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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)

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AUGUST 5

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.

- * Sweetheart Cherries
- * Santa Rosa Plums
- * Flavor Supreme Pluots
- * Saturn Donut Peaches
- * Shamrock Apples
- * Melon Mix: Noir de Carmes, Amish, Snow Leopard, Minnesota Midget, Petit Gris or Honey Pearl
- * Lemon Basil
- * Lettuce
- * Eggplant Mix: Turkish Orange, Rosa Bianca, Louisiana Long Green or Imperial Beauty
- * Tomato Mix: Arkansas Traveler, Pineapple, Oaxacan Pink, Pink Beauty, Brandywine, Sunkist, Cosmonaut Volkov, Valencia, Cherokee Purple, Persimmon, Tiffen Mennonite, Old German, Pink Accordion, Kellogs Breakfast, Amana Organce or Moonglow
- * Cucumber Mix: Lemon, Crystal Apple, Satsuki Midori, Adam Pickle or Boothby Blonde
- * 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)

- * Tomato Basil Pesto
- * Summer Squash Pancakes with Lemon Basil Cream
- * Summer Squash Salad with Lemon Basil-Parmesan Dressing
- * A Panzanella Caprese
- * Cardamom Peach Pie
- * The End of Summer Squash Chocolate Chip Cookies
- * One Cool as a Cucumber Cocktail

Crop Talk

Your bag for the past couple of weeks has been a real arm stretcher and we apologize if it just seems like it's full of rocks! For some reason, both the fruit and vegetable crops have been very heavy this year so we're able to add more to members' bags. If it just seems like way too much fruit and you can't get through the bag in a week, may we suggest you share it with your friends who just might be potential CSA members. And quite coincidentally, we do have room for more members for the balance of this season. Both the fruit and vegetable crop have produced beyond our expectations so we're able to offer more new member shares. And as an added incentive to join, we're holding the price at the same level as the pre-season membership rate.....This is the first week for tomatoes and we hope you enjoy the variety in your bag. We've planted well over 15 different kinds, most of which are heirlooms. Some are small, some big and some are absolutely huge. But either way they do taste great and we hope you'll enjoy all of them.



The first apple harvested is the Shamrock, an apple with excellent flavor balance, tending to more tart & tangy but with just the right amount of sweetness.

Shamrock Apples

Apples are a great source of Quercetin, a powerful flavonoid that acts as a natural anti-histamine and anti-inflammatory. Light green Shamrock apples are tart, crisp and juicy, wonderful for baking, making into sauces or eating fresh out of hand. Shamrocks bruise easily so handle with as much care as possible and store in the fridge to keep them nice and crunchy!

Melons

Boasting 94% water content, melons are superb cleansers and rehydrators of the body. Tiny's muskmelons include: ivory-skinned Snow Leopard melons brushed with green, creamy inside-and-out Honey Pearls and gold and dark green skinned Noir de Carmes with deep yellow flesh. Tiny's cantaloupe-type melons are: orange-fleshed Amish, golden-fleshed Minnesota Midget along with the grey-green skinned and dark orange-fleshed Petit Gris. Puree melon flesh and use in cold soups for a cool supper or chop into fruit and green salads. Refrigerate ripe whole melons for a few days. Wrap cut melons in plastic and refrigerate for up to 5 days.

Eggplant

Eggplant has a soothing effect on the nervous system and is a rich source of bioflavonoids. Tiny's fields are beginning to bring forth these delicious varieties: tennis ball-shaped Turkish Orange, curved, pale green Louisiana Long Greens, white and pink-blushed Rosa Bianca, shiny, purple-black and occasionally pleated Imperial Black Beauty. Like many of us, eggplants are sun-lovers. They don't like cool temperatures and don't store well. For best flavor, eat immediately; they are great when grilled! If you must store them, wrap in plastic and store for 1 to 2 days in the refrigerator. Briefly soak sliced eggplant in iced water or paint with lemon juice or vinegar to prevent browning before cooking. Often used as a substitute for meat, eggplant quickly soaks up the juices and flavors of anything they are being cooked in.

