



Tiny's Organic 'Farm to City' CSA 2010 ♦ A Farm Family Growing for You

Fresh from the Farm

(this newsletter also available online)

www.TinysOrganic.com

JUNE 16

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.

- * Strawberries: Seascape & Chandler
- * Pink Lady Apples
- * Tasty Rich Apriums
- * Prize Choy or Tat Soi
- * Red Giant Mustard Greens
- * Spring Garlic
- * Red Spring Onions
- * Astro Arugula
- * Purple Mizuna
- * Lettuce: Freckles or Bacarole
- * Radish Bunch: Cherry Belle, Plum Purple, Pink Beauty

This Week's Recipes

(Recipes on back)

- * Brown Butter Pasta with Tatsoi
- * Miso Dressing
- * Jasmine Rice with Spring Garlic
- * Spring Onion & Feta Noodle Cakes
- * Green Onion & Apple Sausage
- * Roasted Radishes with Soy Sauce & Toasted Sesame Seeds
- * Balsamic Glazed Chickpeas and Mustard Greens
- * Strawberry Pops
- * Quick Picked Radishes
- * Pita Chips with Feta-Radish Spread
- * Strawberries with Devonshire Cream
- * Roasted Apriums with Honey-Vanilla Crème Fraiche
- * Summer Greens Bruchetta

Crop Talk

It was a close call for bag contents for the first week. The weather had been so bad for so long we were seriously wondering if anything would grow. So a couple of weeks ago we covered all crops that had a remote chance of growing and the added cover and extra heat units made an incredible difference in getting the size and flavor we needed for the first bag. One more item that made it for the first bag was apriums and you'll notice they're a bit green. Just leave them on your counter at room temp and in a couple of days they'll be just perfect. Or if you don't want them all to ripen at the same time, hold back a few in the refrigerator and bring them out as needed. Another crop that we really wanted to include in this week's bag was cherries but once again Mother Nature has not been kind to cherries. Many growers over here have NO cherries and what they do have are marked up from all the wind we've been experiencing. So here at Tiny's we feel blessed to at least have a crop even though it's a bit beat up. With any luck we'll have cherries in the bag in a couple of weeks. For comparison, we picked cherries the first week of June in 2003 and 2004 so this year's crop is at least 3 weeks behind those two years. We hope you like the first bag of the season and we hope to bring you many more in the weeks to come!



We have had a cool start to the year so our Apricots and Cherries will be ready a little later than in 2009 but our Strawberry harvest came in nice and early.

Seascape & Chandler Strawberries

Easily digested and a quick source of energy, our sweet-tart Seascape Strawberries are perfect fresh out of hand, mixed into shakes or stirred into yogurt. Store strawberries in the refrigerator and allow to warm to room temperature for best taste.

Tasty Rich Apriums

This light orange plum-apricot hybrid has the sweet-tart flavor depth of a plum with the firmer texture of an apricot. We have picked your fruits ripe from the trees ranging from ready-to-eat to slightly harder so you can enjoy them throughout the week. Use the most fragrant ones first and place the rest gently on the counter. Eat when they reach your preferred level of softness or store in the refrigerator for later. Apriums are perfect for morning cereals, smoothies and salads. Gently rinse with water just before use.

Pink Lady Apples

The Pink Lady apple has a pink and lime green skin with a sparkling champagne taste. Its bold flavor is just right for fresh slaws, salsas and cooked dishes. Store in your refrigerator.

Purple Mizuna

Mizuna, a feathery Japanese mustard green, is said to taste like arugula without the bite. Often used in raw salads, Mizuna can also be sautéed or braised and mixed into soups, stir fries or pasta dishes. Refrigerate in a bag in the crisper drawer.

Red Giant Mustard Greens

Baby red giant mustard leaves can be used 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, curry, garlic, hot sauce, onion, sesame oil and vinegar. Refrigerate in a bag for up to five days.

Spring Garlic Bunch & Red Bunch Spring Onions

Spring garlic, also known as green garlic, is young garlic that hasn't yet formed a large bulb; it has a long green stem that resembles a scallion and is said to lend "the essence of garlic" to many a dish. Try sautéing in butter then serving over rice or add to soup or eggs. Cook up today and keep for later or store in your crisper and eat in a few days. Red Spring Onions are fresh and zesty red stalks with small bulbs. They can be used raw in soups, salads, topping pasta dishes or folded into creamy mashed potatoes. Red spring onions will keep well in your crisper for several days.

