



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 12

BRAND NEW COMPLEMENTARY BAG INSIDE FOR YOUR OFF-SEASON USE. PLEASE RETURN THE OTHER CSA BAG TO YOUR DROP SITE AS USUAL NEXT WEEK.

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, Pink Lady, Fuji
- * Bosc Pears
- * Flavorich Pluots
- * Dapple Dandy Pluots
- * Bronze Arrow Lettuce
- * Ribbor Kale
- * Tat Soi
- * Parsnips
- * Red Ace Beets
- * Yellow Onions
- * Delicata Winter Squash

This Week's Recipes

(Recipes on back)

- * Beet Risotto
- * Chicken & Parsnip Fries
- * Braised Kale
- * Roasted Root Vegetable Soup
- * Spicy Roasted Parsnips
- * Country Pluot Tart
- * Fettuccine with Grated Beets & Cheese
- * Roasted Beet Salad with Goat Cheese

Crop Talk

This is the last crop talk of the year and since I haven't officially introduced myself, my name is Greg McPherson, who along with my family, operate the farm in the Wenatchee Valley. My sons John and Jay live in the Seattle area and they run and manage the Farmers Markets and that is why you see a Seattle address accompanying much of the correspondence you receive from us. We hope you aren't offended by the rush of promotional material we've been sending you lately but we truly want to make sure all our members are aware of the 2010 program and the excellent value it represents.

We're like any other business in this economy, offering our customers the best possible value we can while at the same time trying to make a living! So far, the response to this offer has been excellent and many members have already joined for next year—and for that we thank you very much! BUT I cannot overemphasize...Thursday, November 12 is the last day for the best value we've ever offered. At the \$751 full season offer, our per pound price is about the same as the price we sell to our wholesale customers, so you can see that we're not fooling around here trying to get your business and making sure you don't miss out on this really great deal! If you decide to join last minute, either log on to the website and join online or call 206.852.5021 or 206.762.0577 and just leave a message that you're on board for next season and we'll get back to you as soon as we can. As part of this offer we're also including a mixed box of Dried Organic Fruit that's approximately a \$50 value. Once again, thank you for being a part of our farm family and we look forward to growing for you again next year!



Great as snacks or baked into desserts, Gala Apples are a sweet cross of Kidd's Orange Red and Golden Delicious.

Gala Apples

Apples contain flavonoids, fiber and antioxidants that support both cardiovascular and lung health. Firm, juicy and fine textured with yellow white flesh, red-striped Gala Apples were originally developed in New Zealand in 1962 and have caught on in a big way in the US. These cheery beauties are crisp with spicy sweetness, a good choice for salads. With their thin skin, smaller size and mild flavor, they make a great snack for

children! Store apples in the refrigerator to keep them fresh and crispy!

Bronze Arrow Lettuce & Tat Soi

This week you're receiving oak leaf-shaped Bronze Arrow Lettuce and Tat Soi, an Asian green also known as spoon cabbage. 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.

Kale

Nutritionally speaking, Kale is a superstar! It's loaded with calcium, potassium, indoles (cancer-fighting substances), beta-carotenes and other antioxidants. 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 and refrigerate in the crisper drawer for up to 1 week. Eat as soon as possible for maximum flavor, nutrition and texture!

Parsnips

Parsnips are a great source of fiber, folic acid, calcium and potassium! This starchy root vegetable looks like a cream-colored carrot and is surprisingly sweet and nutty. Parsnips can be eaten raw, sliced into salads, steamed with a little salt, pepper and butter, smashed or mashed. They pair well with apples, beets, potatoes, leeks, butter cream and curry. We love them roasted to get the fullest, richest flavors and caramelized natural sugars. Just chop Parsnips into uniform sized pieces, toss with a little oil and bake until soft at 375F. Wrap this hearty late-season vegetable raw and unwashed in a moist towel and keep refrigerated in a plastic bag for up to one month.

Delicata Winter Squash

This heirloom variety is considered one of the best for flavor! Steamed or baked, Delicata winter squash (aka Bohemian or Sweet Potato Squash) is a great source for vitamins A and C and potassium and iron. The creamy colored green striped edible skin is tender and easy to cut. Its yellow flesh tastes like a combination of sweet potato and butternut squash. Roast whole or sliced, bake and mash like potatoes, or mix into soup recipes. Delicata combines nicely with sweet and savory ingredients such as olive oil, honey, garlic, sage and maple syrup and can keep room temperature for about a month.

Tiny's Organic 2010 'Farm to City' CSA begins Wednesday, June 10, 2010!

Packing the Pantry

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

Pears: Make pear butter or poach pears in water or wine with sugar, vanilla and black peppercorns. Keep in the refrigerator covered in their liquid for up to 5 days or process in a hot water bath to seal in glass jars and keep in the pantry for up to a year.

Winter Squash: Roast whole, peel and puree. When cool, pack into freezer safe bags and keep in your freezer up to a year.