Tomatoes

Beautiful and incredibly delicious heirloom tomatoes come in a rainbow of colors and they have come in a month earlier than last year! Tiny's tomatoes varieties are very delicate which is why you don't often see them in grocery stores. Tomatoes pair well with mozzarella, ricotta and blue cheese, basil, cucumbers, chicken, beef, onion, garlic, potatoes and shellfish. Don't refrigerate them rather keep stem-side down on the counter or table until you are ready to eat!

CSA Member Courtney Lee's 'Oh-So-Simple Stone Fruit' Recipe

Firm peaches, nectarines, or whatever stone fruit

Butter

Maple syrup and cinnamon OR brown sugar and your favorites herbs and spices

Mascarpone cheese

Half and cut out pit. Don't mangle flesh in the process just gently cut around pit. Rub with a little butter and drizzle with maple syrup and a sprinkle of cinnamon. Of course you can sprinkle with brown sugar and other types of herbs and spices to taste. Place on a medium grill and when almost baked/cooked add a dollop of marscapone cheese to the center.

Packing the Pantry

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

HEIRLOOM TOMATO SAUCE

3 medium tomatoes, chopped
¼ cup wine
3 tbsp olive oil
3 cloves garlic, minced
2 tsp dried oregano & basil
Red pepper flakes (optional)
Salt to taste

Combine all ingredients in a pot, cover and simmer, stirring occasionally until tomatoes break down and sauce thickens. After sauce cools, seal in a freezer-safe container or bag for 8 months.

Tomato Basil Pesto

1 large, very ripe fresh tomato
2-3 cloves garlic, peeled and halved
3 tbsp pine nuts
2 tbsp extra virgin olive oil
1 cup fresh whole Lemon basil leaves
½ cup freshly grated Parmesan
2 tbsp butter, softened
Salt & freshly ground black pepper
Combine the tomatoes, garlic, pine nuts and oil in a blender and process until just combined. Add a handful of basil and process again briefly; continue adding the basil in small amounts until all is combined. Stir in the Parmesan cheese and butter; season with salt and pepper to taste.

Summer Squash Pancakes with Lemon Basil Cream

Blend sour cream, water, basil, and salt in a blender until smooth and pale green. Chill until ready to serve. Put summer squash in a colander and toss with salt. Let stand at room temperature 20 minutes, squeeze out as much liquid as possible. Transfer to large bowl and stir in flour, sugar, and pepper. Beat egg whites with a pinch of salt, then fold into squash mixture. Heat 2 tablespoons oil in a 10-inch nonstick skillet over moderately high heat until hot but not smoking. Working in batches of 5, spoon 2 tablespoons batter per pancake into skillet, flattening slightly with back of spoon. Cook pancakes, turning once, until golden brown, about 3 minutes total, transferring as cooked to paper towels to drain and adding more oil to skillet as necessary. Serve immediately, with lemon basil cream.

Lemon Basil Cream

¾ cup sour cream
2 tablespoons water
¼ cup chopped fresh lemon basil
2 tablespoons chopped fresh chives
1/2 teaspoon salt, or to taste

For pancakes

4 cups coarsely grated summer squash
1 1/4 teaspoons salt
1/4 cup all-purpose flour
1 1/2 teaspoons sugar
1/4 teaspoon black pepper
2 large egg whites
4 tablespoons vegetable or canola oil

A Panzanella Caprese

1 (18-inch) piece of baguette, cut into 1-inch pieces
1/3 cup plus 2 tbsp olive oil, divided
Salt & pepper
1 garlic clove, minced
3 tbsp balsamic vinegar
3 tbsp drained capers, chopped
1½ lb tomatoes (mix in summer squash cubes if desired), cut into 1-inch pieces
1 small red onion or bunching onion, thinly sliced
1 lb fresh mozzarella, cut into 1-inch chunks
½ cup chopped Lemon basil
Preheat oven to 375°F with rack in middle. In a large four-sided sheet pan, toss baguette pieces with 2 tbsp olive oil, salt and pepper and then spread out evenly over bottom of pan. Bake up to fifteen minutes, stirring once while baking, until golden. Mash garlic with ½ tsp salt, put in a large bowl and add vinegar, capers, and remaining 1/3 cup oil. Whisk and add croutons to dressing along with tomatoes, onion, mozzarella and basil. Let stand at room temperature for 30 minutes.