Radish Bunch: Cherry Belle, Plum Purple, Pink Beauty

To give a burst of color to your meals, cut radishes into matchsticks and use raw or stir-fried to top just about anything! Slice thinly with onions and mix in sour cream, salt and black pepper for a great sandwich topper. Store unwashed (greens removed) in a bag in the crisper. Get the most out of your radishes by chopping and using the greens in stir-fries and soups.

Brown Butter Pasta with Tatsoi

Penne pasta ½ stick unsalted butter Salt and pepper
Leaves of tatsoi, rinsed Fresh or dried sage, to taste
Freshly grated parmesan Lemon wedges, optional
Cook pasta to al dente in salted water. Melt butter in the pan as it foams. When butter begins to brown, toss in pasta and mix to coat with butter. Salt & pepper. Add tatsoi, sage and cook until slightly wilted, about 1 to 2 minutes. Plate and serve immediately with grated parmesan and lemon.

Miso Dressing

4 tbsp oil 3 ½ tsp unseasoned rice vinegar 2 tsp white or yellow miso
2 tsp chopped peeled fresh ginger 1 garlic bulb Lettuce greens
Puree all ingredients in blender until smooth. Season dressing with salt. Great tossed with fresh greens & served with flank steak.

Jasmine Rice with Spring Garlic

3 tbsp olive oil 1 ½ cups jasmine rice 1 tbsp kosher salt
1 ¼ cups thinly sliced spring garlic, finely chopped, plus 6 garlic cloves, thinly sliced
3 cups chicken stock or low sodium broth
Preheat the oven to 375F. In a medium cast-iron casserole, heat the olive oil until shimmering. Add the rice and spring garlic and cook over moderately high heat, stirring constantly, until the rice is lightly browned, about 5 minutes. Add the stock and salt and bring to a boil over high heat. Boil uncovered for 5 minutes, until the liquid is nearly absorbed. Cover the rice and bake for 10 minutes, until it is tender but firm and the liquid is completely absorbed. Let the rice stand, covered, for 5 minutes. Fluff the rice with a fork, transfer to a bowl and serve.

Spring Onion & Feta Noodle Cakes

2 1/8oz fine egg noodles 1 medium egg, beaten 1 7/8oz flour 3 tbsp milk
1 bunch spring onion, chopped 3 5/8oz feta, crumbled Oil (for frying)
Break up noodles into shorter lengths and boil in lightly salted water for 3 minutes. Remove, drain and rinse in cold water. Mix egg, flour and milk to make a batter, add the onions, feta and noodles and mix together. Heat some oil in a pan. Fry each cake for about 2 minutes, each side giving them a press down after the first turning. Eat hot or cold.

Green Onion & Apple Sausage

1 ½ lbs ground pork Salt & Pepper 1/8 tsp cayenne 1 ½ tsp ground sage
4 green onions, thinly sliced 2-3 apples, finely diced ½ tsp honey
Juice of one lemon. Mix all ingredients together in a bowl, form into ¾ inch thick patties. In a skillet over moderate heat, cook sausage until center is no longer pink.

Roasted Radishes with Soy Sauce and Toasted Sesame Seed

Radishes, trimmed and cut into fourths ¾ tsp peanut oil 1 tbsp soy sauce
1 green onion top, thinly sliced ½ tsp sesame seeds, toasted
Preheat oven to 425 F. Cut radishes into same size pieces. Cut green onion into thin slices. Toss radishes with peanut oil, then roast about 20 minutes, stirring. When radishes are tender & starting to brown, remove from oven, toss with soy sauce to coat & mix in green onion slices. Put back in oven, roast about 5 minutes more. Sprinkle with toasted sesame seeds. Serve hot.

Balsamic Glazed Chickpeas & Mustard Greens

Mustard greens red spring onions, thinly sliced 5 tbsp vegetable broth, divided
1-2 garlic bulbs, chopped 1 pinch red pepper flakes ½ tsp salt
2 tbsp balsamic vinegar ½ tsp soy sauce ¼ tsp agave nectar or sugar
1 cup cooked chickpeas, rinsed and drained (canned will do).
Tear the leaves into bite-sized pieces. In a deep pot, sauté the onion in a tbsp of vegetable broth until mostly faded to pink, about 4 minutes. Add the chopped garlic and red pepper and another tbsp of broth and cook, stirring, for another minute. Add the mustard greens, 2 tbsp of broth and cook, stirring, until greens are wilted but still bright green, about 3-5 minutes. Stir in the salt. Remove greens, garlic and onions from pan with a slotted spoon and place in a serving dish, leaving any liquid in pan. Add the balsamic vinegar, soy sauce and agave or sugar to the liquid in the pan (if there is no liquid, add 2 tbsp of broth). Add the chickpeas and cook, stirring, over medium heat until the liquid is reduced by about half. Spoon the chickpeas over the greens and drizzle the sauce over all. Serve warm, with additional balsamic vinegar if desired.

