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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

July 1

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.

- * Cherries: Bing & Rainier
- * Sugartime Peaches
- * Tasty Rich Apriums
- * Fava Beans
- * Spring Garlic Bunch
- * Red Spring Onion Bunch
- * Famosa Savoy Cabbage
- * Radishes: Watermelon, French Breakfast, Plum Purple or Cherry Belle
- * 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)

- * Il Fiasco's Grilled Steaks with Aprium Salsa
- * Spicy Famosa Savoy Slaw
- * Stuffed Savoy Cabbage Rolls
- * Peaches in White Wine with Vanilla Syrup
- * Rainier Lemonade Fizz
- * Pickled Watermelon Radishes
- * Grilled Whole Fava Beans

Crop Talk

The season's first **peaches** are included in your bag this week and they're appropriately named 'Sugartime'. They're a low-acid yellow selection and the earliest variety grown on the farm. The term 'low-acid' translates into a peach that does not have the characteristic dominating acid taste when the fruit is still firm. In other words, if you bite into one of your peaches this week and it's still hard, it should taste okay. It won't have the classic tartness that a traditional peach has at the same stage of ripeness. The Sugartime is one of several low-acid varieties grown at Tiny's that exhibit this characteristic. It will still soften over a couple of days and the flavor will improve significantly but it's at least edible at this stage of firmness. **Cherry** harvest is slowly taking shape and we're finally starting to harvest Bing cherries. FYI this is the latest harvest date we've ever had in the history of our farm and that dates back to the 60's. In 2004 and 2005 our pick dates were June 8 and June 10 respectively and normal harvest date for the Bing variety is June 15 so you can see just how incredibly late we are to finally get them off the trees. But whether late or early, cherries are always everybody's favorite so enjoy and have a good week!!



Bing & Rainier Cherries

Watch out! Tiny is jumping for joy with our ongoing cherry harvest! Deep red and incredibly sweet, these Bing Cherries are quite a treat. Use in traditional cobblers, pies and muffins or cook into a sauce and use to top grilled apriums or peaches. Add delicately sweet-tart Rainier Cherries to mouthwatering summer drinks or slice & serve with Greek yogurt and drizzle with honey (Fireweed honey is a favorite!). Store your cherries in the refrigerator.

Sugartime Peaches

Peach season has arrived! These beautiful first fruits of the Sugartime crop were picked with perfect sugar levels. Place your peaches in a single layer on the counter for a couple of days to soften these super sweet peaches. When perfectly soft and juicy, place them back in the plastic bag and keep refrigerated for up to a week. Let chilled peaches come close to room temperature before eating. Peaches pair well with other stone fruits, honey, vanilla, cream, ginger and both red and white wines. For a quick boost of Vitamins C, A and calcium, eat fresh out-of-hand, slice into a cool fruit salad or swirl thin wedges into a glass of wine.

Fava Beans

Nutty and buttery in flavor, Fava Beans (also known as Broad Beans) are worth the work! They are tasty and a good source of Riboflavin, Niacin, Phosphorus and Potassium. To eat, remove the string from both sides of the shells and remove the gigantic beans from the fuzzy interior, parboil them for 30 seconds, removing the waxy coating around each bean and add to your dish. Keep long, flat and wide Fava Beans in a plastic bag in the refrigerator for up to one week.

Famosa Savoy Cabbage

The crinkled, mellow-flavored leaves of Famosa Savoy Cabbage sport varying shades of green and are packed with folic acid and beta-carotene. Savoy cabbage pairs well with garlic, olive oil, garbanzos, potatoes and polenta. It can be used in place of regular green cabbage in recipes. To store for up to a month, simply put the entire unwashed head in your refrigerator's vegetable bin. Place cut cabbage in a plastic bag and it will be fine in the refrigerator for several weeks. Get good use out of the more flimsy outer leaves by using them as wraps, edible salad bowls or making Stuffed Cabbage Rolls!

Spring Garlic & Red Spring Onion

Spring Garlic is said to lend "the essence of garlic" to many a dish. Try chopping and sautéing in butter then serving over rice or pasta. Spring Garlic can also be made into pesto, mayonnaise, added to soups or eggs. Red Spring Onions are fresh and zesty red stalks with small bulbs, otherwise known as scallions! They can be used raw in soups, salads, topping pasta dishes or folded into creamy mashed potatoes. Keep Spring Garlic and Red Spring Onions in your crisper and be sure to eat them all up within a couple of days!