Summer Squash Salad with Lemon Basil-Parmesan Dressing

8 medium-large summer squash, trimmed, halved lengthwise
5 tablespoons olive oil
1/2 cup chopped fresh lemon basil
1/3 cup freshly grated Parmesan cheese
2 tablespoons balsamic vinegar
Prepare barbecue (medium heat). Place squash on large baking sheet; brush all over with 3 tablespoons oil. Sprinkle with salt and pepper. Grill vegetables until tender and brown, turning occasionally, about 10 minutes. Transfer to plate and cool. Cut vegetables diagonally into 1-inch-wide pieces. Place in large bowl. Add basil, Parmesan cheese, balsamic vinegar and remaining 2 tablespoons oil and toss to blend. Season to taste with salt and pepper and serve.

Grilled Eggplant and Tomatoes with Parmesan-Basil Crumbs

2 cups coarse fresh bread crumbs
Extra-virgin olive oil
1 cup chopped basil
1/2 cup freshly grated Parmigiano-Reggiano cheese
3 pounds eggplant, sliced lengthwise 1/2 inch thick
Salt and freshly ground pepper
10 tomatoes, sliced 1 inch thick
Preheat the oven to 400°. Spread the bread crumbs on a large rimmed baking sheet and drizzle with 1 tablespoon of oil; toss well. Bake for 8 minutes, until the bread crumbs are crisp and golden brown. Transfer the bread crumbs to a medium bowl and toss with the basil and cheese. Light a grill. Brush the eggplant slices with oil and season with salt and pepper. Grill over moderate heat until charred and tender, about 2 minutes per side. Transfer the eggplant to a platter, fanning them out. Brush the tomatoes with oil and season with salt and pepper. Grill over moderate heat until charred and hot, about 1 minute per side. Arrange the tomato slices over the eggplant and drizzle with oil. Sprinkle the bread crumbs over the top and serve right away.

Cardamom Peach Pie

1 batch of your favorite piecrust dough
All-purpose flour
2 1/2 pounds firm but ripe peaches, peeled, halved, pitted, sliced 1/2 inch thick
1/3 cup sugar 2 tsp cornstarch
2 tsp fresh lemon juice
1/4 tsp ground cardamom
1 egg, beaten to blend (for glaze)
1 1/2 tbsp raw sugar
Drinking glass or 3-inch cookie cutter
Lightly flour your work surface and roll out piecrust dough to a 13-inch round. Line a large baking sheet with parchment paper and put dough on top. Chill dough in the refrigerator 20 minutes. Cut out shapes from your dough using a drinking glass or cookie cutter, leaving them on the sheet. Remove scraps, reroll and cut again if needed and then chill dough again. Preheat oven to 400F. In a large bowl, toss peaches, sugar, cornstarch, lemon juice, and cardamom until peaches are coated and then pour mixture into a 9-inch glass pie dish. Place cutout crust shapes, overlapping, over top of pie filling until covered. Paint beaten egg over crust and sprinkle with sugar. Place pie dish on baking sheet and bake until golden brown and bubbly, perhaps 45 minutes. Allow pie to cool on a rack at least 30 minutes.

The End of Summer Squash

Chocolate Chip Cookies

(Makes about two dozen)
1 egg, beaten
½ cup butter, softened
½ cup brown sugar
1/3 cup honey 1 tbsp. vanilla extract
1 cup white flour 1 cup whole wheat flour
½ tsp baking soda
¼ tsp salt
¼ tsp nutmeg ¼ tsp cinnamon
1 cup finely shredded summer squash, drained
12 oz chocolate chips
Preheat oven to 350F. Mix all ingredients except squash and chocolate together. Stir in squash and chocolate. Grease a baking sheet and drop mounded spoonfuls onto it, flattening each with the back of the spoon. Bake up to 15 minutes.

One Cool as a Cucumber Cocktail

2 wedges of lime
2 thin slices fresh cucumber
Sprig of Lemon basil
2 oz (1/4 cup) cucumber or plain vodka
3 to 4 oz seltzer
Ice cubes
Fill a cocktail shaker halfway full with ice cubes and squeeze lime wedges overtop and then drop in the wedges, add cucumber, Lemon basil, vodka and seltzer. Stir and pour into a 12-oz highball glass.
For CSA related questions, please visit our website, www.TinysOrganic.com, or contact our Seattle Home Office, 206.762.0577 or info@ilovetiny.com.