



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

OCTOBER 7

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: Spitzenburg, Gala & Golden Delicious
- * Plums: Red, Gold & Blue Hiromi
- * Pluots: Flavor Heart & Dapple Dandy
- * Astro Arugula
- * Genovese Basil
- * Sweet Corn
- * Orion or Perfection Fennel
- * Garlic Mix: Turban, Purple Stripe, Silverskin, Creole or Rocambole
- * Radish Mix: Cherry Belle, Plum Purple & Pink 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
- * New England Pie Pumpkin

This Week's Recipes

(Recipes on back)

- * Sauteed Fennel with Garlic
- * Roasted Fennel
- * Saffron Frozen Yogurt with Stone Fruit Puree
- * Pumpkin Risotto
- * Bread Crumb Baked Tomatoes
- * Pumpkin with Heirloom Tomato Sauce
- * Applesauce Spice Muffins
- * Garlic Radish Dip
- * Spiced Pumpkin, Lentil & Goat Cheese Salad

Crop Talk

>NOT YOUR ORDINARY PUMPKIN in the bag today! These are pumpkins that are actually grown to eat. And the flavor is incredible! Just cook as you would any winter squash or follow the recipes with this newsletter and you'll be absolutely amazed at how good your pumpkin tastes. Of course you could also store it until the end of the month and practice your carving too, it's your choice! >A ferocious windstorm blew through Wenatchee over the weekend with winds hitting 55mph early Sunday morning at the farm. We lost 25% of our Arkansas Black and Fuji apples and up to half of the last plum of the season, the Angelenos. Our apple bin pile also blew over and smashed the windshield and damaged the hood of the farm pickup truck and a fir tree that was planted over 40 years ago was uprooted and is now reduced to firewood. Many local growers lost a lot more than we did and the ground was literally red with apples at orchards close to our farm and in areas more exposed to the wind than we were. The last windstorm that caused similar damage was the Columbus Day storm of 1962 when much of the unharvested Red Delicious apple crop hit the ground as a result of the remnants of Hurricane Frieda that had originated 9 days earlier near Wake Island in the western Pacific



The fennel bulbs in your CSA bag started in July as fragile seedlings in our East Wenatchee greenhouse.

Perfection or Orion Fennel

A good source of folate and potassium and a vital part of French and Italian cuisine, crunchy, anise-sweet fennel features both an edible, pale, white-green bulb and edible feathery fronds. The thick outer layer of the bulb is best used to flavor stocks while the more tender

inner layers are luscious when thinly sliced, sautéed in olive oil and used in place of onions or celery in risotto, soups, stews and other dishes. The green stalks can be chopped and added to meatball or crabcake recipes and the fronds are great for garnishes or using as an herb seasoning. For a quick dinner, simmer fennel slices for a few minutes with chopped tomatoes and wine, then add a handful of shredded greens. Stir in a few mussels or oysters, cook until the shells open and serve over pasta, polenta or rice. Garnish with chopped fennel fronds. Fennel keeps fresh in the refrigerator for up to four days. For best flavor, use as soon as possible.

Spitzenburg Apples

The cheery red Spitzenburg is a late season apple that mellows in flavor with age. It's a wonderful heirloom dessert apple and curiously enough was Thomas Jefferson's favorite variety. Store in your refrigerator up to 2 weeks. Apples pair well with fennel, garlic, pork, cinnamon, pumpkin, arugula, and plums.

Garlic: Turban, Purple Stripe, Silverskin or Creole

Tiny has spent a couple of years cultivating many varieties of garlic just for the CSA program. What type of garlic may show up in your bag this week? You may find **Turban**, a softneck garlic that has purplish-red striped skinned bulbs and glossy pink or brownish-pink cloves that grow in a single layer. **Purple Stripe** is a hardneck variety; its bulbs have thick skin with purple spots and stripes and small, curved, buff-colored cloves with purple streaks. **Silverskin** garlic's white bulbs hold cloves with very rich flavor. **Creole** garlic is easy to eat when raw due to its warm rather than hot taste. Its bulbs are wrapped in white although the clove covers can range from rose to dark purple. A favorite with gourmets, **Rocambole** tends to have vividly colored cloves easily seen through its thin bulb wrapping. Store garlic in a cool, dark place where air can freely circulate.