This Week's Recipes

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

Roasted Delicata Squash Stuffed with White Beans, Tat Soi & Sage

1 delicata squash, halved and seeds scooped out
1 large garlic clove, minced Olive oil
½ can (15 oz) small white beans, drained and rinsed
2 large handfuls tat soi, chopped 1 tbsp minced fresh sage leaves (or dried)
½ cup breadcrumbs ¼ cup grated parmesan cheese
Preheat oven to 350 degrees. Place the squash halves (cut side up) in a baking dish. Drizzle with olive oil and season with salt and freshly ground black pepper. Bake in the oven until the flesh is tender when pierced with a fork, about 1 hour. Remove the squash halves from the oven and set aside. Meanwhile, make your filling: heat 2 tbsp of olive oil in a sauté pan over medium heat until hot, then add the minced garlic and sauté for about 30 seconds. Add the tat soi and sauté until wilted. Now add drained, rinsed white beans and continue cooking the mixture until the beans are heated through. Stir in the sage, season to taste with coarse salt and freshly ground black pepper and set aside to cool slightly. Fill the squash halves: first, preheat the oven to 425 degrees F. In a small bowl, mix together the breadcrumbs and grated parmesan cheese. When the bean and green mixture has cooled slightly, stir half of the breadcrumb mixture into it. Divide this filling mixture between the cooked squash halves, mounding it in each. Sprinkle the remaining breadcrumb and cheese mixture over the top of the filled squash halves. Drizzle some olive oil over the top of each squash half. Return the pan to the oven and bake the squash halves until the topping is golden, about another 15 minutes.

Beet Risotto

7 cups chicken stock 4 tbsp unsalted butter ¼ cup extra-virgin olive oil
1 large sweet onion, finely chopped
2 large beets, peeled and coarsely shredded, plus thinly sliced beets for garnish
3 cups arborio rice (1 ¼ pounds) 1 ½ cups pecorino cheese, grated
2 tsp poppy seeds, plus more for garnish
In a saucepan, bring the stock to a simmer cover and keep warm. In a medium pan, melt the butter in the oil. Add the onion and cook over moderately high heat, stirring until softened, 5 minutes. Add the shredded beets and cook, stirring, until the pan is dry, 12 minutes. Spoon half of the beets into a small bowl.
Add the rice to the pan and cook, stirring for 2 minutes. Add 1 cup of the warm stock to the rice and cook over moderate heat, stirring, until the stock is nearly absorbed. Continue adding the stock 1 cup at a time, stirring constantly, until the rice is al dente and a thick sauce forms, 22 minutes. Stir in the cooked beets, cheese and the 2 teaspoons of poppy seeds. Cook, stirring, until heated through; add a few tablespoons of water if the risotto is too thick. Spoon the risotto into bowls. Garnish with sliced beets and poppy seeds and serve.

Chicken and Parsnip Fries with Spicy Vinegar

1 ½ lbs parsnips 3 tbsp olive oil, divided
4 chicken breast halves with skin and bone (3 ½ pounds)
½ cup distilled white vinegar ¼ tsp dried hot red-pepper flakes
Preheat oven to 450°F. Quarter parsnips lengthwise. (If large, cut lengthwise into eighths.) Toss with 1 tbsp oil in a large shallow baking pan and sprinkle with ½ tsp salt and ¼ tsp pepper. Roast, stirring occasionally, while preparing chicken (about 5 minutes). Pat chicken dry, then sprinkle with 1 ½ tsp salt and ½ tsp pepper. Heat 1 tbsp oil in a skillet over high heat until it shimmers, then brown skin side of chicken, about 3 minutes. Transfer chicken, skin side up, to pan with parsnips, reserving skillet and roast until chicken is cooked through and parsnips are tender and caramelized, about 20 minutes. While chicken roasts, reheat fat in skillet with remaining 1 ½ tsp oil, then add vinegar & red-pepper flakes and boil, stirring, 30 seconds. Pour into a cup and keep warm, covered. Serve chicken & fries drizzled with spicy vinegar.

Braised Kale

1/8 cup extra-virgin olive oil 2 garlic cloves, very finely chopped
½ - ¾ cups chicken broth
1 bunch kale, stems and inner ribs discarded, leaves coarsely chopped
Salt and freshly ground pepper
In a very large soup pot, heat the olive oil. Add the garlic and cook over moderately high heat, stirring, just until fragrant, about 30 seconds. Add the chicken stock, then add the kale in large handfuls, letting it wilt slightly before adding more. Season with salt and pepper, cover and cook over moderate heat until the kale is tender, about 5 minutes.
Remove the lid and cook until the liquid has evaporated, about 3 minutes longer. Transfer to a bowl and serve.

