



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

AUGUST 25

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.

- * Donut Peaches: Jupiter
- * Nectarines: Western Sweet
- * Pluots: Flavor Heart
- * Basil: Chen, Genovese, Purple Opal or Red Rubin
- * Bell Peppers: Ace, Bianca, Cal Wonder, Double Up, Islander, Sweet Chocolate, Red Knight or Revolution
- * Cucumbers: Armenian, Boothby Blonde, Green Finger, Lemon, Mideast Prolific, Saber, Satsuki Midori or Sweet Marketmore
- * Lettuce: Nevada Green Summer Crisp
- * Summer Squash: Costata Romanesco, Eight Ball, Floridor, Jean et Verte, Yellow Scallopini or Zephyr
- * Dandelion Greens OR Eggplant OR Melon OR Tomatoes

This Week's Recipes

(Recipes on back)

- * Roasted Pepper Strata
- * Vegan Donut Peach Upside-Down Cake
- * Peppers & Eggplant with Feta
- * Zucchini-Basil Soup
- * Stuffed 8-Ball Zucchini
- * Summer Cucumber Salad
- * Sautéed Dandelion Greens
- * Orzo Salad with Feta, Olives & Bell Peppers
- * Dandelion Salad with Roasted Peppers & Goat Cheese
- * Granny's Apple Crisp

Crop Talk

We're very proud of Summer, our Wenatchee CSA manager who has not only managed the program in Wenatchee but who has now also taken on truck driving duties to deliver bags on a weekly basis to our Seattle/Tacoma/Eastside drop sites. She is pictured at the top of this week's newsletter (the one with the big smile) and is now in her 3rd week of driving so if you see her and her refer truck on the streets of the big city, give her a honk! Summer is from Indiana and has been part of the Tiny's family team for about 6 years and got her start at the Tiny's Fruitique store in Chiacum on the Peninsula and then worked in Seattle managing the Pike Place farmers market operation for a couple of summers. Her CSA driving day starts over here in Wenatchee at 3am on Wednesdays and she makes stops at several drop sites before making the final stop at our Seattle office/warehouse location on East Marginal Way, a couple miles south of Safeco field, then makes the return trip later in the day arriving back at the farm late Wednesday afternoon. It's a long day for Summer but she says she loves it so we'll just let her keep on truckin'! All the best until next week, Farmer Greg



This week is the last pickup for our First Half Season Members. From Summer, our Wenatchee CSA Manager, and the whole Tiny's crew, thanks for sharing the harvest with us!

Western Sweet Nectarines

Our Western Sweets are a low-acid, yellow-fleshed, freestone nectarine with a good flavor. Their sweet taste makes them ideal for many different dishes. Toss in a lettuce or arugula salad, chop and stir into a summer salsa, mix into muffin or cake batter or use to make homemade ice cream or sorbet. Best eaten firm but not too hard, soften your nectarines to perfection at room temperature then refrigerate to prevent over-ripening. For long-term storage, chop nectarines, seal in a plastic bag and freeze.

Chen, Genovese, Purple Opal or Red Rubin Basil

Basil can be used fresh or cooked in both sweet and savory dishes and is great when paired with melon, eggplant, tomatoes, cucumbers and summer squash. To keep your just-picked Basil 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.

Bell Pepper Mix

Store your crisp and crunchy mixed Bell Peppers in a plastic bag in the refrigerator for up to a week if you must but please use as quickly as possible to get the most nutrients as well as the best texture and flavor from your peppers! Sweet Bell Peppers are a good fit with many other foods including eggplant, tomatoes, summer squash, garlic, beef, cheese, rice, quinoa and sausage.

Nevada Green Summer Crisp Lettuce

Nevada Summer Crisp is a "French Crisp" type of lettuce with an open head and ruffled leaves. Its smooth yet crunchy texture lends itself well to being enjoyed raw or cooked. Use in classic green salads, wilt or saute and toss with other in-season vegetables, vinegar and oil or even some crumbled bacon, juice, make into a lettuce slaw or serve up as a stuffed lettuce boat (a low-key version of lettuce wraps). Store the lettuce head unwashed in a plastic bag for a few days and possibly up to a week in the refrigerator.

Dandelion Greens or Eggplant or Melon or Tomatoes

Dandelion Greens add a spicy kick to any raw salad and are great with hard cheeses, lemon, onion and garlic. Store Dandelion Greens in a plastic bag in the refrigerator for up to 3 days.

Eggplants don't like cool temperatures and don't store well so eat as soon as possible for best flavor or if you must, wrap them in plastic and keep 1-2 days in the refrigerator. Briefly soak sliced Eggplant in iced water or paint with lemon juice or vinegar to prevent browning before cooking.

Melons are ready to eat when they give off a sweet fragrance 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.

