



www.TinysOrganic.com

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](http://www.TinysOrganic.com)

JUNE 24 SEATTLE & EASTSIDE ◇ JUNE 23 WENATCHEE

### 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.*

- \* Tasty Rich Apriums
- \* Cherries: Summit & Rainier
- \* Arugula
- \* Mixed Beet Greens
- \* Romaine Lettuce: Jericho or Barcarole
- \* Dinosaur Kale
- \* Broccoli: Rosalind Purple or Nutri-Bud Green (less than we'd like because of growing conditions: too hot!!)
- \* Perfection Fennel
- \* French Breakfast Radishes
- \* Summer Squash Mix Bennings Green Tint, Goldy, Success Pm Yellow Straight Neck, Yellow Scallopini, Ronde De Nice, Golden Zucchini, Yellow Crookneck, J.E.V., Costata Romanesco, Cocozelle Bush, 8 Ball, Floridor, Partenon

### This Week's Recipes

*(Recipes on back)*

- \* Smashing Summit Cherry Cocktail
- \* Romaine Salad with Garlic Anchovy Vinaigrette
- \* Beet Leaf Pesto
- \* Braised Beet Greens
- \* Grilled Aprium, Arugula & Goat Cheese Salad
- \* Roasted Squash & Perfection Fennel with Fresh Herbs
- \* Roasted Radishes with Greens
- \* Pesto-Topped Grilled Summer Squash
- \* Parmesan Squash Pan-Cakes
- \* Shrimp & Feta Stuffed Squash

### Crop Talk

The weather here at the farm in Wenatchee has rapidly improved in the last week and temps are running in the 80's making it ideal for growing cherries, peaches, plums, nectarines and pluots. Although we've had a few sprinkles in the past week, the cherry crop has not been damaged at all and we're looking to harvest a really great crop of Rainiers, Bings, Lapins and Sweethearts. With too much rain cherries can easily split making them unharvestable. When cherries are exposed to rain for extended periods of time, they soak up too much water and the increased pressure causes the cherry to split. Some varieties are harder than others. The Lapins cherry was developed in Summerland BC and is almost split resistant because of a thicker skin. In 2002 we had rain off and on for three days just before harvest. All the Bing cherries in our district were unharvestable but the Lapins made it through the rain with only minor splitting. Rainier cherries are also less prone to rain damage and you'll be able to sample them in your bag this week. As you eat them, you'll also notice their slightly thicker skin.

This week, Tiny's farm crew got out their ladders to handpick the first dark red Summit Cherries of the season just for you. Summit is one of the world's largest cherry varieties!



### Rainier & Summit Cherries

Summit and red-blushed golden Rainier Cherries can be eaten fresh out of hand as a snack or included in baked desserts like Clafoutis, a sweet n' simple French custard (hint: leave in the pits for better flavor). Cherries store fresh in the refrigerator for several days. To learn how to hoard these small treasures for later consumption, see the 'Freezing Stone Fruit' section below. Serve whole cherries partially thawed, or pit, stem and add to salads, sauces, batter or as garnishes.

### Freezing Stone Fruit

Plan ahead to enjoy high-quality local fruit even after our harvest season is over. Start now by regularly freezing some of your favorite stone fruit throughout the summer and fall harvest! Simply cut in half and remove the pit. Seal the halves in a reusable plastic freezer bag, squeezing out excess air to prevent freezer burn. Your bagged fruit will be easiest to work with later if stored in a single layer, frozen flat on a cookie sheet, then stacked. Up to a year later, thaw your frozen fruit, add juice or yogurt and blend for tasty homemade fruit smoothies. Frozen stone fruit is also great in cooked fruit toppings and baked desserts, like crumbles!

### French Breakfast (and other) Radishes

To give a burst of color to your meals, cut radishes into matchsticks and use raw or stir-fried to top salads, pasta, meat or just about anything! Toss with olive or sesame oil and roast, and then stir in chopped spring onions for a simple side dish. Mince or slice thinly with onions and mix in sour cream, salt and pepper for a great sandwich topper. High in moisture, radishes do best when stored unwashed (greens removed) in a plastic bag in the crisper drawer. Get the most out of radishes by using the greens in salads, stir-fries and soups.

### Perfection Fennel

A close relative of parsley and carrots, anise-sweet fennel is an excellent source of Vitamin C and potassium. Thinly slice the bulb, sauté in olive oil and use in place of onions or celery in risotto and other dishes. For a quick dinner, simmer fennel slices for a few minutes with chopped summer squash and white wine then add a handful of shredded greens. Stir in a few mussels or oysters, cook until the shells open and serve over pasta or rice. Garnish with chopped fennel fronds. Store your fresh fennel in your crisper drawer for up to four days. For best flavor, use fennel as soon as possible.

