



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)

### JULY 7

#### 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.

- \* Peaches: Sugartime & Spring Snow
- \* Cherries: Rainier & Summit
- \* Finale Fennel
- \* Basil: Genovese OR Purple Opal OR Red Rubin
- \* Summer Squash Mix: Costata Romanesco, Jean et Verte, Eight Ball & Floridor
- \* Sugar Pod Peas OR Cabbage: Red Express OR Arrow Head
- \* Romaine Lettuce: Rouge D' Hiver & Freckles OR Barcarole

#### This Week's Recipes (Recipes on back)

- \* Basil Vinegar
- \* Seasonal Vinaigrette
- \* Pickled Sugar Pod Peas
- \* Grilled Summer Squash
- \* Zucchini with Pasta
- \* Warm Cabbage Salad
- \* Stuffed Summer Squash
- \* Fennel with Basil & Goat Cheese
- \* Spicy Cabbage Slaw
- \* Summer Squash Bake
- \* Basil Parmesan Biscuits
- \* Peaches & Cream

#### Crop Talk

You've undoubtedly heard the term 'microclimate' and perhaps haven't given much thought about the significance of the term unless of course you're a farmer. The best example I can give is the location of our farms in East Wenatchee. The home place is at an elevation of 1200' or so (close to the airport) and this is where the wind blows and the temperature is always cooler than the rest of the valley and this is also where we grow our row crops. So that may account for part of the reason many spring crops are slow to grow and depending on when we transplant from the greenhouse whether they are damaged from the wind or cold. Try as we might and keeping an eye on the weather, it seems like it's a challenge to get the timing just right. For instance, we transplanted cucumbers from the greenhouse to the field in early May when there was a stretch of a few days of warm weather (80F+) only to have it completely change to cold (60F) and a 50 mph wind that broke 90% of the plant stems. Contrast this location to our other farm close to the Columbia River at 600' elevation. Protected by a bench, this block is always 5F-15F warmer, has half the wind and the fruit is always at least 10 days earlier to harvest than the upper bench. Go figure these blocks are only 5 miles apart! Further to this story, the upper block is good for raising apples and pears and the lower block is ideal for peaches, plums, cherries, nectarines and pluots but NOT apples or pears!! But such is the nature of a microclimate! Until next time, I hope you enjoy your bag and we'll talk to you again next week. All the best, Farmer Greg.



**Summer temperatures mean more fruit and more variety of fruit for our CSA members with the harvest of our two earliest peaches.**

#### Sugartime & Spring Snow Peaches

Sweet and low in acid, yellow-flesh Sugartime Peaches and marbled-flesh Spring Snow Peaches are in your CSA bag this week. Place peaches in a single layer on the counter for a couple of days to soften. When soft and juicy, put them back in the plastic bag and refrigerate for up to a week. Let chilled peaches come close to room temperature before eating. Peaches pair well with other stone fruit, honey, vanilla, cream, ginger and both red and white wines. Eat fresh out-of-

hand, slice and layer with Greek yogurt or swirl thin wedges into a glass of wine.

#### Genovese or Purple Opal or Red Rubin Basil

Light green Genovese Basil is the traditional basil variety used in pesto. Purple Opal has deep purple leaves and stems and a more pungent taste than green basil. Red Rubin is a red-leaf variety with a taste similar to Sweet Italian Basil. 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 sensitive 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.

#### Sugar Pod Peas or Red Express or Arrow Head Cabbage

Our Sugar Pod Peas are a crisp snow pea that can be eaten raw, pods and all! If cooked, Sugar Pod Peas require very little steam or sauté time, just enough to get the perfect tender-crisp texture. Overcooking can destroy the fresh, natural juicy flavor, so be careful! Keep Sugar Pod Peas refrigerated in a plastic bag, unwashed until you're ready to eat them. For the freshest flavor, use within a few days. One of the earliest cabbages of the season, Red Express leaves are firm, crisp and a great addition to summer picnics in raw salads and classic coleslaws. To keep the vivid purple-red color while cooking, add a splash of lemon juice, vinegar or wine. Arrow Head Cabbage is small, pale green and compactly pointed headed with sturdy exterior leaves wrapped around tender inner leaves with a rich cabbage flavor. Use in salads, sauerkrauts, and stuffed cabbage dishes. Put the entire unwashed head in your refrigerator's vegetable bin and store for up to a month. Remove any flimsy outer leaves before using. Place cut cabbage in a plastic bag and it will be fine in the refrigerator for several weeks.

