



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 21

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: Arkansas Black, Braeburn & Fuji
- * Bosc Pears
- * Pluots: Flavor Heart, Flavorich & Dapple Dandy
- * Lettuce: Red Fire and/or Bronze Arrow
- * Tat Soi
- * Red Core Chantenay Carrots
- * Farm Potato Mix: All Blue, All Red Rose, 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
- * New England Pie Pumpkin

This Week's Recipes

(Recipes on back)

- * Spiced Pumpkin Butter
- * Maple-Spiked Apple Sauce
- * Pickled Chantenay Carrot Sticks
- * Saucy n' Simple Autumn Preserves
- * Sugar & Spice Pumpkin Muffins
- * Spice
- * Tat Soi Frittata
- * Warm Pumpkin Salad with Polenta
- * Lemon Rissoto with Tat Soi
- * Wilted Tat Soi
- * Thai Spiced Pumpkin Soup

Crop Talk

After a close encounter with winter last week when the overnight temperature set a new low of 23F, (beating the old record by 10F!), we're into fall-like conditions again and temps have moved back into the 60's for daytime highs and crops have started growing again. Many growers in the northern part of the state did not fare so well with their apple crops when the thermometer dipped to single digits and apples stayed frozen solid for three straight days rendering them useless to pick for the fresh market or even for juice. The last time we experienced a freezing event like this was in late October and early November of 2003 and 2004 when the temperature hit 5F at many orchard locations and all late season apples such as Fuji, Pink Lady and some Granny Smith apples were lost. An estimated 5 million boxes of Fujis were estimated to still be on the trees when that freeze hit and that event is still fresh on the minds of many growers who grow late season varieties of apples, but to have an arctic front move through the region in mid October is truly unprecedented. Yesterday's high in Wenatchee was 67F and with any luck the weather will be kind to us and we won't have to talk about it any more for the rest of this season!



Fuji Apples are crisp, juicy and honey-sweet!

Fuji Apples

An apple's high fiber content helps the body maintain steady blood sugar levels as the fruit's natural sugars are slowly released into the blood stream. The Fuji is a newer Japanese apple variety that is rapidly gaining popularity. Fujis have yellow-green skin with an orange flush and dark red stripes and are excellent in salads, pairing well with cinnamon, cayenne, curry, vanilla and onion. Is the cool weather inspiring you to keep warm in the kitchen? This big, super-sweet, crisp, reddish pink apple holds its texture when baked and is known for its hard texture and syrupy sweetness. Fujis can keep at room temperature for two weeks and easily for a month when stored in your refrigerator.

Bosc Pears

One pear can provide you with 24% of your recommended daily fiber intake as well as good amounts of potassium and Vitamin C! Bosc pears have a unique, long-necked silhouette and warm, russeted brown skin, which does not change color as it ripens. They have crunchy, yet tender white flesh and a spicy sweet flavor. The elegant, aromatic Bosc pear is ideal for cooking, baking, broiling and poaching because it is firm and holds shape when cooked. Slice into salads, layer into grilled bacon and cheese sandwiches or roast with balsamic vinegar and your favorite spices. Bosc pears are lovely with blue cheeses, cloves, red or white wine, apples, pecans, cinnamon and cardamom. Pears should be almost ripe when they arrive in your bag. You may need to leave out for an extra day or two.

Red Core Chantenay Carrots

Chantenay carrots are an heirloom variety introduced to the United States from France in the 19th century. Wide shouldered and dark orange with an excellent flavor, Red Core Chantenay carrots can be eaten fresh or cooked into a variety of dishes. Try shredding tops and roots into raw salads. 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.

Red Fire or Bronze Arrow Lettuce & Tat Soi

While the climate of the Pacific NW in general is ideal for growing greens, over the last few summers we have come to realize that for a few months in the middle of each harvest season, here in East Wenatchee our fields get just too hot to grow many greens for you. Not that the greens do not grow, they just do so incredibly fast and immediately go to seed! Now that cool days are here, we are sharing as many greens with you as we can. This week you will receive Red Fire or Bronze Arrow Lettuce and Tat Soi, an Asian green also known as rosette bok choy. Red Fire leaf lettuce has ruffled red leaves and a green base while Bronze Arrow lettuce has bronze oak leaf shaped leaves. Both are just right for salads: simply store unwashed in plastic in the refrigerator for up to a few days and gently wash and dry before using. Raw Tat Soi has been described as earthy, green and bitter; a quick sauté leaves it milder in taste. Use as a substitute for spinach, in salads, stir-fries and soups. Store in an open plastic bag in the refrigerator and use as quickly as possible because Tat Soi is very perishable.

