



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

Fresh from the Farm (this newsletter also available online)

www.TinysOrganic.com

AUGUST 18

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.

- * Apples: Shamrock
- * Donut Peaches: Jupiter
- * Pluots: Flavor Heart
- * Melons: (depending on size, one or more of) Cruiser, Honey Orange, Snow Leopard or Sun Jewel
- * Astro Arugula
- * Lettuce: Nevada Green Summer Crisp &/or Jericho Romaine
- * Cucumber Mix: Armenian, Boothby Blonde, Green Finger, Lemon or Satsuki Midori
- * Summer Squash Mix: Costata Romanesco, Eight Ball, Floridor, Jean et Verte, Yellow Scallopini or Zephyr

This Week's Recipes

(Recipes on back)

- * Melon with Orange-Ginger Syrup
- * Summer Squash Pasta Salad
- * Peppers Provencal
- * Grilled Pork & Pluot Sauce
- * Chick Pea Salad
- * Braised Summer Squash Wheels
- * Tzatzki--Cucumber Yogurt Dip
- * Easy Pickled Cucumbers
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- * Tofu & Peppers with Spicy Peanut Sauce
- * Cucumber Raita
- * Farm Salad

Crop Talk

BEST RECIPE FOR LARGE SUMMER SQUASH.



If you're stuck wondering what to do with a large summer squash, try this: Slice horizontally (see photo) in $\frac{3}{4}$ " slices. Spray or drizzle olive oil on both sides, add salt and pepper, fresh or dried garlic, and top off with Fetta or Parmesan cheese after you've flipped them over on the BBQ. I am hooked on this recipe and thought I would share it with you to make sure you are getting the most out of your summer squash. Works best with any of the squashes you get in your weekly bag. Give this one a try and if you like, get back to me and we can explore other variances. Talk to you next week, ATB, Farmer Greg@TinysOrganic.com



Our just-picked Jupiter Donut Peaches are larger and redder in color than our Saturns.

Jupiter Donut Peaches

Flat in shape, Jupiter Donut Peaches have meaty white flesh and are best eaten as soon as they are ripe. Dice, saute in water, puree and freeze for an easy sorbet or simply pit and roast or grill. Peaches pair well with almonds, pistachios, plums, pluots and sour cream. Jupiter Donut Peaches will keep up to 4 days at room temperature and a couple days longer when refrigerated. Allow them to return to room temperature before eating for best flavor.

Flavor Heart Pluots

One of the most beautiful pluots, Flavor Hearts have dark purple, almost black skin and yellow flesh. They have an intense plum flavor but none of the bitterness. Flavor Heart Pluots ripen very quickly and have a very short shelf life so they must be eaten when soft. We recommend eating this variety before the other fruits in your CSA bag to enjoy them at peak flavor and texture. Eat fresh on the go, slice raw into salads or cook up into a fruit sauce. When refrigerated, Flavor Heart Pluots may keep for a day or two.

Melon

In addition to the yellow and white Sun Jewel, green and ivory Snow Leopard, and ivory-skinned Honey Orange, we have just started to pick the Cruiser melon, a type of cantaloupe with light brown netting on the outside and smooth, medium-orange flesh inside. Richly flavored melons give off a sweet fragrance when ripe and can be refrigerated uncut for up to 5 days. Cut melon should be tightly wrapped with plastic (it can quickly absorb other food odors) and refrigerated for up to 3 days.

Cucumber Mix

Cucumbers are very good for you, largely due to their high water content, which unfortunately means they don't store well. Looking for ways to use your cucumbers other than in salads? Try pickling, juicing or blending them into popsicles or cold soups, slicing for stir-fry, drink garnishes, sandwiches, wraps or stuffing into pita bread, chopping for sauces and salsa, or dicing and shredding for raita and tzatzki. Cucumbers are also good for your outsides, too and make refreshing additions to baths, toners, facial masks, hair conditioners and can soothe tired, puffy eyes. Cucumbers can be stored uncut in your crisper drawer for up to a week.

Summer Squash Mix

Get creative...Summer Squash season is almost over which means you won't have it fresh again for another year! Chop squash with Shamrock Apples and saute to top crostini, use with Bell Peppers to make a relish, bake into a soufflé, blend into a creamy soup, slice and skewer on a kebab with other vegetables or chop and toss with pasta and arugula or fresh herbs. Summer Squash pairs well with seafood, fish, garlic, feta, mozzarella, pasta, rice and all sorts of herbs. For those of you who just can't seem to use up all that Summer Squash, we recommend either throwing a CSA dinner or potluck and grill them up or stuff for friends and neighbors or sharing the summer's bounty with others in your local community, food banks, and soup kitchens. Store Summer Squash whole and unwashed in the refrigerator for a few days.