#### Jaune et Verte, Costata Romanesco, Floridor & Eight Ball Summer Squash

Mild-flavored Summer Squash can be added to almost any main-dish recipe or pasta sauce for texture, flavor, and color. The sizes of squash in your bag will likely vary; some may be big enough for stuffing while others may be best grilled or baked. How to tell which squash in your bag is which? Jaune et Verte is vase-shaped, half yellow and half green, Costata Romanesco is a dark green classic zucchini, Floridor is a yellow, ball-shaped zucchini and Eight Ball is dark green and also quite round in shape. Summer Squash can be served raw with other vegetables as part of a vegetable platter with dips, in salads, grilled, broiled, steamed, stir-fried, deep-fried, boiled, baked, or stuffed. Use herbs and spices like dill (fennel fronds can be substituted for dill), pepper, basil and chives to enhance the flavor of Summer Squash; try cooking with garlic or onions. Handle gently.

## Packing the Pantry

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

#### Basil Vinegar

2/3 cup loosely packed fresh basil leaves

1 (17 ounce) bottle champagne wine vinegar or white wine vinegar

Fresh basil sprig

Crush basil leaves slightly with the back of a spoon; place in a 1-quart jar. Bring vinegar to a boil, and pour over basil leaves. Cover and let stand at room temperature 1 to 2 weeks. Pour mixture through a wire-mesh strainer into a 4-cup liquid measuring cup, discarding basil; pour into a decorative bottle. Add a fresh basil sprig, if desired, and seal. Store vinegar in a cool, dark place up to 6 months.

#### Seasonal Vinaigrette

½ cup extra virgin olive oil      4 tbsp balsamic vinegar      ¼ tsp vanilla extract

¼ tsp cinnamon                      1 tsp salt                              1 tsp honey

½ tsp black pepper                  1 Tbsp fresh basil                  pinch red pepper flakes

Mix all ingredients together in container or bottle and cover. Chill in the refrigerator overnight to let flavors marry and then shake or stir and use to taste on salads.

#### Pickled Sugar Pod Peas

1 ¼ cups white distilled vinegar

1 ¼ cups cold-water

1 tbsp kosher or pickling salt

1 tbsp sugar

1 pound sugar pod peas, trimmed

4 garlic cloves, sliced

dried red pepper flakes, to taste

Warm vinegar, salt and sugar on the stovetop until dissolved then turn off heat and add cold water. Put sugar pod peas, garlic and red pepper in glass jar and then pour cooled liquid over top and cover. Refrigerate for one day and enjoy.

#### Grilled Summer Squash

Slice squash crosswise in ½ inch slices. Brush lightly with olive oil. Put them on a hot grill and turn after 3-4 minutes. They should be browned but not burned. Cook them another 2-3 minutes. Sprinkle with chopped basil. Squash can also be roasted in a 400F oven for about 10 minutes. Turn each slice over after the first five minutes.

#### Zucchini with Pasta

Slice zucchini into ½ inch slices and sauté, until just tender (about 5 minutes), in olive oil. Cook pasta; when it's done, spoon a few tablespoons of the pasta cooking water into the zucchini pan. Add fennel or basil pesto. Serve immediately over the pasta with a sprinkle of grated Parmesan.

#### Warm Cabbage Salad

½ cup sunflower seeds

1 tsp natural cane sugar (or brown sugar)

Salt

2 tbsp olive oil

1 red onion, diced

3 medium cloves garlic, minced

1 head of cabbage, cut into thin ribbons

Fresh basil

2 ounces dried chopped pluots or raisins (or other plump, chopped dried fruit)

1 ½ tsp balsamic vinegar

2 ounces feta cheese, crumbled

Parmesan cheese, to garnish

Roast the sunflower seeds in a dry skillet over medium heat until golden brown. Sprinkle on the sugar & a couple pinches of salt. Stir until the sugar melts and coats the seeds. Transfer seeds immediately to a plate and set aside. Heat the olive oil in a large skillet & sauté the onion for a minute. Stir in the garlic and cabbage. Cook until the cabbage softens up, not too soft. Then stir in the basil, most of the dried pluots/raisins & the vinegar. Fold in half of the feta cheese, most of the sunflower seeds. Season with more salt. Serve garnished with the remaining dried pluots/raisins, feta, sunflower seeds and Parmesan cheese.

