



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

NOVEMBER 4 *Attn. Members! next week's pickup day is Thursday, not Wednesday!!*

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.

- * Fuji Apples
- * Pink Lady Apples
- * Bosc Pears
- * Flavorich Pluots
- * Dapple Dandy Pluots
- * Ruby Red Chard
- * Mizuna
- * Parsnips
- * Touchstone Gold Beets
- * Potato Mix: All Blue, All Red, Caribe Red, Mountain Rose or Purple Majesty
- * Winter Squash: Acorn, Butternut, Delicata, Table Gold or Spaghetti

This Week's Recipes

(Recipes on back)

- * Parsnip & Potato Homefries
- * Roasted Parsnips with Balsamic Vinegar
- * Almost Cheeseless Chard Casserole
- * Sautéed Chard with Garlic & Red Pepper
- * Black Pepper & Lime Potato Wedges
- * Delicata Squash & Gruyere Cheese
- * Roasted Delicata Squash
- * Baked Cheese & Polenta with Chard
- * Balsamic-Dressed Roasted Beets
- * Country Pear Crisp
- * Roasted Beets & Pear Mizuna Salad

Crop Talk

It's almost hard to believe but there is only one more week to go in our CSA program! And we would like to take this opportunity to thank all our current season members for their support for our farm. We would also like to remind current members (and friends too!) that we're offering the best value ever for our 2010 program when you sign up on or before our last delivery date of November 12. Put into perspective, that's 40% off the normal CSA regular season membership rate. There are other good value levels as the season progresses but none better than when you join by next week. And if you're budget conscious, this would indeed be the value level we would encourage you to consider. Even though we require the full season paid upfront to get the best deal, you lock your membership in at an incredibly low price, on average less than \$2/lb for a full season of fresh organic fruit and vegetables straight from our farm. And remember, our CSA program almost forces all of us to eat the way we know we should! If you're looking to eat right for you and your family, look no further. And now with this incredible pre-season value, you can eat the best and pay the least! Sure, it's painful for all of us to dig into our wallets this far in advance, but hey, let's face it, it's the best feeling in the world once you've made the commitment!! Just pick up the phone and call us anytime between now and the 12th and we'll get you going for the best value we've ever offered, ever!! Tel: 206.852.5021 Also, check the insert in this week's bag for 2010 CSA program value levels.



Later season pluots are a delicious part of the transition to cooler days!

Flavorich & Dapple Dandy Pluots

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. Named for its beautifully speckled skin, the seriously sweet Dapple Dandy is beautiful on the inside as well, with flesh ranging from pink to red. Eat your Dapple Dandy Pluots right away or allow to soften on the countertop to maximum flavor or store in the refrigerator for a few days. To

freeze, simply cut your stone fruits in half and remove the seed/pit. Seal the fruit halves well in a Ziploc freezer bag. Your bagged plums and pluots will be easiest to work with later if stored in a single layer and frozen flat to make stackable bricks.

Bosc Pears

One pear can provide you with almost a quarter 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's 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.

This week's pears should be almost ripe when they arrive in your bag. You may only need to leave out an extra day or two.

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 plastic bag for up to a few days. For best flavor, enjoy in the first couple of days after you take them home.

Red Chard

A member of the Goosefoot family along with beet and spinach, Red Chard is a glossy leafy green with ruddy stems. Fully edible, both the leaves and stems of chard are good sources of Vitamin A, C & K as well as magnesium, manganese, potassium and iron. Chard is quite tender and only needs to be cooked briefly. It should be used as quickly as possible, though if you plan on keeping it for a weekend dish, wrap in moist paper towels then seal inside a plastic bag and store in the crisper drawer for up to 5 days. Leafy greens are nothing to be afraid of; they can easily be adapted to almost any meal. Serve as a side dish alongside beans, pasta or potatoes. Mix into soups or layer into enchiladas and crepes. Slice very thinly, sauté with garlic and add to scrambled eggs or omelettes. Red Chard pairs well with lemon, raisins, currants, olive oil, garlic, chilies, cured meats and can be used to wrap meat, grain or fish fillets.

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 Pluot Jam

2 pounds pluots, pitted and cut into ½ inch wedges 1½ cups sugar ½ lemon, seeded
In a large saucepan, toss the pluots with the sugar and let stand, stirring occasionally, until the sugar is mostly dissolved, about 1 hour. Squeeze the lemon over the pluots, add the lemon to the saucepan and bring to a boil, stirring until the sugar is dissolved. Cook over moderate heat, stirring, until the liquid runs off the side of a spoon in thick, heavy drops, 20 to 25 minutes. Discard the lemon and spoon the plum jam into three ½ pint jars, leaving about ¼ inch of space at the top. Close the jars and let the jam cool to room temperature. Store the jam in the refrigerator for up to 3 months.

