of Vitamins C and A, nectarines help cleanse the body when eaten raw. The latest of all nectarines grown at Tiny's Organic is the white flesh, freestone Arctic Snow Nectarine. Its sweet, low-acid flesh goes well with arugula in salads and can be chopped into salsas or made into preserves with lemon basil. Arctic Snow Nectarines can be eaten hard like an apple or if you like them soft just wait 2-3 days. Best eaten firm but not too hard, soften your nectarines to perfection at room temperature then refrigerate to prevent over-ripening. For long-term storage, chop nectarines, seal in a plastic bag and freeze.

#### Big Red Wave Mustard Greens

Pungent and an excellent source of Vitamins A, E, and C, these bracing burgundy leaves can be helpful for people dealing with colds, arthritis or depression. Use baby leaves in fresh salads and larger adult leaves braised and mixed into soups and fresh pasta dishes or baked with eggs, cheeses and mushrooms into a savory gratin. Pair with bacon and other pork products, curry, garlic, hot sauce, onion, sesame oil and vinegar. Serve cooked with beans and rice or sauté with tempeh, garlic, onions, some soy sauce, hot sauce and a bit of sugar and serve with your favorite whole grain. Mustard greens can be refrigerated in a plastic bag for up to five days. Despite their strong flavor, these are delicate greens. For the best flavor enjoy in the first couple of days after you take them home.

#### Eggplant Mix

Long ago in Europe, eating eggplant was rumored to cause instant insanity. Now, eggplant is appreciated for containing nutrients that protect both brain and cardiovascular function! Eggplant is very versatile and can be baked, grilled, steamed or sautéed. It works well with tomatoes, onions, garlic and cheese, capers, peppers, pomegranate molasses and sesame paste and really shines in simple dishes. Just rub with olive oil, sprinkle with salt and pepper and grill or roast in the oven until tender to really bring out the rich flavor. Grilled eggplant is a nice addition to salad. Eggplant can also be hollowed out, stuffed with a spiced meat, grain and greens mixture and baked or steamed. After picking up your CSA bag, eat your eggplant as soon as possible for best flavor. If you must store Eggplant, wrap in plastic and store for 1 to 2 days in the refrigerator. You can briefly soak sliced eggplant in iced water or paint with lemon juice or vinegar to prevent browning before cooking.

## Packing the Pantry

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

#### Apple Butter

10 large apples, peeled and cored  
1 cup apple cider  
2 cups granulated sugar  
2 tbsp lemon juice

Cut apples into 1-inch pieces. Combine apples and cider in a very large stainless steel or enamel saucepan. Bring to a boil over medium-high heat, stirring occasionally. Reduce heat and boil gently for 20 minutes or until mixture is reduced by half. Stir in sugar and lemon juice. Return to a boil, reduce heat, and boil gently for about 25 minutes or until mixture is very thick. There should still be some tender apple chunks remaining.

Remove from heat. Ladle into sterilized jars and process as directed for [Shorter Time Processing Procedure](#) (Google). Variation: Spiced Apple Butter. Add 2 tsp ground cinnamon and ½ tsp each ground cloves and allspice with the sugar.

#### Tomato Paste

3 tbsp olive oil  
2 cups onion, finely chopped (optional)  
4-6 cloves garlic, minced (optional)  
1-2 bell peppers, finely chopped (optional)  
About 2 pounds tomatoes, chopped into small pieces

Heat olive oil in a heavy-bottomed pan and sauté onions, garlic, and peppers until the onions are translucent. Stir in tomatoes and simmer until very thick, perhaps up to an hour. Freeze mixture in an ice cube tray and later pop tomato paste cubes into a freezer safe bag. *Inspired by A Life (Time) of Cooking*

#### Vegetable Lasagna

2 tbsp olive oil, and a little more for greasing baking pan  
2 medium onions, diced  
1 clove garlic, minced  
1 bell pepper, chopped (optional)  
2 cups arugula or mustard greens, chopped and packed firmly  
Salt and black pepper to taste  
2 eggs, lightly beaten  
15 oz ricotta cheese  
¼ cup Parmesan cheese, grated  
3 ½ cups Italian Tomato Sauce (*recipe in Sept 9, 2009 CSA newsletter, available online*)  
9 no-boil lasagna noodles  
2 cups Lemon Basil Pesto (*recipe in July 15, 2009 CSA newsletter, available online*)  
8 oz mozzarella cheese, grated

Lightly grease a 9 X 13 baking pan with a little bit of olive oil. While heating oven to 375 degrees F, warm the remaining 2 tbsp olive oil in a large pan. Put diced onions into the pan and cook over medium-high heat for a couple minutes, stirring, then reduce to medium-low heat to caramelize. When the onions start to brown, add minced garlic and bell pepper, stir once, cook five more minutes, add arugula or mustard greens to the skillet and cook until just wilted; season to taste with salt and pepper if desired. Beat eggs, ricotta and Parmesan together in a bowl and set aside. Place ½ cup of Italian Tomato Sauce in the bottom of your greased baking dish and top with 3 lasagna noodles. Spread half of the egg-cheese mixture on top of the noodles, then cover with half of the warm greens-onion mixture and spread 1 cup of the Italian tomato sauce over top of it all. Add a layer of 3 more lasagna noodles and spread the Lemon Basil Pesto over them. Finish by layering the remaining greens-onion mixture, the last 3 noodles, the rest of the ricotta, the rest of the Italian Tomato Sauce and sprinkling the grated mozzarella evenly over the entire dish. Cover and bake 45 minutes then remove foil and bake until browned and bubbly. *Adapted from Stephanie Gallagher, Healthy Cooking, June 2007*

#### To Freeze Vegetable Lasagna

OPTION 1: Cook lasagna in a glass or metal dish and cool completely and cover with plastic wrap, pressing it down onto top of lasagna. Cover the lasagna pan with foil and tightly seal it around the plastic wrap.