### Jericho & Barcarole Romaine Lettuce

The large leaves of light-green Jericho Romaine and dark-green Barcarole lettuce are heart-healthy and feed your body with good amounts of fiber, Vitamin C, beta-carotene, folic acid and potassium. Wash, dry and place romaine lettuce leaves in a plastic bag or wrap in a damp cloth. Store in your refrigerator for up to a week. Use Romaine lettuce in salads and layer into your lunchtime sandwiches.

### CSA Member Barb Moody's "Dino" Rice Salad

*1 c wild/brown rice, 1 c chicken broth, 1 c water, 2-3 tbsp chopped basil, 2 green onion tops finely chopped, 1/4 c sunflower seeds, 1/2 bunch of kale (stems & leaves) chopped, 2 green onions (bottom third) chopped, 2 tbsp olive oil, 1/2 c crumbled Feta cheese, oil & vinegar, salt & pepper to taste.* Cook rice in mixture of chicken broth & water. Cool rice. In a mixing bowl, add rice, basil, sunflower seeds and chopped green onion tops. Briefly sauté kale and onion in olive oil until leaves are bright green and slightly softened (stems should still be crunchy). Add to rice mixture. Add feta cheese and refrigerate. Toss with oil and vinegar before serving. Optional: add sliced cherry tomatoes.

### Smashing Summit Cherry Cocktail

1 c pitted Summit cherries  
¼ c fresh mint leaves, plus 4 sprigs for garnish  
8 tsp sugar  
6 oz (¾ c) dark rum  
¼ c lime juice  
3 c plain or cherry seltzer  
Ice cubes

Split the Summit cherries, mint leaves and sugar equally among four glasses then smash all the ingredients together in each glass with the back of a wooden spoon. Stir in the dark rum and lime juice then fill glasses with ice cubes and top with plain or cherry seltzer. Garnish each drink with a sprig of mint.

*Adapted from EatingWell Magazine, July/Aug 2009*

### Romaine Salad with Garlic Anchovy Vinaigrette

1 garlic clove  
¼ tsp salt & black pepper to taste  
1 or 2 flat anchovy fillets  
1 Tbsp apple cider vinegar  
3 Tbsp extra-virgin olive oil  
¾ lb, Romaine lettuce, torn into bite-size pieces

In a small bowl, mash garlic clove with sea salt and anchovies into a paste. Add apple cider vinegar and stir until well mixed. Slowly add olive oil while continuing to stir. When smooth, toss dressing with Romaine lettuce in a salad bowl then season to taste with sea salt and pepper.

*Adapted from Gourmet, January 2007*

### Beet Greens Pesto

4 handfuls of Beet Greens  
1 garlic clove, peeled  
A small handful of toasted walnuts  
¼ c grated Parmesan cheese  
Sea salt & black pepper, to taste  
¼ c walnut oil, more as needed

Place all ingredients in a food processor and process until slightly chunky. Season to taste.

*Adapted from Eat Boutique*

### Braised Beet Greens

1 strip of thick cut bacon, chopped (or 1 Tbsp bacon fat)  
¼ c onion, chopped  
1 large garlic clove, minced  
1 tsp sugar (optional)  
¼ tsp crushed red pepper flakes  
¾ c water

1 large bunch beet greens, washed and cut into bite-size pieces

1/6 c apple cider vinegar

Lightly brown the bacon in a large pan over medium heat. Stir in onions and cook for about five minutes until soft and somewhat brown. Add garlic, sugar, red pepper flakes and then water, stirring to remove any sticky particles from bottom of pan. Bring to a boil, then put the beet greens in the pan and lightly toss in the onion mixture. Turn the heat down to low. Cover the pan and simmer until the greens are tender, up to ten minutes. Finish by stirring in apple cider vinegar.

*Adapted from Simply Recipes*

### Grilled Apriums, Arugula & Goat Cheese Salad

6 fresh Apriums, halved and pitted  
3 tsp olive oil  
1 tsp thyme leaves  
Salt & black pepper  
2 tsp pine nuts, toasted and finely chopped  
1 ½ tsp balsamic vinegar  
1 bunch (4 oz) arugula, stemmed

One 4 oz log fresh goat cheese, cut into 12 slices

Toss aprium halves in a bowl with one tsp of olive and thyme leaves, then season with salt and black pepper. Let the dish rest for 10 minutes. Over high heat, grill the apriums for a few minutes until slightly charred and a little soft. Turn once. Put the toasted and chopped pine nuts in a new bowl, add the vinegar and remaining olive oil and whisk. Season to taste with salt and pepper and toss in the arugula. Arrange the 12 slices of goat cheese on a platter. Top each with two grilled aprium slices and arugula salad.

