



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

SEPTEMBER 1

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.

- * Nectarines: Western Sweet
- * Peaches: Blushingstar & Golden Princess
- * Pluots: Dapple Dandy
- * Melon: Cruiser, Honey Orange, Snow Leopard &/or Sun Jewel
- * Lettuce: Jericho Romaine &/or Sylvesta Green Butterhead
- * 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
- * Summer Squash: Costata Romanesco, Eight Ball, Floridor, Jean et Verte, Yellow Scallopini or Zephyr

This Week's Recipes

(Recipes on back)

- * Melon Salsa
- * Peaches & Cream Smoothie
- * Chocolate & Zucchini Cake
- * Roasted Bell Pepper Dip
- * Whole Wheat Spaghetti with Summer Squash & Peppers
- * Creamy Bell Pepper Spread
- * Summer Fruit Daiquiris
- * Creamy Cucumbers with Horseradish
- * Ginger Vinaigrette Cucumbers
- * Chilled Cucumber & Dill Soup
- * Stuffed Zucchini with Goat Cheese
- * Oven Roasted Tomatoes
- * Broiled Parmesan Summer Squash

Crop Talk

There's talk on the airwaves about 'Fall is in the air' because of the recent inclement weather we've experienced the past week, but don't be fooled by the amateur prognosticators. High temps in the Wenatchee region for September can run as high as the high 90's and can catch farmers off guard if they're not paying attention to forecasts. Average high temps for the Wenatchee valley this time of year still run in the mid 80's and lows down only to the low 60's so there's plenty of summer left despite what we hear in the news. Highs this week are only predicted in the low 70's in the valley but by the weekend should be back to normal...FYI, what do you call two straight days of rain in Seattle? Give up? The weekend! Of course! But this weekend is predicted to be back to normal in both Wenatchee and Seattle and the longer range forecast is for a normal weather pattern the balance of September. We're now getting into a good cross-section of fruit and within a few weeks we'll start harvesting a number of very cool apple varieties. All the best and we'll talk again next week. Farmer Greg.



The Dapple Dandy Pluot (aka Dino Egg) is the original plum/apricot hybrid developed in the late 1980's.

Dapple Dandy Pluots

Named for its beautifully speckled skin, the seriously sweet Dapple Dandy is beautiful on the inside as well, with flesh ranging from pink to red. Eat your Dapple Dandy Pluots right away or allow to soften on the countertop to maximum flavor or

store in the refrigerator for a few days. To freeze, simply cut your stone fruits in half and remove the seed/pit. Seal the fruit halves well in a Ziploc freezer bag. Your bagged pluots will be easiest to work with later if stored in a single layer and frozen flat to make stackable bricks.

Western Sweet Nectarines

Bite into the dark red skin of the freestone Western Sweet Nectarine and you'll find sweet, juicy yellow flesh. The Western Sweet is a red-skinned nectarine with traditional nectarine flavor. Poach, preserve or blend into a cool and fruity summer soup. Nectarines are best eaten firm but not too hard, so soften your nectarines to perfection at room temperature or in a paper bag if needed then refrigerate to prevent over-ripening.

Blushingstar & Golden Princess Peaches

Our Blushingstar Peach is a classic white freestone peach with beautiful apricot-gold skin. The Golden Princess is a low-acid, yellow clingstone peach that we pick from early to mid August through mid to late September. Chop into a salsa with melon or blend with other seasonal fruits and ice cream or frozen yogurt for a sumptuous summer smoothie! We pick your peaches at the firm-ripe stage and send them to you just a bit hard-to-the-touch to prevent them from getting bruised in your CSA bag on the ride from the farm. When you get home, simply place your peaches in a single layer on the counter for a couple of days or in a folded closed paper bag. When perfectly soft and juicy, place the peaches back in the plastic produce bag and keep up to a week in the refrigerator. Let chilled peaches come close to room temperature before eating.

Cucumber Mix

High in Vitamin C and A, cucumbers are anti-inflammatory, cleansing and easy to use in juices, ice pops, salads, sushi and wraps and soothes your inside as well as out. Place chilled cucumber slices on your eyes for ten minutes to reduce puffiness and de-stress. Cucumber puréed with witch hazel also makes a simple facial toner or blend chopped cucumber with yogurt for a calming and cleansing mask. Quench your on-the-job thirst by chilling water with cucumbers sliced lengthwise in your water bottle overnight and take to work. Remember, cucumbers don't keep long because of their high water content. Put them in the crisper drawer of your refrigerator and keep up to a week.

