



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 14

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, Honeycrunch & Spitzenburg Apples
- * Pluots: Flavor Heart, Flavorich & Dapple Dandy
- * Red Russian Kale
- * 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
- * Winter Squash Mix: Butternut

This Week's Recipes

(Recipes on back)

- * Potato, Kale & Goat Cheese Quesadillas
- * Roasted Kale with Sea Salt (Aka Kale Chips)
- * Potato-Pancetta Frittata
- * Baked Apples
- * Apple Bread Pudding
- * Oven Dried Pluots
- * Curried Butternut Squash Soup
- * Sesame Kale

Crop Talk

As if a 55mph windstorm wasn't enough to contend with last week, we were unlucky enough to set a new record low temperature Sunday night at 23F, a record by 10 full degrees from the previous record low of 33F set in 1990. "It's pretty extraordinary to break records by 10 degrees or more," said Greg Koch, a meteorologist for the National Weather Service in Spokane. Damage to local crops is likely minimal because most apples and pears had already been harvested and any still hanging on trees can withstand temps down to the low 20's anyway. Apples contain sugar that acts much like antifreeze in a car preventing liquids from turning into solids, so that is the primary reason apples may be spared. The wild card factor is that the low temp record was set at the airport and most orchards run at least 5 degrees cooler than the airport so it may depend on the sugar level in the apples whether they'll be spared or not. We were not so lucky in the row crop section of the farm and so far we've seen some damage to some of the not-so-hardy plants. It will likely take a few days for all the damage to show up so we'll just keep our fingers crossed. As of this writing, yesterday's high in Wenatchee was predicted to be 39F which is of 27 degrees below the average for this date of 66F. Snow is predicted for Tuesday nite. Farming is so exciting!



Honeycrunch Apples rival Honeycrisp in flavor but are much juicier!

Honeycrunch Apples

Containing good amounts of dietary fiber, both soluble (like cellulose) and insoluble (pectin), apples are thought to be helpful in controlling LDL cholesterol levels. One of four apple varieties in your bag this week, Honeycrunch Apples appeared suddenly in one of Tiny's apple blocks in the orchard. Juicier than Honeycrisp and with a stronger acid-sweet ratio, we're sure this variety will become one of your favorites. Well suited for

eating fresh and for cooking and baking, Honeycrunch Apples go well in tarts with raisins and walnuts or stirred into muffin batter with granola and yogurt. Refrigerated Honeycrunch Apples last up to 3 weeks or longer.

Crispy Flavorich Pluots

Here is a pluot for apricot lovers! The firm orange flesh of dark purple skinned Flavorich Pluots set them apart from more plum-like pluots like Flavor Heart and Flavor King. Chop and stir into hot cereal or creamy rice pudding for an indulgent cool weather dish. Flavorich Pluots can be eaten hard or soft with no loss of flavor; to soften, simply place them on your counter until they reach the texture of your liking. Keep an eye on them, remove any that are ripe and enjoy or keep in the refrigerator for a few days. Alternately, slice and freeze in an airtight bag or container.

Farm Potato Mix

Potatoes are widely thought of as the ultimate comfort food; their scientific name, *Solanum tuberosum*, seems to reflect that notion as it contains the Latin word *solanum*, meaning "quieting" or "soothing". Happily, the humble potato is both tasty and nutritious as it contains good amounts of vitamins, minerals, fiber and phytonutrients. Potatoes pair well with many ingredients including garlic, olive oil, grains, herbs and cheese and work well in recipes with tomatoes, winter squash, sausage, seafood or hearty greens like kale. Try making potato fritters, a potato and pancetta frittata or even a chickpea and potato curry. Potatoes easily absorb moisture and flavors so try to avoid storing them near strongly flavored foods like apples and onions. Keep your unwashed potatoes in their paper bag in a cool, dark place with plenty of circulating air for a week or so.

Red Russian Kale

At its best during cooler weather, Red Russian Kale is a beautiful vegetable, sporting ruddy stems and ruffled green leaves. A relation of cabbage, collards and Brussels sprouts, kale is a good source of manganese, Vitamins A and C, fiber and calcium. Great as a substitute for spinach in many recipes, you can also substitute it for cabbage in recipes that call for a strong flavor. Sauté kale with garlic and bacon, simmer with broth and serve with grated cheese or braise with apples, then top with walnuts and a dash of balsamic vinegar. Slice thinly and mix into soups, pastas, whole grains and raw salads. To care for your kale, wash the leaves well, checking the underside of each leaf for soil and garden pests. Store kale wrapped in a damp towel or plastic bag and refrigerate in the crisper drawer for up to 1 week. Its leaves tend to wilt if allowed to dry out. To rehydrate, plunge in cold water for 10 minutes. For quick removal of leaves from stem, fold the leaf in half lengthwise and strip or slice the leaves away from the thick stem. Eat as soon as possible for maximum flavor, nutrition and texture!

