



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](http://www.TinysOrganic.com)

### October 13

#### This Week's Harvest

*Please note: This newsletter is 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. The varieties ready at that time are added to your bag.*

- \* Golden Delicious Apples
- \* Bosc Pears
- \* Flavorich Pluots
- \* Carrot Mix: Purple Dragon, Red Core Chantenay or Yaya
- \* Heirloom Tomato Mix
- \* Radish: Cherry Belle, Pink Beauty & Plum Purple
- \* Red Giant Mustard or Prize Choy
- \* Winter Squash

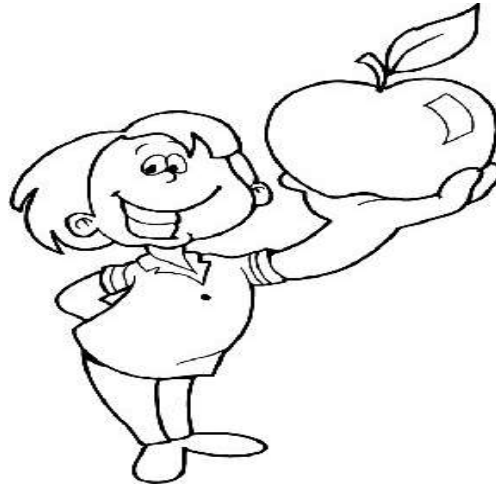
#### This Week's Recipes

*(Recipes on back)*

- \* Quinoa Stuffed Squash
- \* Fried Eggs and Greens w/Polenta
- \* Balsamic Roasted Carrots
- \* Roasted Carrots with Thyme
- \* Squash White Beans & Greens
- \* Harvest Applesauce
- \* Baked Tomato Sauce
- \* Pear Bread
- \* Curried Apple & Pluot Couscous
- \* Bosc Pears Poached in Red Wine

#### Crop Talk

Pears are an odd fruit that don't get much press and not a lot of people include them as part of their diet, however most people love them and can't imagine why they never buy them as part of their fruit supplement. They are also a uniquely odd fruit from a grower's perspective because they are harvested hard as rocks and remain inedible sometimes for up to 2 weeks and are one of the slowest of all fruits to fully ripen. If left to ripen to soft on the tree, pears tend to develop a very 'woody' and dry texture so that's why we pick them so far in advance relative to other fruit. Pear growers should take a page from the Avocado growers textbook and 'precondition' their fruit so that it arrives at retail almost fully ripe. We try to 'stage' pears so our members receive a piece of fruit that is at least close to ripeness but we also have to be careful about pears with mixed maturity...i.e. some ripen faster than others and pears bruise very easily once they're soft and tend to make a mess in a member's bag if they get too ripe...nevertheless, pears, especially this week's Bosc, are an absolutely delight to eat...they just require more patience than the average fruit. We hope you enjoy your farm share this week and we'll see you right here next week...all the best, Farmer Greg



Fresh picked Golden Delicious Apples are a sure harbinger of fall. Five more weeks left in our 2010 CSA program!

#### Golden Delicious Apples

Related only in name to the ever-present Red Delicious, crisp and juicy Golden Delicious Apples feature a light yellow flesh excellent for salads, sauces, baking and freezing. They are so sweet that sometimes you can even cut down on the sugar in your recipes when using them in pies and cakes. Treat your apples gently to prevent bruising and store in the refrigerator as apples kept

at room temperature can deteriorate ten times faster than ones kept refrigerated.

#### Carrots

Carrots detoxify the body and help rebuild healthy cells and are an excellent source of beta carotene, which is converted in the body to vitamin A. Vitamin A also benefits the skin and is great for the immune system. Much of carrots' nutrition is located in and just under the skin, so simply cut off the ends and give them a good scrubbing before eating. Nantes carrots are cylindrical and mild tasting. Shred and mix with peanuts, red wine vinegar and sesame oil.

#### Bosc Pears

One pear can provide you with 24% of your recommended daily fiber intake as well as good amounts of potassium and Vitamin C! Bosc pears have a unique, long-necked silhouette and a warm, russeted brown skin which does not change color as it ripens. They have crunchy, yet tender white flesh and spicy sweet flavor. This elegant, aromatic pear is ideal for cooking, baking, broiling and poaching because it is firm and holds shape when cooked. Slice into salads, layer into grilled bacon and cheese sandwiches or roast with balsamic vinegar and your favorite spices. Bosc pears pair well with blue cheeses, cloves, red or white wine, cinnamon and cardamom. Pears should be close to ripe when they arrive in your bag but may need to sit out for a few days as they can sometimes take a week to fully ripen. Pears are never picked 'tree ripe' because when they get soft on the tree, they also get a very 'woody' texture.

