



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 28

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, Fuji & Pink Lady
- * Bosc Pears
- * Pluots: Flavorich & Dapple Dandy
- * Collard Greens
- * Leeks
- * Red Beets with Greens
- * Radish: Daikon or Watermelon
- * Tomato Mix: Pineapple, Oaxacan Pink, Pink Beauty, Brandywine, Sunkist, Persimmon, Tiffen Mennonite, Old German, Pink Accordion
- * Winter Squash: Butternut or Acorn

This Week's Recipes

(Recipes on back)

- * Beets & Spicy Greens Salad
- * Pluot Wild Rice Salad
- * Red-Cheeked Beet Soup
- * Sweet Apple-Filled Squash Rings
- * Fettucine with Shrimp & Winter Squash
- * Winter Squash Compote
- * Roasted Roots & Fruits
- * Collard Greens Miniera
- * Radish & Lemon-Butter Tea Sandwiches
- * Overnight Radish Pickles

Crop Talk

Members are reminded that the last day of the CSA season falls on a Thursday because Veteran's Day this year is on a Wednesday. So please mark your calendars!

>The rainy season is upon us here in the Wenatchee Valley and we've seen precipitation off and on for the past week or so. This past Monday it rained nonstop all day which for this time of the year would be considered a 'seasonal' rain BUT looking at it in a different way, the accumulative rainfall on this one day surpassed the total of all the rainfall that fell in the 5 months of May 1 through September 30!

>Cumulative damage from the 20F freeze 2 weeks ago was mostly confined to selective field row crops with tomatoes taking the brunt of the damage. Low hanging apples within a foot or so of the ground froze solid and softened so they'll make great juice but that's about it. >Farmers Markets are winding down and we'll be attending 3 or 4 year-round markets through this winter. Check the website for the markets open all year highlighted in yellow: www.TinysOrganic.com/marketlocations.aspx.

>Members are also reminded of the upcoming 2010 CSA season and the joining deadline of November 12 for the best value we've ever offered. When members sign up by this date, the cost of the bag for next season comes in at \$4.88/day. Putting that into some perspective, a venti mocha from Starbucks costs about the same. Now that's what we call a good deal!



Bite into three unique, delicious and long-storing apple varieties this week!

Arkansas Black, Fuji & Pink Lady Apples

Crisp, firm white flesh makes *Arkansas Black* Apples just right for eating fresh, blending into ciders and cooking. With waxy, dark purplish red skin that turns nearly black at maturity this great keeper stores well and mellows in flavor with time and is the quintessential apple eater's apple. The large, crunchy, sweet *Fuji* returns this week accompanied by the *Pink Lady*, a cross between Golden Delicious and Lady Williams, a pink/lime green apple with a sparkling champagne taste and as a fresh snack, its sweet-tart flavor also stands up well in fresh slaws, salsas and cooked dishes. Store apples in the refrigerator until ready to be eaten, with the exception of Pink Ladies which can sit on your counter up to a month before eating and indeed mellow out to a more balanced flavor after they're what is called 'conditioned'.

Collards

These hardy greens are a member of the cabbage family and a close cousin to kale and mustard greens. Mild tasting and full of antioxidants, their smooth, dark blue green leaves boost immunities and are a great source of calcium. Wash well before using as they may be hiding a little grit from the field. For simple collards cook 3 cups collard leaves, dress with 2 tbsp olive oil, 2 tsp rice vinegar and 2 minced garlic cloves. Season with salt and cayenne or black pepper. Serve with rice and corn bread. Dress cooked greens with warmed walnut oil, red wine vinegar and chopped toasted walnuts. Heat leftover collards in a skillet with roasted peanuts and crushed red peppers. Brown diced ham in a skillet, then add collards, peanuts, peppers and serve over rice. Mix drained cooked beans with cooked collards and dress with oil and vinegar. Refrigerate collards unwashed wrapped in a damp paper towel in plastic for up to five days.

Leeks

Though cozy, drizzly days can zap your energy; it's a good thing leeks are in season! Leeks give energy and support movement. They have tightly wrapped layers where soil can easily hide so be sure to wash well in cold water before using. Gently peel off the outer layer, slice and generously add to salads, omelets and frittatas. Use in recipes to replace onions or serve straight up. Leeks go well with ham, cream, potato, fish, sun-dried tomatoes and eggs for starters. Chop and toss into omelettes, tarts, soup and frittatas or sauté solo in white wine. Store leeks in a plastic bag in the fridge for up to five days.