Packing the Pantry

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

Kale: To freeze, wash, de-stem and blanch the leaves for 2 minutes. Rinse in cold water to stop the cooking, drain and pack into airtight containers such as zip-lock freezer bags. Frozen kale can be used in soups, sauces, and stews and mixed with rice or other grains.

Pluots: To freeze, simply cut in half and remove the pit. Seal the halves in a reusable plastic freezer bag, squeezing out excess air to prevent freezer burn. Your bagged fruit will be easiest to work with later if stored in a single layer, frozen flat on a cookie sheet, and then stacked. Up to a year later, thaw your frozen fruit, add juice or yogurt and blend for tasty homemade fruit smoothies. Frozen pluots are great in cooked fruit toppings and baked desserts, like crumbles!

Tomatoes: To roast, halve small tomatoes and slice large tomatoes. Place single layer in a lightly oiled baking dish or baking sheet, drizzle olive oil over top and sprinkle with salt, pepper and fresh herbs. Place whole cloves of garlic between some slices of tomato if desired. Bake (at 400F for a quicker, few hours roast or between 175F-225F for a slower, ten to twelve hour roast) until tomatoes are fragrant and beginning to dry out on top; the time will vary depending on the water content of your tomatoes. Turn off the oven and allow the tomatoes to cool (keep an eye on them so they do not overcook). When cool, scoop tomatoes and any accompanying liquid into a freezer-safe bag or container and freeze. Frozen roasted tomatoes can be thawed and used in sauces, salads, stews, on pizza, in lasagna and other casseroles.

This Week's Recipes

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

Potato, Kale & Goat Cheese Quesadillas

2 medium or 4 small potatoes, cubed 2 tsp chili powder
1½ cup grated hot pepper Monterey Jack cheese
1½ cup your favorite salsa or diced tomatoes and fresh herbs, seasoned to taste
1 bunch Kale, coarsely chopped 4 flour or corn tortillas
3 oz chilled fresh goat cheese, coarsely crumbled Olive oil
Place baking sheet in oven and preheat to 275°F. Steam potatoes until tender, about 8 minutes. Place in large bowl; sprinkle with salt, pepper and chili powder. Toss to coat. Cool potatoes 15 minutes. Coarsely chop kale. Divide kale, cheeses and potatoes between bottom half of each tortilla. Top with 2 tbsp salsa for each. Fold tortilla halves over filling, pressing to compact. Brush with oil. Heat a large nonstick skillet over medium heat. Place 2 quesadillas, oiled side down in skillet. Brush tops with oil. Cook until quesadillas are brown, about 3 minutes per side. Transfer to sheet in oven to keep warm. Repeat with remaining 2 quesadillas.

Roasted Kale with Sea Salt (A Tiny's Organic farm family favorite!)

Most kale recipes are for soups or stir-fries. This recipe is a welcome break from tradition. The kale comes out of the oven crispy and salty, giving it an almost fried-like texture. This is a great way to get kids (and hesitant grown-ups) to eat this uber-nutritious vegetable!

4 cups firmly packed kale 1 tbsp extra virgin olive oil 1 tsp sea salt
Preheat oven to 375 degrees F. Wash and trim the kale. Peel off the tough stems by folding the kale leaves in half like a book and stripping the stems off. Toss with extra virgin olive oil. Roast for five minutes. Turn kale over. Roast another 7 to 10 minutes until kale turns brown and becomes paper thin and brittle. Remove from oven and sprinkle with sea salt. Serve immediately.

Potato-Pancetta Frittata

2 tbsp olive oil or butter, as needed
3 tsp pancetta or bacon (blanch bacon for 2-3 minutes before using), diced
4-6 small potatoes, boiled or roasted, diced 4 eggs
Salt & Black Pepper 2 tbsp fresh herbs, finely chopped
Sauté pancetta in olive oil over medium heat until starting to crisp then add potatoes and cook until browned on both sides; remove pancetta and potatoes, set aside. Beat the eggs in a good-sized bowl, seasoning with salt and pepper, add pancetta and potatoes and then pour all into the pan used for sautéing. Add more olive oil if needed and cook over low heat until egg has set. Flip frittata and continue cooking until set all around. Sprinkle with fresh herbs and serve.