New England Pie Pumpkin

Winter Squash are relatives of melons and cucumbers and were an integral part of the traditional Native American diet. High in Vitamin A and a good source of omega-3 fatty acids, the New England Pie Pumpkin is the smallest and sweetest of its kind, pairing well with butter, maple syrup, cinnamon, nutmeg, garlic, sage, pasta and grains. Forget buying canned pumpkin; make your own pumpkin puree with this hearty winter squash! Simply roast the pumpkin and puree its sweet, dark-orange flesh, which is ideal for pies, bread, cakes, cookies, muffins, soups, flan, panna cotta and even pumpkin smoothies. Cooked pumpkin can be frozen for about a year and a half. Don't let the seeds go to waste; they're quite nutritious, packed with protein, iron and minerals. Oven roast cleaned seeds with sea salt, olive oil and spices for a satisfying snack. Store your Pie Pumpkin whole in a cool spot up to a month or in the refrigerator for up to three months.

Packing the Pantry

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

Homemade Pumpkin Puree

1 sugar pie pumpkin Olive oil
Heat oven to 400F. Wash pumpkin well, especially the blossom and stem ends. Rub skin lightly with olive oil. Put the pumpkin on a baking sheet to catch any juice that might squeeze out. No need to wait for the oven to preheat, roast for 60 - 90 minutes. The actual time will vary based on the oven's actual temperature, the moistness of the pumpkin and the variety of pumpkin. It's done when a knife slips into the flesh-like butter. Let it cool a bit before slicing open. When completely cool, puree the flesh and freeze in an airtight freezer-safe container.

Yummy Plum Pluot Sauce

Plum Sauce pairs well with pork, fish and is an excellent dipping sauce for eggrolls, shrimp and even chicken nuggets!

2 lbs ripe plums & pluots ¼ cup honey 1 tbsp grated fresh ginger 1 tbsp water
1 tbsp minced fresh garlic ½ tsp red chili paste, or more to taste ¼ cup soy sauce
Pit and chop the plums. Place them in a medium-size saucepan along with the honey, ginger, water, garlic and chili paste. Bring to a boil, then reduce the heat & simmer until the plums are soft, about 15 minutes. Remove from the heat & stir in the soy sauce. Puree the mixture in a blender or food processor. Freeze or can.

Organic Farm Applesauce

3 lbs apples 4-5 whole cloves, optional Cinnamon, optional
Core apples & dice into bite-size pieces. Put in large pot and add enough water to cover about half the apples (you can always add more). Add cinnamon and cloves. Cook on high until the apples start to mush down. Turn to low and let simmer until it seems done. When completely cool, freeze or can.

This Week's Recipes

Recipes to help you make the most of your share of the harvest

Sautéed Fennel with Garlic

One fennel bulb, trimmed and cut into quarters Lemon juice or vinegar
Olive Oil Garlic cloves, unpeeled (your preference for amount used)
Sea salt & black pepper. Boil fennel quarters with lemon juice or vinegar for five minutes then drain and pat fennel until dry. Cook garlic cloves in olive oil over medium heat for a few minutes to infuse the oil and then remove cloves, discarding or reusing them in another recipe. Brown fennel in the garlic-infused olive oil on all sides and season to taste with salt and pepper. Lower the heat and cook until fennel is tender.

Roasted Fennel

2 - 4 fennel bulbs, cut horizontally into 1/3-inch thick slices, fronds reserved
4 tbsp olive oil Salt and freshly ground black pepper
1/3 cup freshly shredded Parmesan
Preheat the oven to 375F. Lightly oil the bottom of a 13x 9x 2-inch glass baking dish. Arrange the fennel in the dish. Sprinkle with salt & pepper, then with the Parmesan. Drizzle with olive oil. Bake until the fennel is fork-tender and the top is golden brown, about 45 minutes. Chop enough fennel fronds to equal 2 tsp, then sprinkle over the roasted fennel & serve.

Saffron Frozen Yogurt with Stone Fruit Puree

¾ to 1 tsp saffron threads, to taste 1 tbsp milk ½ gallon frozen vanilla yogurt
½ tsp green cardamom seeds, ground ¼ cup ground pan-toasted nuts, your favorite
Several fresh ripe stone fruits for garnish, pureed. Soak the saffron threads in the milk for about an hour. At the same time, let the frozen yogurt thaw at room temperature until it melts, also about an hour. Mix in the saffron milk and ground cardamom and transfer to a medium freezer bowl or fluted cake pan. Freeze until it becomes firm, 2-4 hours. To serve, set at room temperature 5-7 minutes. Invert onto a platter, remove the pan, garnish with the toasted nuts and pureed stone fruit, and serve.

Roasted New England Pumpkin with Heirloom Tomato Sauce

Kids love this recipe...without the red pepper of course!