#### Stuffed Summer Squash

2-4 summer squash

½ onion, chopped

2 tsp olive oil

1 lb lean ground beef or turkey

1 fennel bulb, finely chopped

1 tsp Spike seasoning, optional

1 tsp chopped garlic

1 cup cooked brown rice

½ cup finely chopped fresh basil

¾ cup coarsely grated Parmesan cheese

¼ cup chicken stock

Preheat oven to 375 F. Cut squash in half, then scoop out and discard most of the flesh and seeds, leaving about ½ inch of flesh attached to the skin. Microwave squash 3-4 minutes on high. Heat olive oil in a heavy frying pan and sauté chopped onions and fennel until they are just starting to soften. Remove onions and fennel to large mixing bowl and then add ground beef/turkey to hot pan and cook until starting to brown. When meat is about half cooked, season with Spike seasoning and add garlic, continue to cook until meat is well browned, breaking into small pieces. Remove meat to mixing bowl. Add cooked brown rice, chopped basil, Parmesan cheese & chicken stock to meat and vegetable mixture & gently combine. Spray roasting pan with nonstick spray. Stuff summer squash with stuffing mixture, packing in as much as you can into each & mounding it up as high as you can, until all stuffing is used.

Put squash into roasting pan, stuffing-side up. Roast uncovered 20-30 minutes, until slightly browned.

#### Fennel with Basil & Goat Cheese

Fennel bulbs, trimmed & sliced

1 tbsp butter

3 garlic cloves, minced

Fresh basil, chopped

2 cups dry white wine

Salt and pepper to taste

6 ounces goat cheese, crumbled

Preheat oven to 425F. Boil fennel until just tender, about 10 min. Butter the bottom of a shallow baking dish & sprinkle with garlic & basil. Arrange the fennel in the baking dish & pour in the white wine. Season with salt and pepper. Bake uncovered in preheated oven for 30 minutes, basting occasionally. Set the oven to Broil, and then sprinkle the fennel with crumbled goat cheese. Broil for a few minutes until the cheese has melted.

#### Spicy Cabbage Slaw

1-2 head of Arrowhead &/or Red Express Cabbage, sliced very thin, core removed

1 cup coarsely chopped basil or cilantro

¼ cup mayonnaise

¼ cup apple cider vinegar

Juice of 1 lime

1 tsp sugar

¼ cup soy sauce

2 tsp Sriracha sauce

Toasted sesame oil

Whisk together mayo, vinegar, lime juice, sugar, soy sauce and Sriracha in a large bowl. Toss in remaining ingredients. Drizzle toasted sesame oil on top.

Refrigerate for at least an hour to wilt the cabbage and blend the flavors.

#### Summer Squash Bake

2 - 3 lbs summer squash, grated or finely chopped (no need to peel)

Salt & pepper

½ cup freshly grated Parmesan cheese

1 cup biscuit mix

½ cup basil, finely chopped

3 cloves of garlic, minced

½ cup olive oil

4 eggs, slightly beaten

Heat oven to 375F. Oil baking pan. Mix the ingredients in the order given. Spread into pan. Bake for about 45 minutes or until nicely browned on top. Cut into large squares to serve.

#### Basil Parmesan Biscuits

2 cups flour

2 tbsp sugar

4 tsp baking powder

1 tsp salt

¼ cup chilled butter, cut into small pieces

2/3 cup chopped fresh basil

½ cup finely grated Parmigiano-Reggiano cheese

2/3 cup fat-free milk

1 large egg

Preheat oven to 425F. Combine flour, sugar, baking powder & salt in a medium bowl, stirring with a whisk. Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in basil & cheese.

Combine milk and egg in a small bowl, stirring with a whisk. Add milk mixture to flour mixture; stir just until moist. Turn dough out onto a floured surface; pat to 1-inch-thick circle. Cut with a 2-inch biscuit cutter (or drinking glass) into 12 biscuits. Place biscuits on a baking sheet coated with cooking spray. Bake at 425° for 15 minutes. Remove from oven, and cool.

#### Peaches & Cream

½ cup chopped peaches

1/3 cup pureed peaches

2/3 cup nonfat vanilla yogurt

Puree 1/3 cup of peaches in blender or food processor until smooth. Lightly swirl together peach puree, yogurt and remaining ½ cup of peaches together in a small bowl. Spoon into 4 Popsicle molds or ice-cube trays and insert handle. Freeze for at least 4 hours. For extra sweet pops, add 1-2 tbsp of honey to yogurt before swirling.