Inspired by In Nonna's Kitchen, Frittata Alle Patate

Baked Apples

2 apples, any variety 2 tbsp raisins 2 tbsp chopped pecans ¼ tsp ground cinnamon
½ c maple syrup 2 tbsp water 2 tbsp butter
Heat oven to 350° F. Core apples and peel top third of each apple; place peeled side up in small baking dish. Combine raisins, pecans and half the cinnamon; stuff mixture into apple cavities. Drizzle about 2 tsp maple syrup into and over each apple. Pour water into dish cover with foil and bake 30 minutes or until apples are tender. In small saucepan combine remaining maple syrup, cinnamon and the butter. Heat to boil, reduce heat and simmer 5 minutes. Ladle hot syrup mixture over apples and serve.

Apple Bread Pudding

5 large slices, day-old (stale) country-style bread, broken into pieces
¾ cup milk ¼ cup sugar
5 apples, any variety, cored and thinly sliced (peel if desired)

Zest of 1 lemon, grated
1/3 cup nuts, toasted and chopped
1 egg at room temperature
1 tsp vanilla extract
1 tbsp butter in flakes, plus some for greasing
Soak pieces of bread in milk for 30 minutes and butter a deep baking dish. Add apples, sugar, lemon zest and nuts to the milk and bread. Beat eggs and vanilla, stir into the bread and milk mixture and pour it all into the buttered baking dish; spread evenly. Top with flakes of butter and bake for about an hour until pudding is golden and apples are soft.

Adapted from In Nonna's Kitchen, Paradel

Oven Dried Pluots

4 lbs pluots 1 tbsp sugar
1 tsp Kosher Salt Freshly ground pepper, to taste
1 tsp Balsamic vinegar 1 tbsp Olive oil
3 tbsp Fresh thyme
Heat oven to 250F. Cut plums in half lengthwise and remove pits. Cut halves into 2-inch wedges. Place in a large mixing bowl and sprinkle with sugar, salt, pepper, vinegar and oil. Toss to coat well. Arrange plums on a parchment-lined baking sheet, cut sides up, about an inch apart. Sprinkle liberally with fresh thyme. Leave to dry in oven 3 hours. Turn off oven, and allow plums to remain inside at least 2 more hours or overnight. Plums will be wrinkled but still quite juicy when done.

Curried Butternut Squash Soup

1 butternut squash, halved and seeded
2 large onions, peeled and quartered
1 medium head garlic 6 cups vegetable broth
1 bay leaf 1 tsp brown sugar
1 tsp mild curry powder ½ tsp dried oregano
½ tsp ground cinnamon ¼ tsp ground nutmeg
Salt and pepper to taste 1 cup plain yogurt
Preheat oven to 350F. Line a baking sheet with parchment paper or aluminum foil. Place squash halves and onion onto the prepared baking sheet. Wrap garlic in foil and set with other vegetables. Roast in the center of the oven for 45 to 60 minutes, until the squash is tender. Remove from oven and set aside until cool enough to handle. Squeeze garlic cloves out of their skin like paste into a food processor. Scrape the flesh from the squash and place into the food processor along with the roasted onion. Puree until smooth. Add vegetable broth if necessary. Transfer the pureed mixture to a stockpot and stir in vegetable broth. Season with the bay leaf, brown sugar, curry powder, oregano, cinnamon, nutmeg and salt and pepper to taste. Bring to a boil and simmer gently for 10 minutes. Remove from heat and stir in yogurt. Remove bay leaf and serve hot.

Sesame Kale

2 cloves garlic, minced
1 bunch kale 2 tsp sesame seed oil
2 tbsp water 1 tsp soy sauce
2 tsp toasted sesame seeds
Mince the garlic cloves. Wash kale and discard the stems from the kale and tear it into bite-size pieces. Save the stems for another use, such as vegetable stock. Heat the sesame seed oil in the skillet over medium-low heat. Add the minced garlic to the hot oil and sauté for about 20 seconds. Add the kale and water to the garlic and oil, then cover the skillet. After 1 minute, stir the kale, then re-cover. After 1-2 more minutes, when the kale is wilted, stir in the soy sauce and sesame seeds.

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