



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)

## SEPTEMBER 30

### 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: Gala & Golden Delicious
- \* Arctic Snow Nectarines
- \* September Sun Peaches
- \* Bosc Pears
- \* Pluots: Flavor Heart & Dapple Dandy
- \* French Breakfast Radishes
- \* Giant Red Wave Mustard Greens
- \* Jericho Romaine Lettuce
- \* Tat Soi
- \* Purple Dragon Carrots
- \* Bell Pepper Mix: Orion, Double Up, Cal Corno di Toro, Red Ruffled Pimiento, Apple, Saigon, Bianca or Healthy Red
- \* Farm 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, Kellogg's Breakfast, Amana Orange or Moonglow

### This Week's Recipes (Recipes on back)

- \* Pickled Hearty Greens
- \* D.I.Y. Apple Cider
- \* Saffron Frozen Yogurt with Stone Fruit Puree
- \* Tiny's End-of-Summer Potato Salad
- \* Color Coordinated Fruit Compote
- \* Kasha Salad with Radishes & Feta
- \* Browned Butter Pasta with Tat Soi
- \* Sesame Ginger Tat Soi
- \* Color Coordinated Fruit Compote
- \* Quick Peach Cobbler

### Crop Talk

>Just a quick note about your Bosc pears: if you received only one or two in your bag, that's because the Bosc trees are still in their infancy and CSA members shared in the whole Bosc crop. There just weren't any more to go around, but wait until next year and the trees will be bigger and so will the volume.

>The crop of Purple Dragon carrots is really turning out great! Not only are they very colorful but the flavor is very mild and quite a contrast to regular orange carrots. They really are a truly unique carrot in appearance and in taste.

>The weather has now officially now turned more fall-like and forecasts for our region in Wenatchee are now only in the upper 60's for the next week or so and that will get us into October, a month we know will see a definite downturn in temps. As a result, our fall crops should really take off and put on some real growth. >Look for gourmet greens, radishes, kale, collards and potatoes and other fall/winter type vegetables in your bag. We'll still have a wide variety of tomato heirlooms at least until the first hard frost so enjoy while you can and for winter storage, refer back to the past 3 or 4 newsletters for best storage tips, all online.



*Aptly named, Flavor Heart Pluots have a very pronounced heart-like shape.*

### Flavor Heart Pluots

Rich in good for your skin Vitamin A and C and one of the largest and most beautiful pluots, Flavor Heart's skin color matures from the reddish brown you see here to the dark purple, almost black-skinned fruit you see in your CSA bag this week. Its tender, yellow flesh is ideal for eating fresh out of hand, simmering in compotes or stirring into cobblers and creamy flognarnades. Flavor Hearts ripen very quickly

and have a very short shelf life so they must be eaten when soft. When refrigerated, they keep for a few days.

### Dapple Dandy Pluot (aka Dino Egg)

The original Pluot! Named for its beautifully speckled skin, the seriously sweet Dapple Dandy is beautiful on the inside as well, with flesh ranging from pink to red. Eat your Dapple Dandy Pluots right away or allow to soften on the countertop to maximum flavor or store in the refrigerator for a few days. It's your choice! Remember, freezing local plums and pluots now may be the only way to enjoy them in February! Simply cut your stone fruits in half and remove the seed/pit. Seal the fruit halves well in a Ziploc freezer bag. Your bagged plums and pluots will be easiest to work with later if stored in a single layer and frozen flat on a cookie sheet making stackable bricks. When the winter rains come, bring back memories of sunny days by taking out your frozen fruit, adding organic juice and blending for the best all-fruit smoothie you have ever had.

### French Breakfast Radish

A clear indicator of cooler weather returning to East Wenatchee: Red-shouldered, white-bottomed French Breakfast Radishes are back in your CSA bag! Radishes do very well in cool to warm weather (i.e. spring or fall temperatures); when grown during very hot weather they tend to end up woody or spongy in texture and harsh-tasting. Eat raw as is, slice lengthwise and serve with plain or herb butter and sea salt or poach in a bit of butter. High in moisture, radishes do best when stored unwashed (greens removed) in a plastic bag in the crisper drawer. Use the greens in fresh salads, soups and stir-fries.

### Purple Dragon Carrots

The original carrots, cultivated many years ago in central Asian and Middle Eastern countries, had skin colored in varying shades of purple, quite different from the orange-colored carrots we are accustomed to today. Tiny's Purple Dragon Carrots are a stunning blast from the past and will add interest to your everyday dishes. Grate into salads, toss in olive oil and roast in the oven or add to your favorite carrot cake or carrot oatmeal cookie recipe. To store, cut off greens and keep them wrapped in a moist paper towel in a plastic bag in the crisper. Use carrot greens within a day or two by chopping and stirring into soups or tossing with raw salads. Store the whole carrot roots separately in another plastic bag with a moist paper towel wrapped around them for up to a week or so.