#### Plum Purple, Cherry Belle & Pink Beauty Radishes

Radish adds a spicy crunch to salads, sandwiches, and as an entree topping or garnish. They also provide vitamin C and stomach-filling fiber. Grate radishes and place on paper towels to squeeze out excess liquid. Combine radishes and butter in a small bowl. Spread on toasted bread season with salt and pepper or combine sliced radishes with feta, olive oil, greek yogurt and a squeeze of lemon

#### Winter Squash

Winter Squash, high in both vitamin A and C, is a good source of vitamins B6 and K, potassium and folate. Store winter squash in a cool spot with good air circulation, not the refrigerator, but a cool pantry or cellar for up to a month or longer depending on variety and wash the exterior just before using. Bigger in size and tougher skinned than summer squash, winter squash may seem to present a bit of a challenge in the kitchen because it is difficult to cut with a knife. No worries! Consider baking whole. Using a whole winter squash, pierce the rind with a fork and bake in a 350F° oven 45minutes. Test for doneness by piercing with a fork and settle in and enjoy your healthy squash.

## This Week's Recipes

### Quinoa Stuffed Squash

3 squash  
1 tbsp olive oil  
1 small onion, diced  
¼ cup shelled pistachios, coarsely chopped (optional)  
¼ cup dates, coarsely chopped (optional)  
1 tsp lemon zest  
1 tsp cinnamon  
1 cup cooked quinoa  
Salt & pepper  
Preheat oven to 375F. Cut squash in half and scoop out seeds. Place squash face-down in an oiled baking dish. Bake until tender when pierced with a knife, about 30 minutes. Remove squash from oven but keep oven on.  
Prepare the stuffing while the squash is baking. Heat oil in a medium saucepan over medium heat. Add onions and sauté until onion is translucent. Add pistachios, dates, lemon zest, and cinnamon and sauté for another minute. Stir in the cooked quinoa and season to taste with salt and pepper. Turn the squash upright in the baking dish and stuff with the quinoa mixture. Cover dish with aluminum foil and bake for another 20 minutes. Serve warm, garnished with extra pistachios or lemon zest, if desired

### Fried Eggs and Greens over Polenta

olive oil 4-5 strips of thick cut bacon or pancetta  
1 small onion, thinly sliced  
1 bunch of mustard greens, prize choy or purple mizuna, leaves stripped and chopped  
½ to 1 cup chicken broth 2 cups whole milk 2 cups water  
1 cup yellow corn meal 1 tbsp unsalted butter  
8 eggs freshly grated parmesan cheese salt and pepper  
Roughly chop the bacon into chunks. Heat a tbsp of olive oil over medium-low heat in a large sauce pan with a lid. Add the bacon and begin to cook. After about 5 minutes, add the onion. Cook about 8 to 10 more minutes. Raise the heat to medium-high and add the greens. Stir and toss until the greens are coated in the oil and bacon fat and beginning to wilt. Add ½ cup of the chicken broth, scraping up any brown bits from the bottom of the pan. Reduce the heat slightly and cover the pan. Cook for 15 to 20 minutes, adding more chicken broth if the mixture gets dry, until the greens are dark green and soft. Meanwhile, cook the polenta. Bring the milk and water to boil in a medium sauce pan. Add the corn meal in a steady stream, whisking as you go. Season with salt and pepper. Continue to cook, whisking, until the polenta begins to thicken. Add the butter and more salt and pepper to taste. Add olive oil to a non-stick skillet and fry the eggs. To serve, put a big scoop of polenta on each plate and top it with the greens and bacon mixture and two fried eggs. Sprinkle with parmesan, salt, pepper, and hot sauce, if desired.

### Balsamic Roasted Carrots

1 bunch carrots cut into sticks 2 tbsp olive oil ¼ tsp salt 2 tbsp balsamic vinegar  
Preheat oven to 425F. Toss carrots with oil and salt in a shallow roasting pan. Roast carrots in middle of oven, stirring occasionally, until golden and tender, 25 to 30 minutes. Drizzle vinegar over carrots and shake pan a few times. Roast carrots until most of vinegar is evaporated, about 2 minutes more

### Roasted Carrots with Thyme

1 bunch carrots olive oil Salt and pepper 1 tbsp fresh or dried thyme  
Preheat the oven to 425F. Cut the carrots on the diagonal into roughly 1 inch pieces. Place on a baking sheet and drizzle with olive oil. Sprinkle with salt, pepper and thyme. Use your hands to toss the carrots with the oil, salt, pepper and thyme right on the baking sheet. Roast for about 25 minutes, stirring occasionally, until the carrots are nicely browned on the edges but not burned, and tender when you pierce one with a fork.