Potatoes: Grate for hash browns, cut into 'french fries' or dice and blanch. Drain, rinse in cold water and drain again. Spread potatoes out on an oiled cooking sheet and place in freezer until frozen solid. Put frozen potatoes into freezer safe containers.

This Week's Recipes

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

Parsnip & Potato Homefries

1 lb Potatoes 1 lb Parsnips ¼ cup olive oil 1 tsp salt 1 tsp Paprika ½ tsp pepper
In a medium saucepan, bring two inches of water to a boil over high heat. Meanwhile, peel the potatoes and parsnips and cut them into 1/2 -inch cubes and add them to the boiling water. Boil 5-10 minutes or until tender. Drain well. In a 12-inch skillet over medium heat, warm the oil. Add the potatoes and parsnips, salt, paprika, and pepper to the skillet, and cook 5 to 10 minutes longer over medium-high heat, stirring frequently, until the vegetables are golden brown.

Roasted Parsnips with Balsamic Vinegar

2 lbs parsnips 2 tsp olive oil Salt and pepper, to taste 2 tsp balsamic vinegar
Preheat oven to 425 degrees. Scrub parsnips and cut them into 1 inch chunks or more slender 'batons'. Toss with oil on a large rimmed baking sheet. Sprinkle with salt and pepper. Roast, turning once, until golden brown, 30-40 minutes. Drizzle balsamic vinegar over the roasted parsnips on the baking sheet and toss to coat. Continue to roast just until the parsnips are glazed, about 3 minutes. Adjust the seasonings and serve.

Almost Cheeseless Chard Casserole

Zest of one large lemon 8 ounces whole wheat penne pasta
1½ cups squash, peeled and sliced into quarter sized pieces
3 handfuls chard, loosely chopped 2 cups plain Greek yogurt
2 egg yolks 3 cloves garlic, chopped ½ tsp fine grain sea salt
¼ cup Kalamata olives, pitted and torn into pieces ¼ cup feta cheese, crumbled
Preheat oven to 400F degrees, with a rack in the middle. Oil an 8x12-inch baking dish or two smaller gratin dishes. Sprinkle with lemon zest and set aside. Whisk together the yogurt, eggs, garlic and salt in a large mixing bowl, set aside. Bring a large pot of water to a boil, salt it generously and cook the pasta until al dente. Just 10 seconds before you are done cooking the pasta, stir in the squash and chard. Quickly drain. Run cold water over the pasta, squash and chard (squeeze out any excess water). Add the pasta, squash and chard mixture to the yogurt mixture. Scoop everything into the prepared baking dish, sprinkle with olives and feta and bake for 25-30 minutes.

Sautéed Chard with Garlic & Red Pepper

2 tsp olive oil 2 cloves garlic 2 tsp salt 1 bunch chard, chopped loosely
½ lemon, juiced or vinegar Red pepper flakes
Heat the oil with the garlic and pepper flakes in a skillet over medium-high heat until the garlic begins to color. Add the chard and toss to coat with the oil. Add ½ cup water and cook until it's absorbed and the chard is heated through. Season with salt and lemon or vinegar.

Black Pepper & Lime Potato Wedges

1½ pounds small potatoes, cut into wedges 3 tsp olive oil sea salt
freshly ground pepper 1 lime 1/3 cup Parmesan cheese, grated
Preheat oven to 375F. In a medium bowl toss the potato wedges with the olive oil, a few big pinches of sea salt and pepper to taste. Arrange the potatoes cut side down on a baking sheet and bake for 30-35 minutes, tossing the potatoes with a metal spatula half way through. While the potatoes are baking, zest the lime and cut it into a few wedges. When the potatoes are cooked through, remove them from the oven, taste and adjust the seasoning. Add more salt and pepper to taste. Serve in a big shallow bowl, or on a platter, drizzled with lime juice and dusted with the lime zest and Parmesan

Delicata Squash and Gruyere Cheese

1 Delicata squash 1 cup of finely grated Gruyere cheese
½ cup milk or cream Salt and pepper ½ tsp paprika or cayenne
Heat the oven to 350°F. Cut the squash in half and scrape out the seeds. Turn the shells upside down in a pie pan, cover with foil and roast for about 45 minutes or until very soft. Scoop out the flesh while still warm and blend with the cheese, milk and seasonings. Adjust seasonings to taste and warm up again in the oven or microwave if the cheese does not melt completely.