OPTION 2: Put cooled lasagna in a freezer safe plastic bag, squeezing out air before sealing. Freeze for up to 3 months.

**Arugula:** Blend 2-4 cups arugula leaves with ½ cup toasted walnuts or pine nuts and 3-6 roasted and peeled garlic cloves in a food processor. Drizzle in ½ cup olive oil and continue to process until smooth. Season to taste with salt and black pepper. Freeze in ice cube trays or in a flattened, freezer safe plastic bag. After thawing, add a ½ cup pecorino or Parmesan cheese if you like.

#### Fresh Tomatoes & Sautéed Mustard Greens with Poached Eggs

3 cups tomatoes, chopped  
1 tbsp butter  
1 clove garlic, minced  
½ onion, chopped  
¼ tsp crushed red pepper flakes, or to taste  
Coarse sea salt and freshly ground pepper  
2 tbsp balsamic vinegar  
4 eggs  
1 bunch mustard greens, chopped and sautéed  
Freshly grated Parmesan cheese

Melt butter in a small frying pan over medium-high heat. Add minced garlic and red pepper flakes and stir until lightly browned. Add chopped tomatoes and cook until bubbling, season with salt and pepper. Reduce heat and simmer for about 15 minutes. Add balsamic vinegar and stir until absorbed. Crack eggs over tomato mixture, cover and

let cook about five minutes. Remove skillet from heat, uncover and let stand 2 to 3 minutes. Transfer each egg to a bed of sautéed mustard greens. Spoon tomato sauce remaining in skillet over each egg, sprinkle with Parmesan cheese, and add salt and pepper to taste if desired; serve.

#### Arctic Snow Nectarine & Arugula Salad

¼ cup roasted hazelnuts, chopped  
2 Arctic Snow nectarines  
1 tbsp red wine vinegar  
¼ tsp sherry vinegar  
1 tbsp olive oil  
1 bunch arugula, chopped into bite size pieces  
Cut nectarines into sixths and set aside. Combine both vinegars in a medium mixing bowl, add salt and pepper to taste, and then add the olive oil in a thin stream, whisking to mix. Place arugula, nectarines and hazelnuts in a serving bowl, pour the dressing over the salad and toss to combine.

#### Curried Eggplant with Chickpeas & Arugula

2 large garlic cloves, minced  
Kosher salt  
2 tsp curry powder  
½ cup oil  
1 medium eggplant (about 1 ½ pounds), peeled and cut into 3/4-inch pieces  
1 large onion, cut into ½ -inch wedges  
One 15-ounce can chickpeas, drained  
¼ cup finely julienned fresh ginger  
Freshly ground pepper  
1 bag arugula  
Warm naan and plain yogurt, for serving  
Preheat the oven to 425°. On a work surface, mash the garlic to a paste with a pinch of salt. In a large roasting pan, mix the paste with the curry powder and vegetable oil. Add the eggplant, onion, chickpeas and ginger, season with salt and pepper and toss well. Spread the vegetables in an even layer and roast for about 30 minutes, stirring once or twice, until the eggplant and onion are tender. Stir in the arugula and roast just until wilted, about 2 minutes. Serve with warm naan and yogurt.

#### Caramel Apples

6 - 8 small apples, cold  
1 cup heavy cream  
½ tsp sea salt  
1 cup honey  
*Special equipment: candy thermometer, and lollipop sticks.* Line a baking sheet with parchment paper. Push a lollipop or popsicle stick deep into each apple - in through the stem. Fill a large bowl ½ full with ice water and set aside. In a medium, thick-bottomed saucepan heat the cream and salt until tiny bubbles start forming where the milk touches the pan - just before a simmer. Stir in the honey. Bring the mixture to a boil. Now reduce the heat to an active simmer and cook, stirring constantly with a wooden spoon, for about 15-20 minutes or until the mixture reaches about 255-260F degrees. To stop the caramel from cooking, very, very carefully set the bottom of the saucepan in the bowl of cold water you prepared earlier - taking special care not to get any of the water in the caramel mixture. Stir until caramel begins to thicken up - you want the caramel to be thin enough that it will easily coat your apples, but not so thin that it will run right off. If the caramel thickens too much simply put the pot back over the burner for 10 seconds or so to heat it up a bit. Tilt the sauce pan so all the caramel forms a pool on one side, and use other hand to dunk and swirl each apple until it is thoroughly coated with caramel. Recipe by, Heidi Swanson.

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).