Tomatoes are slowly ripening in our fields despite the continued cool summer we've been experiencing. We've planted 8 heirloom varieties and quite a few others as well. Tomatoes do best when not refrigerated, rather, keep them stem-side down on the counter until you're ready to eat! Just rinse with cool water before use, then chop and add to salads, sauces, chutneys, fresh salsas and pasta.

For CSA questions, call our Seattle Office at 206.293.0633 or email info@tinysorganic.com.

Packing the Pantry

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

Freezing Bell Peppers: Slice off the tops, remove the seeds and either slice, dice or leave as-is. Rinse the bell peppers and dry; lay on a cookie sheet covered with waxed paper and freeze. When peppers are frozen solid, put in an airtight container or freezer bag and store in the freezer for up to 8-12 months. Use frozen peppers in soups, stews, chili, and eggs. Whole frozen peppers can be stuffed and baked.

This Week's Recipes

Roasted Pepper Strata

12 eggs 2 tsp hot sauce ½ cup flour 1 tsp baking powder
½ tsp salt ½ cup melted butter 1 pint cottage cheese

1 lb shredded cheese, such as Jack & Cheddar mixed

1 cup marinated artichoke hearts, coarsely chopped

1 cup roasted peppers, chopped

4 slices white bread, crusts trimmed off and cut into cubes

Beat eggs and add hot sauce. Mix flour, baking powder and salt together, whisk into eggs. Add melted butter, and then fold in cottage cheese, shredded cheese, artichoke hearts, and roasted peppers. Sprinkle bread cubes into two buttered 8 x 8 inch glass-baking dishes. Pour egg mixture evenly over the top. Recipe can be prepared ahead up to this point, covered, and refrigerated over night. Bake at 350 degrees for 45 minutes or until eggs are firm and knife comes out clean. Garnish with sour cream and green salsa.

Vegan Donut Peach Upside-Down Cake

Topping:

2 cups sliced peaches 1 tsp lemon zest ¼ cup butter ½ cup packed brown sugar

Cake:

1½ cups whole-wheat pastry flour 1½ cups unbleached flour 2 tsp baking powder

½ tsp salt 1 cup butter, softened 1 cup sugar

1 tsp vanilla 6 tsp Ener-G® egg replacer powder, mixed with 8 tbsps of water

2 tbsps yogurt 1½ cups milk

Preheat oven to 350 F. In a bowl combine peaches and lemon zest. Place ¼ cup butter in a 9x13-baking pan and melt in the oven. Add brown sugar and mix together until sugar begins to dissolve. Arrange the peaches in the brown sugar mixture. Set aside. In a medium bowl, sift together the flours, baking powder and salt. In a large bowl, beat the butter and sugar together. Add the vanilla, and mix. Add the egg replacer and yogurt and beat well. Mix half the flour mixture and milk into the wet mixture then add the remaining flour mixture and milk until combined well. Spread cake batter evenly over peaches. Bake for 30-35 minutes, or until toothpick in center comes out clean. Let cool for about 5 minutes then flip onto a tray. Serve plain or with vanilla ice cream.

Peppers & Eggplant with Feta

2 large eggplants, ends trimmed, sliced into 1/3-inch-thick rounds

Salt 4-6 bell peppers, cored, seeded, and sliced lengthwise 1/3 cup olive oil

Salt and freshly ground black pepper 1/3 cup feta cheese, crumbled (3 ounces)

Fresh basil, chopped ¼ cup extra-virgin olive oil Juice of 1 lemon

Place the eggplant slices on a wire rack and sprinkle them lightly with salt on both sides. Set the rack aside until the eggplant begins to "sweat," usually 15 to 20 minutes. Blot the eggplant dry with clean paper towels. Arrange the eggplant and all the bell pepper slices on a large baking sheet, and brush both sides of all the pieces with the olive oil. Season with salt and black pepper. Transfer the eggplant and peppers to the grill, in batches if necessary, and cook, turning them occasionally to promote even browning, until they are softened and nicely marked, 15 to 20 minutes. Transfer the grilled eggplant slices to a large platter, and top them with the pepper strips. Garnish with the crumbled feta and basil. Drizzle with the olive oil and lemon juice, and serve either warm or at room temperature.

Zucchini-Basil Soup

2 pounds zucchini, prepped: Trim and cut crosswise into thirds, julienne skin from half of zucchini, toss with ½ tsp salt and drain in colander. Chop the rest of the zucchini.

¾ cup onion, chopped 2 garlic cloves, chopped ¼ cup olive oil

4 cups water, divided 1/3 cup basil leaves, packed

In a heavy saucepan, over medium-low heat, cook onion and garlic in olive oil about 5 minutes until softened. Add 3 cups water, partially cover pan and simmer about 15 minutes. When zucchini is tender, divide into two batches and purée each with basil in a blender. In a small saucepan, blanch julienned zucchini strips in remaining cup of water for just a minute then drain and use liquid to thin soup if needed. Season soup to taste and then ladle into small bowls; place a mound of julienned zucchini piled on top of each serving.

