



Tiny's Organic 'Farm to City' CSA 2010 ♦ A Farm Family Growing for You

Fresh from the Farm

(this newsletter also available online)

www.TinysOrganic.com

JULY 28

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: Lapins
- * Donut Peaches: Saturn
- * Nectarines: Arctic Star & Honey Blaze
- * Plums: Earliqueen
- * Pluots: Flavorosa? & Flavor Supreme
- * Astro Arugula
- * Basil: Chen, Genovese OR Red Rubin
- * Cucumber Mix
- * Lettuce: Jericho Romaine
- * Summer Squash (*Your bag may contain one or more of these varieties depending on size*): Costata Romanesco, Jean et Verte, Eight Ball & Floridor

This Week's Recipes

(Recipes on back)

- * Cucumber Tofu Salad
- * Quinoa & Grilled Summer Squash
- * Arugula & Black Bean Salad
- * Stuffed Squash with Bulgar & Feta
- * Nectarine & Arugula Wraps
- * Prosciutto-Wrapped Nectarines
- * Frozen Nectarine-Yogurt Pie
- * Grilled Romaine Lettuce

Crop Talk

Fruit varieties are really coming on strong and we're very excited about the yellow-fleshed Arctic Blaze nectarine in your bag this week. It's a low-acid yellow with incredible flavor and can be eaten hard like an apple or wait a few days and it softens like a traditional nectarine and tastes even better. We've tried to make sure members are getting as many of these beauties as possible so we're relaxing the cosmetic standards a bit to make sure we can share as many as possible in your bags. If any of your nectarines have some scarring or blemishes, that's what we mean by 'relaxing standards'. Trees are only in their third leaf so supplies are very short.

Along the lines of 'be careful what you wish for, you might just get it', we've been looking for warm weather for at least a couple of months now and of course it's now in the 100's. We weren't necessarily hoping for scalding weather but we've got it anyway. Most crops are okay with reasonably warm weather (mid 80's) but once the mercury goes past 100F, it's touch and go which crops thrive and which ones have trouble. Most cherry varieties are okay with heat except Lapins and they just can't tolerate temps much higher than 90F but fortunately most Lapins have almost all been harvested. Sweetheart cherries are up next and their tolerance is much higher. All the best until next week—Farmer Greg



Donut peaches are a white flesh, low-acid variety originally discovered as a chance hybrid at Stark Brothers Nursery in Missouri in the early 80's.

Saturn Donut Peaches

Saturn Donut Peaches are white fleshed with hints of almond, delicately sweet and lower in acid than most peaches. Slice thinly and toss with lettuce or arugula, white wine vinaigrette and a touch of honey for a quick salad, puree with peach schnapps, tequila, lime and ice for a fresh and fruity margarita, slice, grill on both sides and serve as a side to chicken and pork or

poach with honey and vanilla for dessert. Like other white flesh peaches, Saturn Donut Peaches keep up to 4 days on the counter and up to a week when refrigerated. Allow your Donut Peaches to come to room temperature before eating for best flavor.

Honey Blaze & Arctic Star Nectarines

We are very excited to share our very first picking (ever!) of Honey Blaze Nectarines with our CSA members this week. Honey Blaze is a red-skinned nectarine with firm, mild and sweet yellow flesh. The Arctic Star is the earliest nectarine grown at Tiny's and is a high flavor, low-acid white nectarine that can be eaten crunchy like an apple or with time, soft like a traditional nectarine. Nectarines are eaten fresh, baked or cooked. Add to breakfast muffin recipes, chop and stuff into lunchtime wrap sandwiches or serve with Pecorino Toscano, Muenster or Cheddar cheese for a light supper or after dinner treat. If you like your nectarines soft, let them sit at room temperature until they are just right and then you can eat them or store in the refrigerator allow if needed for a couple of days.

Astro Arugula

Best eaten as soon as possible after picking, Astro Arugula can be stored washed or unwashed in a plastic bag in the refrigerator. 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. Astro Arugula can also be lightly sautéed, made into pesto, or chopped raw and tossed with pasta.

Chen, Red Rubin or Genovese Basil

Chen Basil is a super sweet, large-leaved green basil with no anise flavor or fragrance and is said to be used often by Italian cooks. Red Rubin is a red-leaf variety with a taste similar to Sweet Italian Basil. Light green Genovese Basil is the traditional basil variety used in pesto. Basil can be used fresh as part of green salads, torn and tossed with pasta, grilled vegetables or cheese or used to top sandwiches, bruschetta and pizza. To keep this delicate herb fresh for a few days, pinch leaves from the bottom couple of inches of the stem and place the stems in a glass of water on the counter. Pick fresh basil leaves as needed.