Packing the Pantry

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

Spiced Pumpkin Butter

4 cups pumpkin puree 1 1/4 cups pure maple syrup
1/2 cup apple juice 2 tbsp lemon juice
2 tsp ground ginger 1/2 tsp ground cinnamon
1/2 tsp ground nutmeg 1/4 tsp salt

In a 5 quart Dutch oven or equivalent container, combine all ingredients. Bring to boiling; reduce heat. Cook, uncovered, over medium heat, stirring frequently, 25 minutes or until thick. (If mixture spatters, reduce heat to medium-low). Remove from heat; cool. Ladle into jars or freezer containers, leaving 1/2 inch headspace. Cover, store in refrigerator up to 1 week or in freezer up to 6 months.

Maple-Spiked Apple Sauce

8 apples, multiple varieties, cut into 1-inch pieces
1/2 cup water 2 tbsp pure maple syrup 1/2 tsp cinnamon

Bring apples and water to a boil and then cover and simmer for about a half hour, stirring once or twice, until the apples begin to fall apart. Turn off the heat, mash apples to your preferred texture and mix in maple syrup and cinnamon. Freeze in a freezer-safe container or bag for up to 6 months. *Adapted from Eating Well Sept/Oct 2009*

Carrots: Cut into sticks and make a simple pickle that keeps well in an airtight container in the refrigerator for up to a month or can be processed and stored for up to a year.

Pickled Chantenay Carrot Sticks

1 pound Chantenay carrots, cut into 3 1/2 by 1/3 inch sticks
1 1/4 cups water 1 1/2 tbsp salt
1 cup vinegar (your choice of vinegar with acidity level at least 5%)
1/4 cup sugar 2 garlic cloves, crushed

1 1/2 tsp fresh dill (place in bowl with carrots) or dill seeds (boil with other ingredients)
Place carrots (and fresh dill if using) in a heatproof bowl. Bring all other ingredients to a boil, reduce heat, simmer 2 minutes, pour hot liquid over carrots and allow to cool, uncovered. Cover and chill for a day or more for best flavor. Pickled Chantenay Carrot Sticks will keep in the refrigerator up to a month. Alternatively, put carrot sticks into sterilized jars, cover with hot pickling liquid, cap and process in a hot water bath.

Saucy n' Simple Autumn Preserves

3 cups firm pears cut into chunks 3 cups apples cut into chunks
1/4 cup dry Marsala 1/4 cup white wine
1/4 tsp cinnamon or to taste Zest of 1 lemon, grated 1/3 cup sugar

Simmer all ingredients together for about an hour until thick, checking from time to time to make sure they don't stick to the bottom of the pan. Puree in a blender or food mill and refrigerate for up to a week or hot water process and seal in jars.

This Week's Recipes

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

Sugar & Spice Pumpkin Muffins

1/2 cup walnuts, finely chopped
1/2 cup (1 stick) unsalted butter, room temperature
1/2 cup sugar 1/2 cup brown sugar
2 eggs, room temperature 1/2 tsp vanilla extract
3/4 cup pumpkin puree (for recipe see October 7 CSA Newsletter, available online)
1/4 cup buttermilk 2 cups flour
2 tsp baking powder 1/4 tsp baking soda 1/4 tsp salt 3/4 tsp cinnamon
1/2 tsp ginger 1/8 tsp freshly grated nutmeg Pinch allspice

1/2 cup moist, plump golden raisins (soak in port to plump up!). Preheat oven to 400F. In a large bowl, cream butter until soft, add the sugars and continue to beat until smooth. Add eggs one at a time, beating for 1 minute after each addition. Mix in the vanilla, pumpkin and buttermilk (don't worry, the 'curdled' look is normal). Dump flour, baking powder and soda, salt and spice on top of the batter. With a spoon, lightly combine right on top but still without incorporating into the wet batter just yet. Next, use the mixer to combine dry ingredients and wet batter but just until barely combined (too much mixing will create small holes in the muffins while baking). With a spatula, stir in raisins and nuts. Spoon batter into lightly greased muffin trays (papers work fine too) and fill. Place the muffin trays on a baking sheet. Bake for 25 minutes or until a thin knife inserted in the center of a test muffin comes out clean.

