



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 22

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.

- * Lapins Cherries
- * Arctic Star Nectarine
- * Peachcots
- * Rival Apricots
- * Earliqueen Plum
- * Pluots: Flavorosa & Flavor Supreme
- * Filderkraut Hilmar Cabbage
- * Peaches: Spring Snow, Sugar Time and Donut Peach
- * Astro Arugula
- * Dragon Lingerie Beans ("tie-dyed" purple & white appearance) or Fava Beans or Sugar Daddy Snap Peas or Bunching Purplette or Lisbon Onions
- * Garlic: Turban, Purple Stripe, Silverskin, Creole or Rocambole
- * Cucumber Mix: Lemon, Crystal Apple, Satsuki Midori, Adam Pickle or Boothby Blonde
- * Summer Lettuce: Rouge de Grenoblouse, Red or Green Deer Tongue, Santa Fe or Nevada
- * 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 or Partenon

This Week's Recipes

(Recipes on back)

- * Plummy Pluot Puffs
- * Summer Squash Soup with Greens
- * Zucchini-Basil Soup
- * Spring Snow Sangria
- * Classic Tzatziki
- * Harvest Salad
- * Nectarine Sundaes with Cake Croutons

Crop Talk

Row crops are starting to kick in after a very slow start this season. Our all-time favorite, the Lemon Cucumber (remember those from last year!), is starting to come on by the bucketload and we've managed to find about 8 ripe tomatoes so far which means you should be seeing some in your bag in a couple of weeks. Melons are also getting close to maturity and the one or two that pollinated early tasted extremely good. We just started picking Sweetheart cherries this morning (Wednesday, July 22) and should be harvesting that variety for another two weeks at least. We just started planting our fall crops this week and will attempt cauliflower, cabbage and more broccoli for your fall bags. Potatoes are scheduled in about 2-3 weeks and this year we're growing Mountain Rose, Creamy Yukon, All Blue, Caribe and Dakota Rose. Donut Peaches were picked yesterday and this is the Saturn Variety in your bag this week--in about two weeks we'll be picking the Jupiter donut peach. Enjoy your bag and we'll talk again next week.



Pictured is the pluot with preppy aspirations, the green-skinned, hot pink-fleshed Flavor Supreme Pluot.

Flavor Supreme & Flavorosa Pluots

Tiny's crew harvests Flavor Supreme Pluots just a few days after Flavorosa Pluots, approx. July 10-15 each season. The speckled green skins of Flavor Supremes hide incredibly delicious bright pink flesh. Flavorosa is the earliest season pluot at Tiny's Organic; it resembles an ordinary plum but that's where the resemblance stops because of its incredibly concentrated flavor and dark red flesh. Another of its trademarks is exceptional juiciness, so load up with napkins before biting into this beauty! Pluots can be eaten firm or soft; keep refrigerated.

Earliqueen Plum

The dark purple-skinned and gold-fleshed Earliqueen Plum does double duty for Tiny's as both a vigorous pluot pollinizer and a proficient producer of very plummy tasting plums. Known for their stimulating qualities, these plums can be sliced and eaten fresh, made into preserves or added to many baked goods, salads, compotes and sauces. They pair agreeably with allspice, star anise, red and white wine, ginger, rich meats, such as duck and pork, as well as crème fraiche and yogurt. Allow Earliqueen Plums to soften at room temperature to your liking then keep in the refrigerator up to 5 days. Unripe plums will have shiny skin; the skin of ripe plums will have a mottled appearance.

Peachcots

This peach-apricot hybrid has produced a very limited crop this year, so we are happy to be able share a few fruits from the only Peachcot harvest of the season with our CSA members! Yellow skinned with red speckles and a yellow flesh, this fruit tastes best when allowed to soften before eating. Keep in the refrigerator for a few days if needed.

Filderkraut Hilmar Cabbage

Cabbage is very versatile and can be eaten raw or cooked until just tender by boiling, steaming, braising, sauteing or stir-frying. This white cabbage variety has a strikingly pointed shape which makes it easy to grate. Simply grab the blunt end and start at the point. The Filderkraut Hilmar Cabbage was bred for European regions so gardeners there could make large batches of nutritious, long-keeping sauerkraut to eat over the long, cold winters. Fight the temptation to roll your cabbage into the back of the refrigerator and try out these simple suggestions as soon as you get home: Follow tradition by grating and making your own homemade sauerkraut! (See 'Packing the Pantry' on the back page for tips.) Shred into salads, soups and stir-fries or grate and toss with lime juice, olive oil, salt and pepper for a fresh take on coleslaw and serve alongside grilled fish or over fish tacos. Wrap fresh cabbage tight in plastic and store in the refrigerator for up to a week.