Il Fiasco's Grilled Steaks with Aprium Salsa

4 of your favorite steaks
4 Tasty Rich Apriums
Half a sweet onion, diced (*or a couple spring onions*)
1 spring garlic
½ cup fresh cilantro (*or other fresh herbs*)
2 tbsp balsamic mustard
1 tbsp olive oil
Salt and pepper

Season steaks and set aside. Remove pits from the apriums and dice to ¼-inch pieces. Sliver the spring garlic as fine as possible. Remove the stems from the cilantro and coarsely chop. Combine cilantro, garlic, onions, apriums, and balsamic mustard in a mixing bowl and toss to combine. Set aside to allow the flavors to come together. Grill or sear steaks on a hot grill or pan. If grilling, take to desired doneness, rotating and flipping as necessary. If searing, once both sides are browned, transfer to a 400F oven to finish to desired doneness, accounting for carry-over cooking. Finish with the salsa and serve.

Reprinted with permission from Il Fiasco, Tacoma: Broadway Farmer's Market Cooking Demonstration, June 18, 2009

Spicy Famosa Savoy Slaw

5 tbsp seasoned rice vinegar
1 tbsp sugar
½ tsp salt
2 pinches of red pepper flakes, depending on your desired level of hotness
1 tsp fresh ginger, peeled and finely grated
1 ½ tsp sesame oil
1 ½ pounds Famosa Savoy cabbage, thinly sliced (6 cups)
1 cup Fava Beans, shelled and parboiled
1 radish, cut into thin matchsticks

Briskly mix first three ingredients together until the sugar and salt dissolve into the rice vinegar. Add red pepper flakes, ginger and sesame oil and mix well. Toss Famosa Cabbage, Fava Beans and Radish with dressing to coat. Let salad flavor develop at room temperature for at least a half hour, stirring occasionally.

Adapted from Gourmet, July 2002

Stuffed Savoy Cabbage Rolls

6 outer Famosa Savoy Cabbage leaves, steamed and tender for rolling, not too soft.
2-4 cups summer squash, diced small
1 cup Parmesan cheese, grated
¾ cups brown rice, cooked
¼ cup fresh parsley, chopped
¼ cup red spring onion, chopped
½ cup bell pepper, finely chopped
4 cloves garlic, minced

Combine above ingredients and spoon into cabbage leaves leaving enough room to roll. Bake covered in a 350F oven for about 35 minutes, adding water during cooking if necessary.

Recipe from Rosalie & Erin's kitchen with adaptations by Eric

Peaches in White Wine & Vanilla Syrup

4 peaches, about 1 ½ pounds in total
1 ½ cup white wine
1 cup granulated sugar
1 vanilla bean
3 tsp brandy

Put the peaches in a large heatproof bowl and cover with boiling water. Leave for about 15 seconds, then drain and peel away the skins. Cut in half, and remove and discard the pits. Put the wine and sugar in a pan. Heat, stirring, until the sugar has dissolved. Bring to a boil and let bubble for 5 min, then add the prepared peaches & vanilla bean, cover and simmer for 5-10 min until the fruit is just tender. Remove the peaches from the pan and place in a serving bowl, then remove and discard the vanilla bean. Boil the syrup for 5-10 min until reduced and slightly thickened. Remove from the heat, stir in the brandy, and pour over peaches. Let cool. Serve at room temperature or chilled with cream or ice cream.

Adapted from Susannah Blake, Seasonal Eating

Rainier Lemonade Fizz

2 pounds Rainier Cherries
1 cup fresh lemon juice
1 cup sugar (or less if desired)
1 ½ cups vodka (optional)
2 cups chilled sparkling water
Pit cherries and puree, add lemon juice and sugar (to taste), stirring until sugar is dissolved. Pour 3 tablespoons vodka (if using) into each of 8 tall (10-ounce) glasses filled with ice. Add ½-cup cherry lemonade to each and top off with sparkling water. Garnish with stemmed cherries.

Adapted from Gourmet, July 2002

Pickled Radishes

2 cups sliced Radish
2 bunches Spring Onions, quartered
½ cup seasoned rice vinegar (or other vinegar)
1/8 cup sugar (start with this amount - you can always add more if you feel it's necessary but rice vinegar is pretty sweet on its own)
1 ½ tsp salt
Place the radish slices and quartered onions in a large bowl or in a jar. In another small bowl, stir together the remainder of ingredients (vinegar, sugar, and salt) until the sugar and salt are dissolved. Pour the pickling mixture over the sliced radish and onion until they are fully covered. Cover and refrigerate at least 8 hours or overnight before serving.

Adapted from The Garden of Eating

Grilled Whole Fava Beans

1 pound of fresh Fava Beans, still in their pods
Olive oil
Salt
Spring Garlic greens, chopped
In a large bowl toss the fava bean pods with olive oil and salt. Evenly place favas on pan. Cook (or grill) on med-high heat until blistered on one side - 4 to 5 minutes, then flip and cook/grill for a few minutes more on the other side. Cook until the fava beans are smooth and creamy when you pop them out of their skins. Season the favas with a bit more salt (as desired) and any fresh herbs you like. *To eat:* Tear open the pods, take a fava bean, pinch the skin and slide the fava from its skin into your mouth. BE CAREFUL! Beans will retain their temperature after removed from heat; allow to cool slightly before eating.

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