Stuffed 8- Ball Zucchini

2 8-ball zucchini, insides dug out and reserved 1 tomato ¼ onion, chopped

¾ cup shredded cheese (reserve ¼ cup cheese for topping)

½ cup Italian bread crumbs salt pepper

4 strips bacon chopped

Cut the tops off the zucchini. Hollow out with a spoon. Reserve the zucchini guts in a bowl. Chop tomato and onion and add into same bowl. Preheat oven to 375 degrees. Chop bacon into small pieces, brown in skillet. Add zucchini guts, tomato and onion, cook for 4 minutes on medium high heat. Remove from heat and add breadcrumbs, cheese (reserve some shredded cheese for topping), salt and pepper to taste. Spoon stuffing into zucchini. Top with remaining cheese. Place zucchini in baking pan, preferably one with a lip. Pour a bit of water (about 1/4 inch deep) on the bottom of the pan to prevent burning. Bake for 40 minutes or until zucchini is softened. www.soupbelly.com, Recommended by CSA Member Max P.

Summer Cucumber Salad

Cucumbers, sliced

Kalamata olives, pitted and sliced

Feta cheese, chunked

Oregano

Olive Oil

Vinegar

Salt & pepper

Combine cucumber, olives and cheese in large bowl.

Whisk olive oil, vinegar and oregano in small bowl until well blended. Season to taste with salt and pepper. Pour dressing over salad and toss to coat evenly.

Sautéed Dandelion Greens

1 bunch dandelion greens

3 tbsps extra-virgin olive oil

1 large garlic clove, mashed

¼ tsp dried hot red-pepper flakes

½ tsp sea salt

Cook greens in a 10-to 12-quart pot of boiling salt water (3 Tbsp salt for 8 quarts water), uncovered, until ribs are tender, about 10 minutes. Drain in a colander, then rinse under cold water to stop cooking and drain well, gently pressing out excess water. Heat oil in a 12-inch heavy skillet over medium heat until it shimmers, then cook garlic and red-pepper flakes, stirring, until pale golden, about 45 seconds. Increase heat to medium-high then add greens and sea salt and sauté until coated with oil and heated through, about 4 minutes. Cook's note: Dandelion greens can be boiled 3 days ahead. Chill, wrapped in paper towels, in a sealed bag.

Orzo Salad with Feta, Olives & Bell Peppers

12 oz orzo (rice-shaped pasta)

2 tbsps plus ½ cup olive oil

1 ½ cups crumbled feta cheese

2 cups chopped bell pepper

¾ cup pitted Kalamata olives

2 tbsps drained capers

3 tbsps fresh lemon juice

1 tbsps white wine vinegar

1 tbsps garlic, minced

1 ½ tsp dried oregano

1 tsp Dijon mustard

1 tsp ground cumin

3 tbsps pine nuts, toasted

Cook orzo in large pot of boiling salted water until tender but still firm to bite. Drain. Rinse with cold water; drain well. Transfer to large bowl. Toss with 2 tablespoons olive oil. Add crumbled feta cheese, chopped bell peppers, Kalamata olives and capers. Combine lemon juice, vinegar, garlic, oregano, mustard and cumin in small bowl. Gradually whisk in remaining ½ c olive oil. Season dressing to taste with salt and pepper. Add dressing to orzo mixture and toss to blend. Tip: Prepare up to 6 hours ahead. Cover and refrigerate.

Dandelion Salad with Roasted Peppers & Goat Cheese

3 Tbsp fresh lemon juice

3 Tbsp minced onion

1/3 c extra-virgin olive oil

1 large or 3 small bell peppers

1 bunch dandelion greens, stems trimmed, leaves torn

5 oz Capra honey goat cheese or 5 oz plain soft fresh goat cheese mixed with 2 tsp honey, crumbled

Combine lemon juice and onions in small bowl. Gradually whisk in oil. Season dressing to taste with salt and pepper.

Char bell pepper directly over gas flame or in broiler until blackened on all sides. Enclose in paper bag 10 minutes. Peel, seed, and cut pepper into thin strips. Toss greens and roasted peppers in large bowl with enough dressing to coat. Sprinkle with salt, pepper, and goat cheese.

Granny's Apple Crisp...This is the best!

*Add any leftover stone fruit to crisp

Shamrock apples, sliced

Flavor Heart Pluots, sliced

Donut Peaches, sliced

1 cup sugar 1 cup flour ¾ cup butter

Cinnamon

Fill a 9in. square pan with sliced fruit & sprinkle with cinnamon. Combine sugar, flour & butter to make a chunky texture crumble in food processor or cut butter into sugar and flour with two knives. Pour crumble on top of fruit and bake at 350F until golden brown.