Garlic: Turban, Purple Stripe, Silverskin, Creole or Rocambole

Tiny has spent a couple of years cultivating many varieties of garlic just for the CSA program. What type of garlic may show up in your bag this week? You may find **Turban**, softneck garlic that has purplish-red striped skinned bulbs and glossy pink or brownish-pink cloves that grow in a single layer. **Purple Stripe** is a hardneck variety; its bulbs have thick skin with purple spots and stripes and small, curved, buff colored cloves with purple streaks. **Silverskin** garlic's white bulbs hold cloves with very rich flavor. **Creole** garlic is easy to eat when raw due to its warm rather than hot taste. Its bulbs are wrapped in white although the clove covers can range from rose to dark purple. A favorite with gourmets, **Rocambole** tends to have vividly colored cloves easily seen through its thin bulb wrapping. Store garlic in a cool, dark place where air can freely circulate.

Astro Arugula

Spicy arugula is low in calories and high in vital Vitamins C and A! Best eaten as soon as possible after picking, arugula can be stored unwashed in a plastic bag in the refrigerator. Rinse well in cool water before eating, as arugula leaves may be a little gritty. For a classic Tiny's treat: Crumble blue cheese over sliced nectarines on a bed of arugula, drizzle with balsamic vinegar, olive oil and honey on top and season with salt and pepper to taste.

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

SAUERKRAUT (Pickled Cabbage)

1 large, firm cabbage, cored, halved and shredded
4½ tsp kosher, sea or pickling salt
1 c water, if needed

Optional: Add other shredded vegetables, such as carrots, onions, garlic, greens, or beets.

Mix 3½ tsp salt and cabbage (plus other vegetables, if using) in a bowl until the cabbage begins to release its juices. Firmly pack cabbage and liquid into a large (perhaps 2-quart or more) glass jar, plastic tub or crockpot. If there is not enough liquid to cover the cabbage, add 1 cup water and 1 more tsp salt. Place a smaller water filled jar on top of the cabbage to keep it under the brine, cover with a dish towel and allow fermenting at room temperature for at least one week. Remove any bloom from the surface and taste. If you are satisfied with the flavor, take out the smaller jar weighing down the cabbage, and cover the jar full of cabbage with its lid. If not, replace the weight and try again in another week. Continue until the sauerkraut tastes as you want it to. Sauerkraut will keep for several months in the refrigerator as long as it remains covered with liquid. *Inspired by Alice Waters, The Art of Simple Food*

Arugula: Make into a pesto with olive oil and frozen for future meals.

Lapins Cherries: Freeze and store in plastic bags; they will keep up to one year. Rinse and drain well, spread the cherries with stems intact in a single layer on a baking sheet, freeze until firm then pack into freezer-proof containers or plastic bags. Be sure to squeeze out any excess air, cover or fasten tightly and freeze immediately. Serve whole cherries partially thawed or pit, stem and add to salads, sauces, batter or as garnishes.

Spring Snow & Sugar Time Peaches: Drop the whole peach into a plastic sandwich bag, zip shut and toss in the freezer. When you want a fruit snack, just run the frozen peach under water for a moment and the skin will slip off. Slice into a bowl and wait until the iciness is gone. Then enjoy the next best thing to fruit fresh from the tree!

Plummy Pluot Puffs

All-purpose flour, for rolling

One 14-ounce package all-butter puff pastry, thawed and cold, rolled out 1/8 inch thick

5 Pluots and Plums, any variety, cut into ½-inch wedges

¼ cup raw sugar, plus more for sprinkling

1½ tsp cornstarch

¼ tsp ground cardamom

1 large egg, beaten

Preheat the oven to 375°. Take a sheet of waxed paper and line a large baking sheet. Cut the cold puff pastry into six 6-inch squares, put on the baking sheet and place in the freezer for five minutes. In a bowl, toss the pluots and plums with sugar, cornstarch and cardamom. Spoon the fruit mixture onto the center of each pastry square then pinch the four corners of each square together in the center. Pinch the bottom seams closed at the bottom corners to trap any juices, and then brush pastries with egg and sprinkle with sugar. Bake in the center of the oven until pastries puff and turn golden, about a half hour. Serve when slightly cooled perhaps with ice cream on the side.