Roasted Root Vegetable Soup

1 large beet, halved and sliced 1/3" thick 2 medium parsnip, sliced diagonal 1/3" thick
1 medium onion, thickly sliced 2 tbsp olive oil
4 cups chicken stock or canned low-sodium broth Salt and freshly ground pepper
Crème fraîche or sour cream, for serving 1 ½ tsp chopped fresh dill, optional
Preheat the oven to 500°. On a large rimmed baking sheet, toss the beet, parsnip and onion with the olive oil and spread in a single layer. Roast the vegetables for about 20 minutes, stirring once or twice, until tender and golden brown around the edges. Transfer the vegetables to a large saucepan. Add the stock; cover and bring to a boil. Simmer over low heat until the vegetables are tender, about 10 minutes. Working in batches, puree the soup in a blender or

food processor until smooth. Return the soup to the saucepan and reheat gently. Season with salt and pepper. Ladle the soup into deep bowls. Top with a dollop of crème fraîche and the chopped fresh dill and serve at once. *The soup can be refrigerated for up to 3 days.*

Spicy Roasted Parsnips

1 ½ lbs parsnips, julienned
3 tablespoons olive oil 2 pinches cayenne (to taste)
Salt, to taste 2 cloves garlic, peeled and minced
Preheat oven to 450-degrees. Layer parsnips on baking sheet in single layer. Sprinkle with next three ingredients, tossing well to ensure everything is coated well. Roast 15 minutes on bottom rack, stirring occasionally. Sprinkle with the garlic and roast until well browned, about 15 minutes longer. Let cool slightly, adjust salt if necessary.

Country Pluot Tart

Crust
2 cups flour ¼ cup sugar ½ tsp salt
1 cup (2 sticks) chilled unsalted butter, cut into ½ "pieces
5 tbsp (about) ice water
Filling
1 ½ pounds pluots, sliced 1/3 cup plum/pluot jam
1 tsp vanilla extract ¼ tsp ground allspice
3 tbsp sugar 1 egg, beaten to blend (for glaze)
Crust: Mix flour, sugar and salt in processor. Add butter and cut in using on/off turns until mixture resembles coarse meal. Add water by tablespoonfuls and process just until moist clumps form. Gather dough into ball; flatten into disk. Wrap in plastic. (Can be made 1 day ahead. Keep chilled. Let soften slightly at room temperature before rolling.) Preheat oven to 375°F. Roll out dough on large sheet of floured parchment paper to ¼ inch-thick round. Trim dough to 14-inch diameter. Transfer dough on parchment paper to large baking sheet (edges of dough may hang over edges of baking sheet).
Filling: Mix pluots, jam, vanilla and allspice in large bowl. Mound pluot mixture in center of dough, leaving 3-inch border. Sprinkle fruit with 2 tbsp sugar. Fold dough border over fruit, pleating loosely and pinching to seal any cracks. Brush dough with beaten egg. Sprinkle dough with 1 tablespoon sugar. Bake tart until crust is brown and filling bubbles, about 45 minutes.

Fettuccine with Grated Beets & Cheese

3 tbsp poppy seeds 6 tbsp unsalted butter
1 ½ lbs beets, peeled & finely grated in a food processor
Salt & ground pepper 1 lb fresh or dried fettuccine
2/3 cup freshly grated Parmigiano-Reggiano cheese
1 tsp balsamic vinegar
In a large, heavy saucepan, toast the poppy seeds over high heat, stirring, until they smell slightly nutty, about 2 minutes. Transfer to a small bowl. Add 5 tbsp of butter to the saucepan & cook over moderate heat until beginning to brown, about 5 minutes. Stir in the beets and season with S & P. Reduce the heat to low, cover and cook until the beets are tender, about 10 minutes. Meanwhile, in a large pot of boiling salted water, cook the fettuccine until al dente. Drain and transfer to a large warmed serving bowl. Toss the fettuccine with the remaining 1 ½ cup of butter and the grated cheese; season the pasta with S & P. Stir in the beets and sprinkle the pasta with the toasted poppy seeds. Add the balsamic vinegar to the fettuccine, season again with salt and pepper and serve.

Roasted Beet Salad with Goat Cheese

4-8 beets 3 garlic cloves 6 ½ tbsp oil S & P
½ cup unsalted pistachios ¼ cup sherry vinegar
1/3 cup olive oil 6 ounces fresh goat cheese
1 - 2 cups bronze arrow lettuce
In a baking dish, toss the beets with the garlic and 2 tbsp of the oil; season with S & P. Cover with foil and bake in a 350° oven for 30 minutes, or until tender. Let cool, then peel (optional) and quarter the beets. Transfer the beets to a bowl. Toss the pistachios with ½ tbsp of the oil and season with salt and pepper. Toast in the oven for 5 minutes. In a bowl, whisk the vinegar with the olive oil and the remaining ¼ cup of oil. Toss the beets with the vinaigrette, season with salt and pepper and arrange over a bed of greens on a platter. Crumble the goat cheese on top and sprinkle with the pistachios.

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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