Jericho Romaine Lettuce

Sweet-tasting Jericho Romaine Lettuce is one of a few varieties of lettuce that actually thrives in our Wenatchee summer heat. Wash, dry and place its light-green leaves in a plastic bag or wrap in a damp cloth and store in your refrigerator for up to a week. Use Jericho Romaine Lettuce leaves raw in salads, sauté, roast, grill or blend into soups or smoothies.

Packing the Pantry

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

Pistou

2-5 fresh garlic cloves, peeled and chopped

1-2 cups loosely packed fresh basil leaves

1/2 cup extra virgin olive oil

Sea salt to taste

Pound garlic, sea salt and basil into a paste in a mortar and pestle and then stir in the olive oil or puree all ingredients at once in a food processor. Pistou can be served immediately or frozen in small containers. Drizzle a little olive oil over the pistou before covering and freezing to keep it from darkening.

This Week's Recipes

Cucumber Tofu Salad

2 cucumbers (any variety), sliced into 1/4 inch thick slices

1 handful of fresh basil

1/4 cup olive oil

1/4 cup fresh lemon juice

2 big pinches of salt

8 ounces extra firm tofu

1/4 cup pine nuts

1/2 of a large, ripe avocado

Toss the cucumbers, basil, olive oil, lemon juice and salt together in a medium bowl. Let sit for at least 20 minutes tossing gently once or twice along the way. In the meantime, cook the tofu. Cook the tofu and a pinch of salt in well-seasoned skillet over medium-high heat for a few minutes, until the pieces are browned on one side. Toss gently once or twice, then continue cooking for another minute or so, until the tofu is firm, golden, and bouncy. Set aside. Just before serving cut the avocado into cubes. Spoon the cucumbers out of the olive oil mixture into a large salad bowl. Add half of the remaining dressing, the tofu and half of the pine nuts. Gently toss. Add more dressing or salt if you like. Sprinkle the avocado across the top of the salad and gently toss once or twice to distribute it throughout the salad. Serve topped with the remaining pine nuts. Delicious served over salad greens, brown rice, soba noodles or cooked mung beans as well.

Quinoa & Grilled Summer Squash

Juice of 1 lime

1/4 cup lightly packed basil

1 clove garlic

1/4 cup plain yogurt

3/4 cup water

1/2 tsp salt

3 large eggs

1 large squash or several small, cut 3/4 -inch thick

1/4 cup olive oil

2 cups quinoa, cooked, room temperature

1/4 cup pine nuts, toasted

1/4 cup goat cheese, crumbled

A bit of chopped basil for garnish

Prepare the basil-avocado dressing by blending the avocado, lime juice, basil, garlic, yogurt, water, and salt in a blender (or use a hand blender). Set aside. Hard-boil the three eggs. While the eggs are cooling start preparing the squash by tossing it with olive oil and salt in a medium-sized bowl. Prepare your grill (medium-high heat). If you are worried about the squash falling through the grill you can thread them onto kabob skewers. Grill until squash are tender and cooked through, roughly 5 minutes on each side. Remove from the grill and cut into quarters. Crack and peel each egg, cut each egg into quarters lengthwise. Assemble the salad by tossing the quinoa with about 2/3 cups of the avocado vinaigrette. Top with the grilled zucchini, pine nuts, eggs, goat cheese, and a bit of chopped basil for garnish. Serve over salad or eat plain.

Arugula & Black Bean Salad

2 tbsp fresh lime juice

1 tbsp white wine vinegar

1 tbsp honey

1/2 jalapeño, seeded, deveined and chopped or chili powder

1/2 tsp salt

1 small garlic clove

1/2 tsp mustard

1/4 cup olive oil

2 -3 big handfuls arugula washed and dried

3 cups cooked black beans (canned will do)

1/4 cup feta, crumbled

1/3 cup sliced almonds, toasted

Combine the lime juice, vinegar, honey, jalapeño, salt, garlic and mustard and puree. Add the olive oil and puree until everything comes together. Taste and adjust with more salt, honey, or lime juice if needed. Set aside until you are ready to serve the salad. Just before you are ready to serve the salad gently toss the arugula with a bit of the dressing. Arrange it on a platter. Toss the beans and most of the almonds with a generous splash of the dressing. Arrange the beans on top of the arugula and finish by sprinkling with the remaining almonds and the crumbled feta cheese.

Seasonal Stone Fruit Salad

Sweet, nutty and creamy with a pleasing almond crunch, this dish makes a refreshing dessert or breakfast option.