Adapted from Grace Parisi, Food & Wine, July 2009

Summer Squash Soup with Greens

2 tbsp extra-virgin olive oil, plus more for drizzling

1 small onion, thinly sliced

2 garlic cloves, thinly sliced

1 tsp thyme leaves

1 bay leaf

4 medium summer squash (3 pounds), thinly sliced, plus long shavings for garnish

Kosher salt

3 cups water

2 tbsp finely shredded basil, any variety

2 cups ice

Freshly ground pepper

2 cups arugula or finely shredded cabbage

In a large saucepan, heat the 2 tbsp olive oil then stir in onion and garlic slices, cook until soft and translucent over medium heat. Stir in the thyme and bay leaf, cook briefly until fragrant. Add the summer squash and a pinch of salt. Cook and stir from time to time until the squash is tender. Then add 3 cups water and bring soup to a boil. Remove the saucepan from the heat, take out the bay leaf and stir in the basil. In a blender, puree the soup in a blender in batches until smooth. Pour the puree into a large bowl, season to taste. Ladle soup into small bowls, garnish with arugula and squash shavings then finish with a drizzle of olive oil and serve. Summer Squash Soup may be refrigerated a day, then served chilled if desired.

Adapted from Alain Coumont, Food & Wine, August 2009

Zucchini-Basil Soup

2 pounds zucchini, prepped: Trim and cut crosswise into thirds, julienne skin from half of zucchini, toss with ½ tsp salt and drain in colander. Chop the rest of the zucchini.

¾ cup onion, chopped

2 garlic cloves, chopped

¼ cup olive oil

4 cups water, divided

1/3 cup basil leaves, packed

In a heavy saucepan, over medium-low heat, cook onion and garlic in olive oil about five minutes until softened. Add 3 cups water, partially cover pan and simmer about fifteen minutes. When zucchini is tender, divide into two batches and purée each with basil in a blender. In a small saucepan, blanch julienned zucchini strips in remaining cup of water for just a minute then drain and use liquid to thin soup if needed. Season soup to taste and then ladle into small bowls; place a mound of julienned zucchini piled on top of each serving.

Adapted from Shelley Wiseman, Gourmet, July 2008

Spring Snow Sangria

2 firm Spring Snow Peaches, cut into thin wedges

½ cup peach schnapps

1/3 cup superfine granulated sugar

3 cups chilled rosé wine

2 cups chilled sparkling water

Stir together Spring Snow Peaches, schnapps, and sugar in a large pitcher until sugar dissolves and let stand for an hour. Stir in wine, sparkling water, and ice.

Classic Tzatziki

16 oz plain Greek yogurt

½ cup cucumbers, any variety, seeded and chopped fine

4-10 garlic cloves, minced

1 tbsp extra-virgin olive oil

2 tsp lemon juice

Put cucumber in a colander and allow it to drain. Then, in a bowl, mix yogurt, garlic, olive oil, lemon juice and cucumber, stir well. Refrigerate and serve.

Adapted from Nancy Gaiffilla

Harvest Salad

Arugula or summer lettuce (torn into bite sized pieces)

Flavorosa and Flavor Supreme Pluots, sliced

Goat cheese, sliced into rounds

Extra-virgin olive oil

Balsamic vinegar

Pluot Jam (any jam will do), to taste

Layer arugula, pluots and goat cheese rounds on a large platter. Combine olive oil, vinegar, jam and drizzle over salad. Eat up!

Nectarine Sundaes with Cake Croutons

4 tbsp unsalted butter, melted

8 oz all-butter pound cake, cut into ½ inch cubes

6 firm Arctic Star Nectarines, cut into thin wedges

½ cup light brown sugar

1/3 cup bourbon

1 tbsp lemon juice

2 pints vanilla ice cream

Preheat the oven to 375°. Toss pound cake in 1 tbsp melted butter until coated then put cubes on a baking sheet and bake until toasted for about a quarter hour. In a large skillet, add the remaining 3 tbsp of butter and the Arctic Star Nectarines and cook over high heat about five minutes. Add the brown sugar and stir until melted, then remove the skillet from the heat. Carefully stir in the bourbon and lemon juice and cook over medium heat for about ten minutes until the nectarines soften and the sauce thickens. In serving dishes, scoop in ice cream, spoon nectarines and sauce over top and then garnish each dish with cake croutons.

Adapted from by Grace Parisi, Food & Wine, July 2009

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