### Tat Soi

Tat soi is a calcium-rich Asian green with small, spoon-shaped, dark green leaves and sporting a mild flavor. Eat raw in salads, add to hot soups just before serving or wilt and serve as a side for meat, seafood or tofu. Tat soi is very delicate; prepare right away or refrigerate in an open bag for a day or two.

## Packing the Pantry

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

#### Pickled Hearty Greens

2 cups water 2 tbsp sugar

1 tbsp salt ¼ cup white or apple cider vinegar

½ lb mustard greens or tat soi, washed, stems trimmed and chopped into 2 inch pieces, leaves coarsely chopped. 3 Serrano chiles, split lengthwise or 3 cloves garlic, sliced or 3 slices ginger root. Bring water, sugar, salt and vinegar to boil over high heat and then remove from heat to cool slightly. Pack chopped stems and leaves of hearty greens into a clean glass 1-quart jar with chiles, garlic or ginger and then pour the hot pickling mixture over the greens until they are completely covered. Cover the jar and keep in the refrigerator for at least three days before eating. Pickled Hearty Greens should store well for several months when refrigerated. *Adapted from Saveur #5*

#### D.I.Y. Apple Cider

8-10 apples, quartered (do not peel or seed) Water to cover apples

½-1 cup sugar (optional) 4 tbsp cinnamon or 4 cinnamon sticks

4 tablespoons allspice, nutmeg or ground cloves to taste

Place quartered apples in a large pot, cover with water and add sugar if desired. Wrap up your spices in a doubled-up cheesecloth, piece of muslin or (clean!) cotton handkerchief tie and add to the large pot. Boil the apples uncovered over high heat for an hour, keeping a close eye on the pot, then cover and turn down the heat to a simmer for two hours. Remove the pot from heat and let the contents cool. Take out the spice bag, mash the apples to a pulp and pour through a strainer over a large bowl. After the juice has drained, strain the remaining pulp one more time by putting it into another doubled-up piece of cloth and squeezing over the bowl until no more juice comes out. Refrigerate up to a week in an airtight container or freeze up to a year. *Adapted from crazy crafter's Mom's*

#### Homemade Apple Cider

#### Radish Greens Pesto

Two large handfuls (2 cups) of fresh Radish greens, no stems

¼ cup Parmesan cheese, grated ¼ cup almonds (optional)

1 clove dry garlic or 2 heads fresh, young garlic

¼ cup olive oil Sea salt & black pepper, to taste

Place all ingredients in a food processor and process with short pulses, scraping down sides when necessary. Add more olive oil if too thick, season to taste and process until well blended. Freeze Radish Greens Pesto in ice cube trays and then pop out and seal in an airtight freezer container or bag for later use.

#### Peeling Stone Fruit Tip

*Peeling stone fruits is a breeze. Cut their skins to get them started, then drop them briefly in boiling water and transfer them to an ice bath. Their skins should slip off easily. After peeling, immediately return them to the ice bath, which prevents discoloration*

#### Peach Ice Cubes

4 fresh peaches, peeled and sliced 1 tbsp lemon juice

Combine in blender; puree. Pour into ice cube trays; freeze

#### Peach Pie Filling

6 fresh peaches, sliced 1/2 - 3/4 cup brown sugar

4 tbsp flour ¼ tsp nutmeg

1 tbsp lemon juice 1/8 tsp almond extract

Mix all ingredients. **Peach Pie Tip**

*Did you know that you can freeze your pie filling?? Simply mix your filling as though you were making a fresh pie. Then wrap your pie pan in saran wrap and freeze your filling in the pan. When it is frozen solid, simply wrap it tightly in foil. When you're ready to bake, just make a fresh crust, place filling inside and bake at the normal temperature!*

#### Tiny's End-of-Summer Potato Salad

2 lbs potatoes cut in 1-inch chunks 3 tbsp olive oil

2 bell pepper, cut in 1-inch chunks 2 cups mustard greens or tat soi, chopped

2 slices bacon, sliced into small pieces 2 cups tomatoes cut in wedges

¼ cup olive oil 1 tbsp balsamic vinegar Salt & pepper, to taste

Coat potatoes with salt and olive oil and roast at 450F about a half hour until tender, adding the bell peppers for the last ten minutes. Meanwhile, brown the bacon and then stir in the greens to sauté for a minute or so; remove from heat. Put roasted vegetables, sautéed greens and bacon into a bowl and toss with tomato wedges. Whisk olive oil and balsamic vinegar together and dress the salad, seasoning to taste.

