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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 12

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.

- * Cherry Plums
- * Santa Rosa Plums
- * Flavor Supreme Pluots
- * Saturn Donut Peaches
- * Shamrock Apples
- * Genovese Basil
- * Lettuce: Barcarole, Jericho or Deer Tongue
- * 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)

- * Baba Ganoush
- * Layered Eggplant, Summer Squash and Tomato Casserole
- * Eggplant Rolls with Spicy Tomato Sauce
- * Tomato Goat Cheese Tart
- * Shamrock Skillet Flognarde

Crop Talk

In your bag this week you'll find quite a different fruit than you'll find at your local store or anywhere else. For lack of a better name we call it a 'Cherry Plum' because it never gets much bigger than a cherry and looks every bit like a cherry as well. We propagated about 100 trees from the original 'mother' tree that has been growing outside our packing building for at least 30 years now. Most years we've just let the birds get the fruit but it's such a unique fruit that about 3 years ago we decided to propagate more trees and market the fruit through our CSA and Farmers Markets. This year marks the first year of any quantity and we hope you like them as much as we do. If they're a little tart, just sit them out for a few days and they'll ripen just like a plum. We suspect the Cherry Plum is likely the fruit of a true plum rootstock but that's as close as we can get to a really good answer!



Cherry Plums

Sweet at first bite and tongue-tingling tart around the pit, petite Cherry Plums are juicy, brightly colored (red or yellow) and high in potassium and Vitamin B. Eat fresh out-of-hand or use Cherry Plums in any recipes calling for plums, including tarts and cobblers. Take advantage of their saturated color by making them into brilliant jams, preserves or sorbet (See *Pluot Sherbet* recipe in July 29, 2009 CSA newsletter, available online.) Store fruit in the refrigerator until you are ready to eat, a few days at most.

Flavor Supreme Pluots & Santa Rosa Plums

Flavor Supreme Pluots are said to be the sweetest and most flavorful of the pluot family and Santa Rosa Plums are known for their tangy, smooth as butter flesh. There is practically no limit to the uses for these complementary summer fruits! Chop into chutneys and salsas, serve with cheese and crusty bread, layer on top of meat dishes, bake into a crostada or a flognarde or mix with sugar and freeze for future pies. Pluots can be eaten crisp or soft. If needed, allow fruit to soften at room temperature to your liking before refrigerating for a few days. Allow pluots to return to room temperature for fullest flavor.

Lettuce

Lettuce feeds your body with copious amounts of fiber, Vitamin C, beta-carotene, folic acid and potassium. Tiny's Organic is growing three delectable varieties: Jericho, a medium green, large romaine lettuce, Barcarole, a dark green compact romaine lettuce and Deer Tongue, a medium green, pointy lettuce with smooth, thick leaves. To store heads of lettuce: Gently wash, dry and place heads of lettuce in a plastic bag or wrap in a damp cloth and keep in your refrigerator crisper for up to a week. To store leaves of lettuce: Place unwashed leaves in plastic in the refrigerator for a few days. Gently wash the leaves before eating and use when juicing, in salads or as wrappers for tacos and shrimp rolls.

Summer Squash

Especially useful because completely edible (skin, seeds and all), summer squash is a cinch to incorporate summer squash into your everyday cooking! Chop and stir into creamy risotto in the last few minutes of cooking and top with thinly sliced basil and grated Parmesan cheese or chop and toss into pasta with Lemon Basil Pesto for a quick meal. Slice, grill and use to top pizza or serve with polenta. Add squash to baked goods such as brownies, muffins, breads & cookies! Get creative...summer squash season is almost over which means you won't have it fresh again for another year!

Summer Squash Cookies

1 egg, beaten 1/2 cup butter, softened 1/2 cup sugar 1/3 cup honey
 1 tbsp vanilla 2 cups flour 1/2 tsp baking soda 1/4 tsp salt
 1/4 tsp cinnamon 1/4 tsp nutmeg 1 cup finely shredded summer squash

12 oz chocolate chips OR nuts, chopped OR dried fruit, chopped
 Preheat oven to 350F. In a large bowl mix egg, butter, sugar, honey and vanilla. In a medium bowl, mix flour baking soda, salt, cinnamon, nutmeg and then pour into large bowl containing egg mixture. Stir in summer squash and chocolate chips. When all ingredients are mixed well, drop batter by rounded spoonfuls onto non-stick or lightly greased baking sheet. Flatten each mound with back of spoon and bake for up to 15 minutes. *Adapted from Barbara Kingsolver, Animal, Vegetable, Miracle*

Packing the Pantry

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

EZ HERB BUTTER

1 stick butter, softened
1 clove garlic, minced (optional)
¼ cup fresh herbs, chopped
1 tsp lemon juice
Sea salt, to taste

Cream butter and mix with other ingredients in a medium bowl. Place butter mixture in a mound on a large square of plastic wrap or waxed paper. Roll the mound into a log shape within the plastic or waxed paper and twist the ends. Chill in the refrigerator or freezer until firm. Herb Butter will keep in the refrigerator for about a week or in the freezer for a few months. Cut off slices as needed.

Melons: Chop into cubes and then seal in freezer safe bags to save for divine wintertime smoothies.

Baba Ghanoush

1 large eggplant or approx. 1 ¼ pounds
4 tbsp tahini
½ tsp garlic, peeled and crushed with salt
3 tbsp fresh lemon juice or more to taste
3 to 4 tbsp cold water
½ tsp salt
Dash of freshly ground black pepper
1 tbsp olive oil

Pierce the eggplant in several places with a toothpick. Grill the eggplant until blackened, collapsed, and cooked through. Dump the eggplant into a basin of cold water; peel while still hot and allow to drain in a colander until cool. Squeeze pulp to remove any bitter juices. Mash the eggplant to a puree. In a food processor, mix the tahini with the garlic and lemon juice until the mixture contracts. Thin with the water. With the machine running, add the eggplant and the salt, pepper, and olive oil. Spread out in a shallow dish and garnish with pepper, parsley, and tomatoes.