This Week's Recipes

Melon with Orange-Ginger Syrup

1 cup freshly squeezed orange juice, strained (about 4 oranges), plus zest of 2 oranges
1 cup sugar
1/2 ounce ginger, thinly sliced
2 tablespoons Cointreau
3 melon, cut in half, seeded
Mint sprigs, for garnish

Fill a large bowl with ice and water; set aside. Place the orange juice, sugar and ginger in a small saucepan over medium heat; bring to a boil. Let simmer, stirring occasionally, until sugar has dissolved and syrup has thickened, about 15 minutes. Remove from heat; strain syrup into a clean bowl; add the Cointreau; stir to combine. Set bowl in ice bath, or chill in refrigerator, until syrup is cold. Using different sizes of melon ballers. Place balls in a medium bowl; add 1/2 cup cold syrup and orange zest. Toss to combine. To serve, arrange cantaloupe on a platter. Spoon melon balls on top. Serve extra melon balls on the side. Drizzle melons with syrup; garnish with mint. Serve with Orange Lace Cookies and remaining syrup on the side.

Summer Squash Pasta Salad

1-2 squash, diced; 1-2 tomatoes, diced (optional); 1 package whole-wheat spaghetti
Garlic, minced
Fresh herbs, chopped or sub dried
Olive oil, to taste
Vinegar (Apple cider vinegar or whatever you have), to taste
Sauté garlic in olive oil, add remaining ingredients and sauté.

Peppers Provençal

1/4 cup olive oil
2 tbsp butter
2 cups yellow onions, thinly sliced
2-4 peppers, sliced into very thin strips
1/2 tsp herbs de Provence
Salt and freshly ground black pepper, to taste
2 garlic cloves, finely minced
1/2 cup finely shredded fresh basil leaves
Heat oil and butter together in a heavy skillet or saucepan until butter is melted. Add the onion and peppers. Season with herbs de Provence and salt and pepper to taste. Simmer, stirring frequently, for about 45 minutes, or until vegetables is limp, tender, and lightly browned. Peppers Provençal should have a marmalade-like appearance. Add garlic and basil and cook for another 5 minutes. Remove from the skillet and let cool to room temperature. Drain excess oil. Fill a quiche shell with this mixture, or fill your own little tarts. Also good on toasted French bread.

Grilled Pork with Pluot Sauce

Grilled Pork:
2 lbs trimmed pork tenderloin; 2 cups pluot sauce, divided; 1/4 cup extra-virgin olive oil
1 large clove garlic, finely minced; 1 1/2 tsp dried thyme; Salt and pepper
Pluot Sauce:
8 ounces pitted pluots, roughly chopped
1/3 cup mild honey
2 tsp peeled and grated fresh ginger
1Tbsp golden balsamic vinegar
Place the pluots, honey, ginger, and vinegar in a medium-size saucepan and bring to a boil over medium heat. Reduce the heat to a simmer and cook over low heat until the pluots are completely soft. Transfer the mixture to a food processor. Purée until the mixture is smooth. Transfer the pluot sauce to a clean container and refrigerate if you're not using it within 3 hours. Place the pork in a shallow baking dish just large enough to accommodate the meat. Season all sides of the pork with salt and pepper. Rub the meat with the thyme. In a small bowl whisk together 1/3 cup of the pluot sauce, oil, and garlic. Add the marinade to the pork, turning the meat so that all sides are covered. Cover the baking pan with plastic wrap and refrigerate the pork for 4 to 8 hours, turning the meat once or twice during that time. BBQ the pork, turning frequently to cook all sides, until it's cooked through to your liking or until it registers at least 140 degrees F in the center. Let the meat rest for 10 minutes before slicing. Reheat the remaining pluot sauce until hot and serve it on the side with the pork.

Chick Pea Salad

3 cups dried garbanzo beans (or two 19-ounce cans) 2 large tomatoes, chopped
2 peppers, chopped 1 tbsp dried oregano
1/2 cup olive oil 3 tbsp balsamic vinegar
Salt and pepper to taste
Cook fresh garbanzo beans (if canned, rinse beans well). Put in large bowl with tomatoes, peppers and oregano. Dress with olive oil and balsamic vinegar. Add salt and pepper to taste.

Braised Summer Squash Wheels

1/3 cup breadcrumbs; 1/3 cup whole almonds; 2 garlic cloves, peeled
2 tbs fresh mint leaves; 2 tsp lemon juice
1 tsp grated lemon zest
1 1/2 tbs olive oil
1 tbs sesame seeds
4 medium squash (2 lb.), cut into 5 wheels each. Pulse breadcrumbs, almonds, garlic, mint, lemon juice, and lemon zest in blender or food processor until coarsely chopped. Add oil and sesame seeds, and pulse several times to make chunky pesto. Score an X in each zucchini wheel to within 1/2 inch of bottom, making sure not to cut through. Gently pry each wheel open, and stuff with 1 heaping tsp. pesto. Place squash wheels snugly in single layer, stuffing-side up, in medium saucepan. Add 1 cup water, cover pan, and bring to simmer over medium heat. Cook 20 minutes, or until squash are tender. Serve hot, with cooking liquid drizzled over top.