1/2 cup roasted almond butter

Pitted cherries

1/4 cup half-and-half

1 tbsp maple syrup

1/2 tsp vanilla extract

2 lbs peaches, plums, pluots & nectarines chopped and pitted

1/2 cup sliced almonds, toasted

Combine almond butter, 1 cup of the cherries, half-and-half, maple syrup and vanilla in a blender and process until smooth. Cut peaches, apricots, plums or pluots in 1/2-inch-thick slices. Arrange fruit on serving plates and drizzle with dressing. Top with additional cherries and sliced almonds.

Stuffed Squash with Bulgur & Feta

4 large summer squash

2 tbsp olive oil

1 small onion, finely chopped

1/2 cup sliced almonds

Coarse salt and ground pepper

3/4 cup bulgur wheat

8 ounces feta cheese, crumbled, lemon wedges, for serving
Preheat oven to 400F. Halve each squash lengthwise; slice off a sliver of skin from each half so they sit flat. Scoop out flesh with a small spoon, leaving a 1/4 -inch border; chop finely, and reserve. Place squash halves on a rimmed baking sheet, skin sides down; set aside. Heat the oil in a large skillet over medium-high heat. Add reserved chopped squash, onion, almonds, 1 tsp salt, and 1/4 tsp pepper. Cook, stirring frequently, until mixture is dry, 5 to 7 minutes. Add bulgur and 2 cups water; simmer over medium heat until liquid is absorbed, 10 to 12 minutes (bulgur should still be slightly crunchy). Remove from heat; stir in feta. Mound bulgur mixture in reserved squash halves. Bake until squash is tender, 25 to 30 minutes. Serve with lemon wedges.

Nectarine & Arugula Wraps

Dressing:

1 (15-oz.) can white cannellini or Great Northern beans, rinsed and drained, divided

2 large cloves garlic, peeled

1 fresh nectarine, pitted and diced

3 tbsp balsamic vinegar

1 tbsp olive oil

Salt to taste

Salad:

5 large fresh basil leaves, chopped

4 slices bacon, cooked crisp and crumbled

2 nectarines, pitted and sliced

1 avocado, peeled, pitted and cubed

1 bag of arugula

1 cup bite-size pieces grilled or roasted boneless, skinless chicken or turkey breast, chilled

1/4 cup crumbled blue cheese

4 large whole-wheat wraps or tortillas

Puree 1/3 cup beans with remaining dressing ingredients in a blender until smooth; set aside. Toss remaining beans with all salad ingredients in a large bowl. Drizzle with dressing and toss gently. Place equal amounts of salad in the center of each wrap. Fold in one side then roll up to enclose.

Prosciutto-Wrapped Nectarines

2-4 nectarines

20 thin strips prosciutto

1/2 cup crumbled Gorgonzola cheese

Preheat broiler and line a baking sheet with foil. Cut nectarines into slices and wrap each with a prosciutto strip. Place on prepared baking sheet and broil for 2 to 3 minutes on each side or until prosciutto is crispy. While warm, sprinkle with cheese. Serve with toothpicks.

Frozen Nectarine-Yogurt Pie

4 ripe nectarines, peeled and chopped

3 tbsp sugar, divided

1 cup heavy cream

3/4 cup plain yogurt

Prepared graham cracker or shortbread pie crust.

Combine the nectarines and 1 tbsp of the sugar in a bowl. Stir and allow to macerate for about 30 minutes, then mash slightly with a fork or potato masher. Meanwhile, whip the cream in a standing mixer (or with a handheld mixer) for about a minute, adding the remaining 2 tbsp of sugar halfway through, until it thickens to form soft peaks. Add the yogurt to the bowl with the nectarines and stir to combine. Fold in almost all of the whipped cream, reserving about 1/2 cup to use as topping on the finished pie. Taste and add more sugar, if you'd like. Pour the filling into the pie crust, cover, and freeze for several hours until firm.

Grilled Romaine Lettuce

Romaine lettuce - cut in half lengthwise and washed

1/2 cup olive oil

1/4 cup balsamic vinegar

1/2 tsp dried minced onion

1/2 tsp garlic powder

1/4 tsp oregano

1/2 tsp salt

1/4 tsp pepper

Place split heads of Romaine lettuce in a freezer bag. Mix all other ingredients together in a separate bowl and pour in bag. Lay bag flat in fridge for 15 minutes. Then turn bag over and lay flat again for another 15 minutes. Pre-heat grill. On medium heat, grill Romaine for about 2 minutes on each side. Serve warm.