Tat Soi Frittata

1/2 onion, chopped 1 handful tat soi, chopped
1/2 - 1 cup Blue Cheese or Gruyere, any favorite cheese will work
4 eggs, slightly beaten 1 tomato, sliced
Sauté onion until slightly translucent. Add tat soi and sauté. Then add cheese and eggs. Top with sliced tomatoes and grated cheese. Cook on the top of the stove on medium low heat until the bottom is set. Put in hot oven or under the broiler until the top is slightly browned.

Lemon Rissoto with Tat Soi

3 tbsp olive oil 1 onion, chopped 2 shallots, chopped 3 cloves garlic, chopped
1 tsp sea salt 2 cups lightly pearly barley or pearly faro 1 cup dry white wine
6 cups light vegetable stock (or water)
Grated zest of 2 lemons (more to taste if you like)
1/2 cup Parmesan cheese 1/2 cup crème fraîche (or sour cream)

3 big handfuls of tat soi, chopped
Handful of toasted pine nuts, for garnish
Heat the olive oil in a large, heavy saucepan over medium heat, then add the onions, shallots, garlic and salt and sauté, stirring constantly for about 4 minutes or until the onion begins to soften. Add the barley to the pot and stir until coated with a nice sheen, then add the white wine and simmer for 3 or 4 minutes, until the barley has absorbed the liquid a bit. In increments, add about 6 cups of water or stock, 1 cup at a time, letting the barley absorb most of the liquid between additions. Stir regularly so the grains on the bottom of the pan don't scorch. You will know when the barley is cooked because it won't offer up much resistance when chewing. When the barley is tender, remove the pot from heat. Stir in the lemon zest, Parmesan and crème fraîche. Taste and adjust - add more salt if needed, more lemon zest. Then stir in the greens. Garnish with toasted pine nuts and a dusting of extra Parmesan before serving.

Wilted Tat Soi

4 cups raw tat soi, separated, washed and dried
2 tsp olive oil Salt, pepper and chili flakes, to taste
In a sauté pan, heat olive oil and cook the leaves briefly for just a few minutes until the leaves are wilted but the stems are still crisp. Season with sea salt, black pepper and chili flakes. *Other options:* A little sesame oil could be added for flavoring right before serving. For Red curry Tat Soi use the same technique and adding 1 tsp fresh peeled minced ginger and 1 tsp Thai red curry paste to the oil. Squeeze a little lime on top before. Serve over rice or any grain.

Thai Spiced Pumpkin Soup

2 pumpkins
3 tbsp unsalted butter, room temperature
1 14-ounce can coconut milk
1 tsp (or more) red Thai curry paste
water
2 tsp sea salt (or to taste)
Preheat oven to 375F. Cut each pumpkin into halves (or quarters). Slather each piece of squash with butter, sprinkle generously with salt, place on a baking sheet skin sides down and place in the oven. Roast for about an hour or until the squash is tender throughout. When the pumpkins are cool enough to handle, scoop into a large pot over medium high heat. Add the coconut milk and curry paste and bring to a simmer. Remove from the heat and puree with a hand blender (you should have a very thick base at this point). Now add water a cup at a time pureeing between additions until the soup is the consistency you prefer - a light vegetable stock would work here as well. Bring up to a simmer again and add the salt (and more curry paste if you like).

Warm Pumpkin Salad with Polenta

1 batch polenta or 1 chub polenta, sliced and fried
1 tbsp pomegranate juice or cranberry juice cocktail
2 tsp Sherry vinegar 1 tbsp minced shallot or onion
6 tbsp extra-virgin olive oil Salt & pepper to taste
1 bunch Tat Soi, trimmed
1 pumpkin, roasted, peeled, quartered lengthwise and seeded
1/2 cup pumpkin seeds, toasted or candied
6 ounces Parmesan, shaved
Whisk together pomegranate juice, vinegar and shallot, let stand 5 minutes and then whisk in 3 tablespoons oil, salt and pepper. Toss greens in bowl with dressing to taste, reserving some for drizzling. Place several pieces of pumpkin and one piece of polenta on each plate. Top with dressed greens, the rest of the pumpkin, the rest of the polenta, toasted pumpkin seeds, Parmesan and finish off each plate with a drizzle of the reserved dressing.
For CSA related questions, please visit our website, www.TinysOrganic.com, contact our Seattle Home Office, 206.762.0577 or email to info@ilovetiny.com.

All CSA newsletters available online at www.TinysOrganic.com.

All plastic packaging used in Tiny's Organic CSA Program is biodegradable, recyclable and compostable.