### Roasted Squash Stuffed with White Beans, Greens & Sage

2 squash, halved and seeds scooped out 1 large garlic clove, minced Olive oil  
1 15-oz can small white beans drained and rinsed  
4 large handfuls greens – Mustard, Mizuna, Prize Choy or Arugula  
1 tbsp sage ½ cup fresh breadcrumbs ¼ cup grated parmesan cheese  
Preheat oven to 350F. Place the squash halves (cut side up) on a sheet pan or in a baking dish. Drizzle the surfaces with some olive oil, and season with salt and pepper. Bake in the oven until the flesh is tender when pierced with a knife or fork, about 1 hour. Remove the squash halves from the oven and set aside. Meanwhile, make your filling: heat olive oil in a saute pan over medium heat until hot, then add the minced garlic and saute for about 30 seconds, until fragrant. Add the greens and saute until wilted. Then add white beans and continue cooking the mixture until the beans are heated through. Stir in the sage, season to taste with salt and pepper, and set aside to cool slightly. Preheat oven to 425F. In a small bowl, mix together the breadcrumbs and grated parmesan cheese. When the bean and green mixture has cooled slightly, stir half of the breadcrumb mixture. Divide this filling mixture between the cooked squash halves, mounding it in each. Sprinkle the remaining breadcrumb and cheese mixture over the top of the filled squash halves. Drizzle some olive oil over the top of each squash half. Return the pan to the oven and bake the squash halves until the topping is golden, about another 15 minutes.

### Harvest Applesauce

4 apples ¾ cup Water ¼ cup sugar (optional) Cinnamon  
Cut apples in small pieces and put in pot with sugar, cinnamon and water. Cover and cook at medium heat for 15 to 20 minutes then let the apples, cool and mash the apples with fork or potato masher.

### Baked Tomato Sauce

Olive oil 1 lb tomatoes, chunky chop  
1/3 cup plain dry bread crumbs  
½ cup freshly grated parmesan cheese  
2 garlic cloves, finely chopped  
Salt and pepper, to taste  
¼ cup loosely packed fresh basil leaves, torn  
Preheat oven to 400F. Place tomatoes in a greased baking dish. In a small bowl, combine the bread crumbs, cheese and garlic and toss with a fork to mix well. Sprinkle the bread-crumbs mixture over the tomatoes. Sprinkle with salt and pepper and drizzle with olive oil. Bake until the tomatoes are cooked through and starting to brown on top, about 20 minutes. Serve over pasta, rice, grilled vegetables or meats.

### Pear Bread

3 cups flour 1 tsp baking soda  
¼ tsp baking powder 1 tsp salt  
1 tbsp ground cinnamon  
1 cup chopped walnuts (optional)  
¾ cup butter, softened 3 eggs, lightly beaten  
2 cups sugar 2 to 4 pears  
2 tsp vanilla extract  
Heat oven to 350F and lightly grease and flour two 9-by-5-inch loaf pans. Combine the flour, baking soda, baking powder, salt and cinnamon in a large mixing bowl and stir with a fork to mix everything well. If you're using nuts, scoop out about 1/4 cup of the flour mixture and combine it in a small bowl with the chopped walnuts, stirring and tossing to coat the nuts with the flour. Peel and core pears, then grate them. You'll want two grated cups total; set them briefly aside. In a medium bowl, combine the butter or oil, eggs, sugar, grated pear, nuts (if using), and vanilla, and stir to mix everything well. Scrape the pear mixture into the flour mixture and stir just until the flour disappears and the batter is evenly moistened. Quickly scrape the batter into the prepared pans and bake for 60 to 70 minutes, or until the bread is browned and firm on top and a wooden skewer inserted in the center comes out clean.

### Curried Apple & Pluot Couscous

4 tbsp unsalted butter 1 tbsp curry powder  
1 apple, cored and chopped  
2 pluots, cored and chopped  
1 cup whole wheat couscous (or regular)  
1 ¾ cup water 1 tsp sea salt  
½ cup pine nuts, toasted  
Small handful of mint, chopped (optional)  
In a large saucepan over medium-high heat add 3 tbsp of the butter, the curry powder, and salt. Cook for a minute or until the spices are fragrant. Stir in the chopped apples & pluots and cook for about 3 minutes. Scoop the apples from the pan and set aside in a separate bowl. In the same pan, again over medium-high heat, add the remaining tablespoon of butter and then add the water and salt. Bring to a boil, stir in the couscous, cover and remove from heat. Steam for 5 to 10 minutes and then use a fork to fluff up the couscous. Stir in the apples, pine nuts, and chopped mint. Season with more salt and curry powder to taste.

### Bosc Pears Poached in Red Wine

4 Bosc pears 2 cups sugar  
4 tbsp unsalted butter, room temperature  
1 bottle Merlot 1 vanilla bean, split  
Peel pears, leaving stems intact and cut a thin slice from bottom of each if necessary to enable pears to stand upright when served. Set aside. Put sugar in heavy saucepan and melt over moderate heat until it begins to caramelize. Continue to cook, keeping the sugar constantly circulating. Cook until the sugar is a deep golden caramel. Stir in the butter carefully, as the mixture may bubble up. Simmer and stir until caramel sauce has developed, about 5 minutes. Pour in wine and scrape in the seeds from the vanilla bean. Carefully arrange pears in the poaching liquid. They should be completely covered by the liquid, add water if they are not. Simmer pears, turning them occasionally, until tender, about 20 minutes. Remove the pears to a serving dish, cut side down. Pour the wine syrup over the pears. Serve with Gorgonzola and candied walnuts.