Tzatziki – Cucumber Yogurt Dip

2 cucumber, diced 2 garlic cloves, minced 3 tbsp olive oil
1 tbsp lemon juice or 1 tbsp vinegar 1 cup greek yogurt
1 cup sour cream Chopped fresh mint or dill (sub dried dill)
Salt and pepper, to taste
Combine all ingredients, chill and serve. Makes 2-3 servings. Compliment to grilled meats and vegetables (squash, peppers, eggplant). It's served on the side with warm pita bread triangles for dipping.

Easy Pickled Cucumbers

2 or 3 cucumbers
2 tsp salt
1/4 cup rice vinegar
2 tbsp sugar
Pinch of salt

2 tbsp sesame or wakame seeds, optional
Slice cucumbers in thin coins. Place in a bowl and sprinkle the 2 teaspoons of salt on them, and set aside for five minutes. Rinse off the salt and drain the cucumbers. Combine all ingredients in a bowl. Place in a sealed container and let sit in the refrigerator for 24 hours. Serve with warm rice & fish.

Brown Rice & Arugula Salad

2 cups brown rice
4 cups water
6 cups arugula leaves
1 1/2 cups tomatoes, cut in half (optional)
1/2 cucumber, cut into half moons
1/4 cup Italian dressing (olive oil, vinegar, dried oregano, garlic, salt and pepper)
1 cup grated provolone, parmesan or feta cheese
1/2 cup pine nuts, toasted (optional)
Rinse 2 cups of rice and place in a pot with 4 cups of water. Bring to a boil. Cover with a lid and reduce heat to low. Meanwhile, toss together arugula, tomatoes, cucumbers and Italian dressing. Once rice is cooked, remove from heat and transfer to a large bowl. Sprinkle the cheese on top. Pour salad mixture over rice and top with pine nuts.

Muhammara

3-6 bell peppers
1 medium onion diced, optional
1/2 cup olive oil
1/2 cup breadcrumbs (use up old bread in food processor)
3/4 cup walnuts, crushed, optional
1 1/2 tbsp chili powder
1/4 tsp cumin
Preheat oven to 350F and place whole peppers on greased baking sheet. Roast for about 10-12 minutes, turning approximately every 4 minutes. In the meantime, place breadcrumbs in food processor and add 2 tablespoons of cold water. Blend to make a puree. Add more water as needed. Remove peppers from oven and peel off skin. Cut open and remove seeds. Cut into pieces and add to breadcrumbs mixture in food processor. In a small saute pan, saute onions until lightly browned. Add sauteed onions and olive oil to food processor and blend to a dip consistency. Add remaining ingredients and blend, adding olive oil as needed. Remove from processor and place in serving bowl. Serve with pita wedges, veggies, or use as a dipping sauce for kebabs or meat.

Tofu & Peppers with Spicy Peanut Sauce

2 packages (14 ounces each) firm or extra-firm tofu, drained well
2 tbsp oil
2 tbsp soy sauce
2 medium bell peppers, seeds and ribs removed, cut into 1-inch-wide strips
3 tbsp peanut butter
2 tbsp fresh lime juice
1 tbsp Asian-style chili-garlic sauce
1 tbsp brown sugar
Preheat oven to 450 degrees. Slice each tofu cake crosswise into 6 rectangles. In a shallow container, whisk together 1 tablespoon each oil and soy sauce. Dip tofu pieces lightly on all sides to coat. Brush two rimmed baking sheets with remaining tablespoon oil; divide tofu between them. Scatter peppers around the edges. Bake 10 minutes; turn tofu and peppers. Continue baking until tofu is golden brown and peppers begin to char, 10 to 15 minutes more. In a small saucepan over low heat, whisk together peanut butter, lime juice, chili sauce, brown sugar, 3 tablespoons water, and remaining 1 tablespoon soy sauce, until warm. Drizzle sauce over tofu and peppers.

Cucumber Raita

2 cucumbers, peeled, seeded, and grated or chopped
1 cup plain nonfat yogurt
1 tsp chopped fresh mint leaves
1/4 tsp ground cumin
Press the cucumbers through a strainer to remove some of the water. Combine with other ingredients.

Farm Salad

1 cup brown rice
1 pkg baked flavored tofu, diced (optional)
1-2 cups tomatoes, chopped
1-2 peppers, chopped
1 cucumber, diced
1/2 cup squash, diced
2 tbsp red wine vinegar
2 tbsp Dijon mustard
1/3 cup olive oil
Cook rice according to directions on package. Stir tofu, tomatoes, bell pepper, cucumber and squash into rice. Whisk together vinegar and mustard in small bowl. Whisk in oil until mixture forms smooth sauce. Season with salt and pepper. Stir vinaigrette mixture into rice mixture.