#### Risotto with Mustard & Radish Greens

1 small onion, finely chopped 2 tbsp olive oil

1 cup risotto, uncooked

½ - ¾ lb. fresh mustard & radish greens, trimmed and torn

4 garlic cloves, minced

2 (14- ½ oz.) cans chicken or vegetable broth

Freshly ground black pepper, to taste 1 cup grated Parmesan cheese, optional

Saute onion in olive oil in a small stock pan. Add risotto and saute until golden. Add greens and garlic; saute until greens are wilted. Stir in broth slowly (one can at a time). Cook, covered, on low heat until most of the liquid is absorbed, stirring occasionally. Add black pepper, stirring well. Add cheese, if desired and blend well before serving.

#### Browned Butter Pasta with Tatsoi

Your pasta of choice, preferably curved or with ridges

½ stick unsalted butter Salt and pepper

Leaves of 2 to 3 bunches of tatsoi, rinsed ½ cup chopped sage

Freshly grated parmesan Lemon wedges, optional

Cook pasta to al dente in salted water. When pasta is almost done, melt butter in a skillet. Swirl the butter in the pan as it foams. (At this point, remove pasta from the heat and drain well in a colander.) When butter begins to brown, toss in pasta and mix to coat with butter. Salt and pepper to taste. Add tat soi and sage and cook until slightly wilted, about 1 to 2 minutes. Plate and serve immediately with grated parmesan and a squeeze of lemon. *Backyard Farming*

#### Sesame Ginger Tat Soi

1 ½ lb tat soi, washed & dried

Salt & black pepper, to taste

1/3 cup soy sauce 2 tbsp Sesame oil

1 tbsp Ginger; minced 2 tbsp Sugar

¼ cup white vinegar 4 dashes Tabasco sauce

¼ cup Sesame seeds, toasted

Bring a large pot of salted water to a rolling boil. Add the tat soi, blanch for 1 minute, drain, immediately plunge into ice water to stop the cooking process and drain again. In a small bowl, combine the soy sauce, sesame oil, ginger, sugar, vinegar and Tabasco. Mix well and season to taste with salt and pepper. In a large bowl, combine the tat soi and dressing and mix well Refrigerate until well chilled, garnish with sesame seeds and serve.

#### Color Coordinated Fruit Compote

2 September Sun Peaches, cut in wedges

2 Arctic Snow Nectarines, or Golden Delicious Apples, cut in wedges

4 Flavor Heart Pluots, cut in wedges

3 tbsp butter

½ cup superfine sugar

½-1 cup fruity white wine

¾ cup Handmade Whipping Cream (*See June 18, 2009 CSA newsletter available online*)

Your favorite nuts, toasted and chopped for garnishing. Sauté the fruit in the butter, add sugar and wine and cook for about ten minutes. Let cool. Top fruit with Handmade Whipping Cream and sprinkle with chopped nuts.

#### Kasha Salad with Radishes & Feta

2 cups water or vegetable broth

1 cup kasha (or sub in couscous, barley or quinoa)

1 cup French Breakfast Radishes, chopped

4 ounces feta, crumbled

½ cup kalamata olives, sliced

2 tbsp olive oil

1 tbsp lemon juice

1 tbsp red wine vinegar

1 clove garlic, minced

Salt & pepper, to taste

Jericho Romaine Lettuce, torn into bite-size pieces

Boil water in a small saucepan. Heat kasha in a skillet until toasted and then add to boiling water.

Stir once and cover, simmering about ten minutes

until the water has been absorbed and the kasha is tender. Remove from heat and let kasha cool. Add French Breakfast radishes, feta and kalamata olives.

Whisk olive oil, lemon juice, vinegar, garlic, salt and pepper and mix into kasha. Chill salad for at least an

hour and serve on bed of Jericho Romaine Lettuce.

#### Quick Peach Cobbler

4-6 cups sliced peaches 1 cup self-rising flour

1 cup sugar 1 large egg, beaten

1/2 cup butter

Cinnamon & nutmeg

Sprinkle sugar, cinnamon and nutmeg on sliced peaches. Toss to mix. Place in shallow casserole

dish. Mix sugar, flour, and egg to a crumb-like

texture. Pour over peaches. Melt butter and drizzle

over crumb topping. Bake at 350F for 30 minutes or

until top turns slightly brown and crusty.

*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).*