*Adapted from Daniel Humm, Food & Wine*

### Roasted Squash & Perfection Fennel with Fresh Herbs

2 small Summer Squash, quartered and cut crosswise into 1 in. pieces  
1 small Perfection Fennel bulb, sliced, plus 1 tbsp chopped fennel fronds, divided  
1 tsp extra-virgin olive oil  
1 tsp fresh herbs, chopped  
¼ tsp each salt & black pepper  
¼ c garlic, thinly sliced

While preheating the oven to 450F, place squash with sliced fennel, oil, fresh herbs, salt and pepper in a large bowl and gently combine with your hands. Pour out evenly onto a large baking sheet and roast for about 10 minutes. Add garlic and continue to roast for a few more minutes until the vegetables are tender and the fennel is beginning to brown. Stir in fennel fronds just before serving.

*Adapted from EatingWell Magazine, July/Aug 2009*

### Parmesan-Squash Pan Cakes

1 large egg, beaten  
2/3 c shallot or onion, finely chopped  
1 tsp chopped fresh herbs or 1 tsp dried herbs  
¼ tsp each salt & black pepper  
2 c summer squash (2-3 medium, about 1 lb), shredded, seeded and drained  
½ c Parmesan cheese, grated  
1 tsp olive oil

While preheating oven to 400F, stir egg, shallot, herbs, salt and pepper together. Stir in the squash and Parmesan cheese. Heat olive oil in a large non-stick skillet over medium heat. Pack squash into a 1/3 measuring cup then unmoild it into the pan and gently flatten, repeating until you have four 3-inch cakes.

Cook for a few minutes until the underside is crispy, flip each cake and transfer the entire pan to the oven. Bake for 10 minutes and eat right away!

*Adapted from EatingWell Magazine, July/Aug 2009*

### Roasted Radishes with Greens

A bunch or two of French Breakfast Radishes (or another variety) with greens attached

2 tsp olive oil  
Sea salt & black pepper, to taste  
2 tsp unsalted butter  
2 tsp apple cider vinegar

While preheating your oven to 500F, trim any unwanted root bits from radishes if needed, detach and rinse the greens, then pat dry. Pour the olive oil into a large skillet (make sure it is ovenproof) and warm over medium-high heat. Add the radishes, season with sea salt and black pepper. Adjust the burner temperature to high heat and cook radishes for a couple of minutes until lightly browned. Place the whole skillet in the oven and allow to roast for about 15 min. When the radishes are tender and slightly crispy on the outside, very carefully remove the skillet from the oven and return to the burner. Stir in the unsalted butter, coating the radishes. Place the radish greens in the skillet and cook for a couple of minutes over medium heat. As soon as the greens wilt, add apple cider vinegar and season to taste; serve as soon as possible.

*Adapted from Food & Wine, April 2009*

### Pesto-Topped Grilled Summer Squash

½ c chopped fresh basil  
¼ c toasted pine nuts  
1 tsp extra-virgin olive oil  
1 tsp grated Parmesan cheese  
1 clove garlic, minced  
2 tsp lemon juice  
¼ tsp sea salt

2 medium Summer Squash (about 1 lb), sliced diagonally ¼ in thick

Olive oil

In a small bowl, mix chopped basil, pine nuts, olive oil, Parmesan cheese, minced garlic, lemon juice and salt while preheating your grill to medium high. Rub olive oil on both sides of the sliced squash. Grill the squash for a few minutes until browned and tender then top with the pesto mixture and serve.

*Adapted from EatingWell Magazine, July/Aug 2009*

### Shrimp & Feta Stuffed Summer Squash

2 tsp extra-virgin olive oil, plus more for brushing  
1 large white onion, finely chopped  
1 red bell pepper, finely chopped (optional)  
½ fennel bulb, finely chopped  
1 large garlic clove, minced  
4 plum tomatoes, chopped  
½ tsp crushed red pepper  
Salt and freshly ground black pepper  
¾ lb shelled and deveined large shrimp, fine chop  
2 tsp each parsley and dill or other fresh herbs, chopped  
6 small Zucchini or Summer Squash, halved lengthwise  
1 ½ c crumbled feta

Heat the oven to 425F and warm the olive oil in a stovetop skillet over medium heat. Stir in the onion, bell pepper, fennel and garlic and cook about 6 minutes until softened. Mash in the tomatoes and crushed red pepper and continue to cook until thickened, maybe 5 more, then season to taste. Turn off the heat or remove skillet from burner. When somewhat cool, mix in the shrimp and chopped fresh herbs. Scoop out the centers of the summer squash, leaving a 1/4-inch shell all around. Rub the shells all over with oil, sprinkle with salt and pepper then stuff with tomato-onion mixture. Roast for about a half hour until tender in a lightly oiled roasting pan then top with feta and broil for 5 minutes until feta has melted. Serve hot or at room temperature.

*Adapted from Ana Sorton, Food & Wine*

*For CSA related questions, please visit our website, [www.TinysOrganic.com](http://www.TinysOrganic.com), or contact our Seattle Home Office, 206.762.0577 or [info@ilovetiny.com](mailto:info@ilovetiny.com).*