Roasted Delicata Squash

Preheat the oven to 425F. Wash the squash thoroughly. Cut the hard ends off each squash and cut them in half. Using a spoon, scoop out the seeds and strings. Cut each half into 3 or 4 wedges. Place the squash wedges skin down on a cookie sheet. Spray

with cooking spray and sprinkle on your seasonings. Roast in the oven for 40 minutes. *The skin is so delicate you can eat it too*

Baked Cheese & Polenta with Chard

2 tsp olive oil 6 garlic cloves, minced
8 cups chopped chard, stems &, leaves
Polenta
1 (14½ ounce) can chicken broth
1½ cups water ½ tsp salt
1 cup cornmeal or quick-cooking polenta
1 tsp butter 3 tsp grated parmesan cheese
1 cup grated mozzarella cheese ½ cup sour cream
Heat oil in a large skillet over medium heat, add the garlic and cook 30 seconds, then stir in chard stems, pour in a couple tablespoons water and cover pan, cook the stems 2 minutes. Remove the cover and mix in the chard leaves, cover the pan again and cook until the leaves wilt, about 3 minutes. Remove pan from heat and let cool, uncovered. Preheat oven to 400°F. Spray a 2½ -quart shallow baking dish with cooking spray and set aside. Combine the chicken broth, water and salt in a medium size saucepan and bring to a boil, reduce the heat to medium-low and slowly drizzle in the cornmeal, whisking all the while with a wire whisk. Continue to cook and whisk the polenta until it's the consistency of mashed potatoes, about 5 minutes. Whisk in 2 tablespoons of Parmesan cheese, the tablespoon of butter and the Mozzarella cheese. Spread HALF of the polenta into the baking dish, spoon on chard and distribute it evenly on top of polenta. Drop on small spoonfuls of the sour cream over the chard, spread it out with back of spoon. Spoon on the remaining polenta and spread it out. Sprinkle on the remaining tablespoon of parmesan cheese (*the casserole may be prepared to this point and refrigerated up to 24 hours in advance. Bring to room temperature before baking*). Bake the polenta for 20 to 25 minutes or until golden on top and sizzling.

Balsamic-Dressed Roasted Beets

3-5 beets ½ cup orange juice
¼ cup balsamic vinegar 1 tbsp sugar ½ tsp salt
Ground black pepper, to taste. Preheat oven to 400F. Wrap beets in foil. Bake for 1 hour or until tender. Cool beets to room temperature. Peel and cut each beet into wedges. Combine juice, vinegar and sugar in a small saucepan; bring to a boil. Cook until reduced to 1/3 cup (about 10 minutes). Combine beets, vinegar mixture, salt and pepper; toss well.

Country Pear Crisp

3-5 ripe pears 1 tbsp fresh lemon juice
Lemon zest 1 tsp cinnamon
¼ tsp grated nutmeg 1 tsp flour ¼ cup sugar
For Pear Crisp Topping:
½ cup rolled oats 1/3 cup brown sugar
¼ cup butter, softened Pinch salt
Preheat oven to 375 degrees. Seed and chop pears. Place in a medium bowl and toss with lemon juice. Mix in flour, lemon zest, cinnamon, nutmeg, flour and sugar. In a separate bowl, combine rolled oats, brown sugar, softened butter and pinch of salt. Spread pear mixture into a greased and floured 8" x 8" x 2" glass baking dish. Sprinkle oat topping evenly over pears. Bake for 35-40 minutes.

Roasted Beets & Pear Mizuna Salad

¼ cup apple cider vinegar 1½ tsp olive oil
2 beets, cut into 1-inch wedges, roasted
2 Bosc pears, cored & sliced Sea salt, to taste
¼ tsp ground cayenne red pepper 1 bag of mizuna
4 tsp finely crumbled blue cheese
Puree the vinegar, oil and half a pear, salt and red pepper in a blender until smooth. Just before serving, thinly slice the remaining pears. In a large bowl, toss the mizuna, beets & pears with the dressing. Serve with blue cheese on top.

For CSA related questions, please visit our website, www.TinysOrganic.com, contact our Seattle Home Office, 206.762.0577 or email to info@tinysorganic.com.

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