Red Beets with Greens

Beets detoxify our bodies and help strengthen our immune systems. Fresh beets and beet greens alike can be shredded or sliced raw into salads and added to soups. Beet greens are delectable sautéed with olive oil and onions or garlic. Serve alongside quinoa, rice, or pasta and pair with red wine. Quick pickle thinly sliced roasted beets to make a brilliant pink side dish that will last for a week in the fridge. Skip the food coloring and shred fresh beets into your favorite brownie or red velvet cake batter to add sweetness, moisture and a lovely deep red tint. Cut off greens, place in a plastic bag and refrigerate for a couple of days. Store roots separately in the crisper for up to two weeks.

Eat Healthy to Ward Off Seasonal Flu

The best source of vitamins is fruits and vegetables. Vitamin pills are a poor substitute for the real thing, meals made from real, fresh food with easily absorbed vitamins.

Due to holiday, the last day of Tiny's 2009 CSA is Thursday, November 12.

Packing the Pantry

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

Beets: Blanch whole, shock in an ice bath, then peel, slice and freeze in airtight container. Alternatively, pickle and process in a hot water bath or can plain beets using a pressure canner.

Butternut Squash: Roast whole, peel and puree. When cool, pack into freezer safe bags and keep in your freezer up to a year. Use in soups or heat up and mix in cheese for a savory side dish.

Tomatoes

Don't refrigerate, keep stem-side down on the counter until you're ready to use! Green tomatoes can be used as is or ripened on the counter or in a closed paper bag. Add chopped tomatoes to sauces and chutneys and freeze for use in the winter.

This Week's Recipes

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

Beets & Spicy Greens Salad

3-4 beets, stems and root ends removed
Mixed beet greens, radish greens and Collards, chopped
1/8 c walnuts or pine nuts, chopped
Balsamic vinegar & olive oil
Freshly ground black pepper
Goat cheese

Heat oven to 400°F. Wrap beets in foil. Roast until soft, about 30-45 minutes. Cut into wedges, place in medium size bowl, drizzle with olive oil & vinegar. Add nuts and greens, toss. Season with salt and pepper. Crumble cheese on top.

Serving Suggestion: Beets & Spicy Greens Salad pairs nicely with crackers and a pungent cheese and jam or as a salad with balsamic vinegar, jam and olive oil.

Pluot Wild Rice Salad

2 cups wild rice or other long-grain rice, cooked
1/2 c Tiny's Organic dried fruit, any variety, soaked
4 Flavorich pluots, halved, pitted and sliced
1/4 cup citrus juice 1 tsp mustard 1 tsp honey 1/2 cup olive oil 1/2 tsp black pepper
Sea salt to taste Blue cheese, crumbled

Prepare sauce for the salad by whisking together the mustard, honey, citrus juice, olive oil and black pepper in a small bowl. Let sauce stand up to a half hour before adding the other ingredients. Place the cooked wild rice and the soaked dried fruit in the large bowl and toss. Add the chopped Flavorich pluots and toss. Add the sauce to the rice mixture and toss well. Chill in the refrigerator for a few hours, fluff with a fork then crumble blue cheese on top and serve.

Serving Suggestion: Serve this dish on a bed of fresh greens or with sautéed greens.

Red-Cheeked Beet Soup

3-4 beets, roasted, peeled and cut into chunks 1 leek trimmed and coarsely chopped
Juice of one lime 1 tsp cumin 1 tsp coriander, ground 7 cups stock, heated
Salt & black pepper 1 1/4 cup sour cream

Process roasted beets, leek, lime juice, cumin and coriander while slowly adding stock. Season with salt and pepper to taste, allow to cool. Just before serving, process again and add sour cream 1/4 cup at a time until you are satisfied with the taste and texture.

Sweet Apple Filled Squash Rings

6 tbsp (3/4 stick) butter 1 leek, trimmed and chopped 1 1/2 tbsp curry powder
2 apples, peeled, cored, diced 2/3 cup apple juice or cider 1/2 c dried fruit, chopped
8 1-in-thick unpeeled squash rings (from 2 medium squash), seeded
Melt 1 tbsp butter in heavy large skillet over medium heat.