1 New England pie pumpkin Heirloom tomatoes, chopped
Garlic, smashed or chopped Olive oil Coarse salt
Red pepper flakes, optional Cheddar cheese, shredded
Wash pumpkin, pop off stem & pierce pumpkin with a knife in several places. Place whole pumpkin on baking sheet and bake at 400F until easy to pierce with knife. Meanwhile, cover bottom of a pot with olive oil, chopped garlic, red pepper flakes & salt. Cook over medium heat stirring constantly so garlic doesn't burn, approx. 7 min. Add chopped tomatoes and simmer until sauce thickens. When pumpkin is ready, peel skin off and clean out string and seeds. Chop into bite size chunks and cover with tomato sauce and shredded cheese.

Pumpkin Risotto

A pumpkin, cleaned and carefully diced
Garlic cloves, finely chopped (amount of cloves to your taste)
3 tbsp olive oil 3 tbsp butter 2 cups Arborio rice 4 cups water or stock
4 tbsp Parmesan cheese, grated Salt & black pepper

Sauté the diced pumpkin over medium heat with garlic, olive oil and 1½ tbsp butter for about ten minutes and then add Arborio rice and stir for a couple minutes. Gradually add the full amount of water or stock, continuing to stir until the rice and pumpkin is cooked and creamy, perhaps fifteen to twenty minutes. Stir in 1½ tbsp butter, Parmesan and season to taste.

Applesauce Spice Muffins

1½ cups all-purpose flour 1½ tsp baking powder
½ tsp baking soda ½ tsp cinnamon
½ tsp ground allspice ¼ tsp freshly grated nutmeg
¼ tsp salt 2 large eggs
1 cup packed light brown sugar
1 stick, plus 3 tbsp unsalted butter, melted
1 cup applesauce 1 cup pecans or walnuts (3 ½ ounces), coarsely chopped. *Topping:* 2 tbsp granulated sugar, ¼ tsp cinnamon, ¼ tsp ground allspice, ¼ tsp freshly grated nutmeg. Preheat oven to 400°F. Grease muffin pan. Stir together flour, baking powder, baking soda, spices & salt in a bowl. Whisk together eggs & brown sugar in a large bowl until combined well, then add butter a little at a time, whisking until mixture is creamy. Stir in applesauce, then fold in flour mixture until flour is just moistened. Stir in nuts and divide batter among muffin cups. Make topping & bake: Stir together all topping ingredients & sprinkle on top of muffins. Bake until muffins are puffed & golden, about 20 min.

Bread Crumb Baked Tomatoes

4 tomatoes, halved horizontally Basil, chopped
2 cloves garlic, finely chopped 1 cup bread crumbs
1 tbsp capers 4 tbsp olive oil
Oregano Salt & black pepper
Grease a baking dish with 2 tbsp olive oil. Scoop out seeds and some of the pulp from your tomato halves and sprinkle the cavities with salt and pepper. Drain them upside down for about fifteen minutes and pat dry. Meanwhile, mix ¾ cup bread crumbs, 1 tbsp capers, oregano and a bit more salt and pepper to taste and stuff the mixture into the tomato halves and put the tomatoes into the baking dish. Top tomatoes with basil, 2 tbsp olive oil and ¼ cup bread crumbs and bake at 350F for about a half hour.

Spiced Pumpkin, Lentil and Goat Cheese Salad

¾ cup lentils
6 cups 1-inch pieces peeled & seeded sugar pumpkin
3 tbsp olive oil, divided 1 tsp ground cumin
1 tsp hot smoked paprika ½ tsp sea salt
4 cups arugula 1 cup goat cheese, crumbled
¼ cup sliced basil leaves 1 tbsp red wine vinegar
Place lentils in small bowl. Cover with cold water and soak 10 minutes; drain. Cook lentils in boiling salted water until tender but firm, about 30 minutes. Drain lentils. Rinse under cold water, then drain. Preheat oven to 375°F. Place pumpkin in large bowl; toss with 2 tablespoons oil, cumin, paprika, and sea salt. Arrange pumpkin in single layer on baking sheet; roast 20 minutes. Turn pumpkin over. Roast until tender, 10 to 15 minutes. Cool. Combine lentils, pumpkin and oil from baking sheet with arugula, half of goat cheese, basil, vinegar, and 1 tablespoon oil. Season with salt & pepper. Sprinkle with goat cheese.

Garlic Radish Dip

5-6 radishes, washed and trimmed
3 oz cream cheese 3 cloves garlic
2 tbsp apple juice kosher salt and freshly-ground black pepper, to taste
Place radishes in the work bowl of a food processor/magic bullet fitted with a metal blade. Add remaining ingredients. Puree until smooth. Taste and adjust seasonings. Serve with crackers, chips, raw vegetables or spread on sandwiches!

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.