Layered Eggplant, Summer Squash and Tomato Casserole

4 tbsps extra-virgin olive oil, plus more for greasing and brushing
3 medium summer squash (1 ½ pounds), sliced lengthwise ¼ inch thick
2 long, narrow eggplants (1 ½ pounds), sliced lengthwise 1/3 inch thick
Salt and freshly ground pepper
1 large shallot, minced
1 pound tomatoes cut into ½-inch dice
3 ounces feta cheese, crumbled (¾ cup)
¼ cup chopped basil
1/3 cup *panko* or coarse dry bread crumbs

Preheat oven to 425°. Oil 2 large rimmed baking sheets. Put the squash slices on one sheet and the eggplant on the other. Brush the slices all over with oil and season with salt and pepper. Arrange the slices on each sheet in a slightly overlapping layer. Bake for 15 minutes, until tender. Meanwhile, in a large skillet, heat 2 tablespoons of the oil. Add the shallot and cook over moderate heat until softened, 3 minutes. Add the tomatoes and cook over high heat until slightly softened and bubbling, 1 minute. Season with salt and pepper. Oil a large, shallow baking dish (about 10 by 15 inches). Lay half of the eggplant in the dish and spread one-fourth of the tomatoes on top. Scatter with half of the feta and basil. Layer half of the squash on top, followed by another one-fourth of the tomato and the remaining basil, eggplant and squash. Top with the remaining tomato and feta. Mix the *panko* with the remaining 1 tablespoon of oil and sprinkle over the casserole. Bake in the upper third of the oven for 20 minutes, until bubbling and crisp. Let stand for 5 minutes, then serve hot or warm.

Eggplant Rolls with Spicy Tomato Sauce

1 garlic clove, minced
¼ tsp dried hot red pepper flakes
7 tbsp olive oil
1 ½ lb tomatoes, chopped
½ tsp sugar
1 tsp salt
1 (1-lb) eggplant
1 ½ cups fresh ricotta
½ cup finely grated Parmigiano-Reggiano
3 tbsp finely chopped fresh basil
¼ tsp black pepper

Make sauce:

Cook garlic and red pepper flakes in 1 tablespoon oil in a 2-quart heavy saucepan over moderate heat, stirring, until garlic is golden, about 30 seconds. Add

tomatoes, sugar, and ½ teaspoon salt and simmer, uncovered, stirring occasionally, until slightly thickened, 15 to 20 minutes.

Grill eggplant while sauce cooks:

Heat grill pan over high heat. Cut eggplant lengthwise into 8 (1/3-inch-thick) slices. Brush both sides of slices with oil, then season with salt and pepper. Grill slices in batches, turning over once and brushing grilled sides with some of remaining oil, until golden brown and tender, about 4 minutes, then transfer to a tray.

Assemble eggplant rolls:

Stir together cheeses, 2 tablespoons basil, pepper, and remaining salt. Divide cheese mixture among slices (3 to 4 tablespoons per slice), leaving an 1/8-inch border along edge. Roll up each slice, beginning with a short end, and serve rolls topped with sauce and sprinkled with remaining basil.

Tomato Goat Cheese Tart

1 (9-inch) prepared pie dough, thawed if frozen (not pie shells)
3 tbsp olive oil
1 large onion, very thinly sliced
6 oz crumbled goat cheese (1 1/3 cups)
1 lb tomatoes, thinly sliced
Preheat oven to 375°F. If necessary, roll out dough on a lightly floured surface into an 11-inch round and fit into tart pan. Trim excess dough, leaving a ½ inch overhang, then fold overhang inward and press against side of pan to reinforce edge. Lightly prick bottom and sides with a fork. Line tart shell with foil and fill with pie weights. Bake in middle of oven until pastry is pale golden around rim, about 20 minutes. Carefully remove weights and foil and bake until golden all over, 8 to 10 minutes more. Cool in pan on a rack. While tart shell is baking, heat 2 tablespoons oil in a 12-inch heavy skillet over moderate heat, then cook onion with salt and black pepper to taste, stirring frequently, until golden brown, 15 to 20 minutes. Preheat broiler. Spread onion over bottom of tart shell and top with 1 rounded cup goat cheese. Arrange tomatoes, slightly overlapping, in concentric circles over cheese. Sprinkle with remaining cheese and salt and pepper to taste and drizzle with remaining tablespoon oil. Put foil over edge of crust (to prevent overbrowning). Put tart pan on a baking sheet and broil tart about 7 inches from heat until cheese starts to brown slightly, 3 to 4 minutes.

Shamrock Skillet Flognarde

1 tbsp butter
2-3 Shamrock apples, core and slice (for a plummy version, try 8-12 plums or pluots, pit and halve)
3 tbsp flour
3 tbsp sugar
1/8 tsp salt
¼ tsp lemon zest
1/8 tsp freshly grated nutmeg
2 extra-large eggs, beaten
¾ cup milk

While preheating oven to 350F, put butter in a well-seasoned cast-iron skillet and place in oven to melt. Coat all sides of skillet with butter and place all fruit in skillet, covering the bottom. In a medium bowl, mix flour, sugar, salt, lemon zest and nutmeg, eggs and milk. Pour mixture over fruit in skillet and bake for up to 45 minutes, until flognarde is set in the middle and browned.

Adapted from Seasonal Ontario Food, Sept 2007

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