Add onion and sauté until tender and then stir in 1 tbsp curry powder for a minute. Add apples, apple juice and dried fruit and sauté until liquid evaporates. Season to taste with salt and pepper. Preheat oven to 350F. Melt 5 tbsp butter in small skillet over medium heat. Add 1/2 tbsp curry powder stir until fragrant, about 1 minute. Transfer curry butter to bowl. Brush 2 large rimmed baking sheets with some curry butter. Arrange squash in single layer on sheets. Sprinkle with salt and pepper and scoop filling into center of rings. Drizzle remaining curry butter over squash and cover with foil. Bake until squash is tender when pierced with skewer, about 40 minutes. Using spatula, transfer squash rings with filling to plates.

Fettuccine with Shrimp & Winter Squash

1/4 cup olive oil 1 or 2 leeks, sliced 2 cloves garlic, sliced
3 tsp each dried rosemary, savory & oregano
(or others of your favorite spices)

1 tbsp fresh thyme leaves 1 medium winter squash, peeled and diced
1 1/4 cup dry white wine 2 cups stock, water or broth
30 oz shrimp, peeled and deveined
2 pounds fettuccine, rice or another pasta, cooked al dente (for a nice color contrast try black pasta or rice)
4 tbsp (1/2 stick) butter, diced Salt and pepper Your preferred hard cheese, grated
Sauté leeks in olive oil over medium heat until tender, add garlic, dried herbs and fresh thyme, sauté for another minute and then mix in the winter squash and cook for about 10 minutes. Pour in the wine and broth, bring to a boil then simmer to reduce the liquid by half, add the shrimp and submerge them in the liquid; continue to simmer for a few

minutes until cooked. Toss diced butter, fettuccine and shrimp mixture in a bowl and serve topped with grated cheese.

Adapted from Kerry Sartesky, French Revolution Food

Winter Squash Compote

1 pound winter squash (preferably pumpkin or butternut) peeled, seeded and cubed or grated
8 oz your preferred sugar (adjust to taste)
5-6 whole cloves
Nutmeg, cinnamon, vanilla extract (optional, to taste)
1/2 cup dried coconut, unsweetened
Over medium heat, cook winter squash, sugar, cloves and any other flavorings until squash cooks through, stirring from time to time. When tender, pound the squash into a pulp and continue to simmer until the liquid evaporates, then take off heat, stir in dried coconut and let cool before eating. The compote will store in an airtight container in the refrigerator for a few days. Serving Suggestion: Pairs well with soft cheeses.

Roasted Roots & Fruit

1-2 radishes and/or daikon, trimmed and quartered
3-4 beets, trimmed and quartered
1-2 apples, sliced
1-2 tomatoes, topped and quartered
1-2 cloves garlic, sliced
A couple sprigs of thyme or rosemary if desired
Olive oil and Balsamic vinegar
Salt & black pepper to taste
Preheat oven to 400°F. Place all ingredients in a plastic bag, shake until coated and then place all on baking sheet lined with foil and roast for 30-45 minutes until cooked through and tomatoes are blistering.

Collard Greens Miniera

1 bunch collard greens, halved lengthwise, stems and center ribs discarded
3 slices bacon, finely chopped
Stack collard-leaf halves and roll crosswise into a cigar shape. Cut crosswise into very thin slices (no thicker than 3/4 inch) with a sharp knife. Cook bacon in a 12-inch nonstick skillet over moderate heat, stirring, until crisp. Add collards, tossing to coat and cook until just bright green, about 1 minute. Season with salt and serve immediately.

Radish and Lemon-Butter Tea Sandwiches

4 tbsp unsalted butter, softened
1/2 tsp finely grated lemon zest
1 tsp fresh lemon juice
Salt
7 slices of sandwich bread, crusts removed
1/2 cup flat-leaf parsley leaves, optional
Radishes, very thinly sliced
In a small bowl, blend the softened butter with the lemon zest and lemon juice and season with salt. Spread the bread slices with the lemon butter. Cut bread into 2 1/2 -by-1-inch rectangles. Top with the parsley leaves and radish slices. Serve at once, or cover the sandwiches with plastic wrap and let stand at room temperature for up to 2 hours.

Overnight Radish Pickles

3-8 chopped daikon or watermelon radish
3/4 tsp salt
1 tbsp rice vinegar
1/4 tsp ground black pepper
1/4 tsp sesame oil (optional)
In a mixing bowl, toss radish with salt. Cover and refrigerate until 1 to 2 tablespoons of water is released, about 30 minutes. Drain and rinse radish, removing as much salt as possible. Pat dry with a paper towel and return to bowl. Stir in rice vinegar, black pepper and if desired, sesame oil. Cover and refrigerate overnight. Serve over sautéed radish greens finished with a squeeze of lemon.

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.

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