Strawberry Pops

1 ½ pints strawberries, rinsed and hulled ½ cup confectioner's sugar
Pulse strawberries with sugar and 1/3 cup water in food processor until pureed, with some chunks of berries remaining. Pour half of mixture into a bowl. Pulse remainder until smooth. Stir puree into mixture in bowl. Pour into 3-ounce molds or plastic cups, insert sticks or wooden spoons, and freeze until solid, at least 8 hrs.

Quick Pickled Radishes

2/3 cup red-wine vinegar ½ cup sugar Coarse salt 1 bunch radishes, thinly sliced
Stir together vinegar, sugar & 2 tsp coarse salt. Add radishes & stir to combine. Let stand 30 minutes before serving. Pickled radishes are best used within a few hours but can be kept refrigerated for up to 1 day.

Pita Crisps with Feta-Radish Spread

5 tbsp olive oil 2 pocket pitas, split open
1 pkg. feta cheese (8 ounces), coarsely chopped
¼ cup plain whole-milk yogurt, preferably Greek
2 tsp lemon juice
3 tbsp chopped fresh parsley or dried, to taste
½ cup radishes, quartered & thinly sliced
Preheat oven to 350F. Brush insides of pita with oil. Cut each round into 6 wedges. Arrange wedges in a single layer on a baking sheet, oiled sides up, toast until golden brown and crisp, 7 min. Pulse feta, yogurt, lemon juice & 3 tbsp oil in food processor just until mixture is thick and spreadable, about 10 pulses. Transfer to bowl & stir in parsley & radishes. Serve with pita crisps.

Strawberries with Devonshire Cream

8 ounces cream cheese
1 cup whipping cream
½ tsp vanilla extract
Strawberry (1 cup of berries per person)
Powdered sugar
Whip cream cheese until softened. Gradually add cream until the mixture is smooth. Stir in the vanilla extract. Add powdered sugar to taste. Wash & hull the strawberries & place in a separate bowl. Keep berries & cream mixture in the refrigerator until ready to serve. When serving, dish the strawberries into individual serving dishes, such as bowls or goblets. Spoon the cream over the berries & serve!

Roasted Apriums with Honey-Vanilla Crème Fraîche

1 cup (packed) golden brown sugar
1 tsp ground cardamom
10 apriums, halved, pitted
3 ½ tbsp honey, divided
2 tbsp unsalted butter, diced
1 8-ounce container crème fraîche or sour cream
2 tsp vanilla extract
1/3 cup heavy whipping cream
Preheat oven to 425F. Mix brown sugar & cardamom in 11x7x2-inch glass baking dish. Add apriums. Pour ¼ cup water & 2 tbsp honey over fruit; dot with butter. Roast until apriums are tender, occasionally basting with syrup in dish, 12 to 15 minutes. Cool 5 minutes. Whisk crème fraîche, remaining 1 ½ tbsp honey and vanilla in small bowl. Divide warm apriums & syrup among small bowls. Spoon honey-vanilla crème fraîche over & serve.

Summer Greens Bruchetta

¼ cup natural, unblanched almonds
3 tbsp olive oil
2-3 onions, thinly sliced into rounds
1 lb mizuna, mustard &/or arugula
Coarse salt & ground pepper
1 garlic bulb, minced to a paste
8 slices rustic bread
2 ounces firm goat cheese, cut into 8 slices
2 tsp sherry vinegar
Cook almonds in skillet over medium heat, tossing until crisp, about 7 minutes; cool & place in a food processor, process until finely ground. In the same skillet, heat 1 tbsp oil over medium-high. Add onion and cook until tender. Working in batches, add greens, season with salt and pepper & stir to combine. Cover for 1 minute to steam and then add remaining greens. Uncover and cook 1 to 2 minutes until greens are tender and water has evaporated. If water remains in pan, drain & cool greens to room temperature. In a small bowl, combine ground almonds, garlic & remaining 2 tbsp oil; season with salt & pepper. Spread almond mixture on each slice of bread. Top with a slice of cheese. Toss greens with vinegar and place on top of the cheese.
*For CSA questions, please visit
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