Jericho Romaine & Sylvesta Green Butterhead Lettuce

The long, light-green leaves of Jericho Romaine lettuce are crispy and great tasting in Caesar salads and layered in sandwiches. Wash, dry and place the white-ribbed heads in a plastic bag or wrap in a damp cloth and keep in your refrigerator crisper for up to a week. Sylvesta Butterhead lettuce has tender, medium-green leaves arranged in a loose rosette. Store the unwashed head in plastic in the fridge for a few days. Gently wash the leaves before eating and use when juicing, in salads or as wrappers for no-bread tacos and sandwiches.

This Week's Recipes

Melon Salsa

Great to serve with grilled chicken, fish or pork!

1-2 melons

¾ cup finely diced bell pepper

¼ cup finely chopped cilantro

¼ cup finely chopped onion

Juice of 1 lime

salt and crushed pepper flakes to taste

Remove seeds and rind from cantaloupe. Chop melon into very small cubes. Add remaining ingredients. Chill.

Peaches & Cream Smoothie

1 cup apple cider

2 cups peaches, sliced

1 ½ cups frozen vanilla yogurt

1 banana

1/8 teaspoon of cinnamon

Place all ingredients in blender and blend until smooth.

Chocolate & Zucchini Cake

2 cups all-purpose flour

½ cup unsweetened cocoa powder

1 tsp baking soda

½ tsp baking powder

½ tsp sea salt

1 scant cup light brown sugar

½ cup unsalted butter, at room temperature or ½ cup virgin olive oil

1 tsp pure vanilla extract

3 large eggs

2 cups unpeeled grated zucchini, from about 1 ½ medium zucchini

1 cup bittersweet chocolate chips, or chopped chocolate

Confectioner's sugar (optional)

Preheat the oven to 350°F. Grease an 8 1/2-inch square pan. In a medium mixing bowl, whisk together the flour, cocoa powder, baking soda, baking powder, and salt. In the bowl of a mixer (or by hand in a large mixing bowl), beat the sugar and butter until fluffy. Add the vanilla and eggs, mixing well between each addition. In a large mixing bowl, combine the zucchini, chocolate chips, and about a third of the flour mixture, making sure the zucchini strands are well coated and not clumping too much. Add the rest of the flour mixture into the egg batter. Mix until just combined; the batter will be thick. Fold the zucchini mixture into the batter, and blend with a spatula without over mixing. Pour into the prepared cake pan, and level the surface. Bake for 40 to 50 minutes, until a knife inserted in the center comes out clean. Transfer onto a rack to cool for 10 minutes, run a knife around the pan to loosen, and unclasp the sides of the pan. Serve slightly warm or at room temperature. Sprinkle with confectioner's sugar.

Roasted Bell Pepper Dip

4-8 bell peppers

¼ cup roasted garlic

½ lb feta cheese, drained

¼ cup, plus 1 tsp extra-virgin olive oil

2 tsp fresh lemon juice

3 tbsp chopped fresh basil

1 tsp oregano

¼ tsp red pepper flakes, or to taste

Roast the peppers in oven by placing them directly on the oven rack and roast until blistered and charred. Peel the peppers, remove the seeds and stems and discard. Coarsely chop the peppers. Transfer the peppers and garlic to a food processor and process until smooth. Add the cheese and process until smooth. With the machine running, add ¼ cup of the extra-virgin olive oil and lemon juice in a steady stream through the feed tube. Add the basil, oregano, red pepper flakes, and ¼ tsp salt and process until smooth. Adjust the seasoning, to taste. Transfer to a decorative bowl and refrigerate for 1 hour. Before serving, drizzle with the remaining teaspoon of extra-virgin olive oil and sprinkle with the parsley. Serve cool or at room temperature, with pita chips for dipping.

Whole Wheat Spaghetti with Summer Squash & Peppers

4 garlic cloves, thinly sliced

1 ½ tbsp finely chopped walnuts

1-2 summer squash, cut into 2-inch julienne

3-6 bell pepper, cut into julienne

Salt and pepper to taste

Olive oil

½ lb whole-wheat spaghetti

In a large frying pan, heat olive oil over medium heat. Add the sliced garlic and saute until lightly golden. Transfer to a bowl and stir in the walnuts. Set aside. Add the squash and saute until tender-crisp. Add the bell peppers to the pan and saute until they begin to soften, about 2 minutes. Return the squash mixture to the pan and toss to mix. Set aside and keep. Cook spaghetti according to package directions. Drain the pasta thoroughly. In a warmed shallow serving bowl, combine the spaghetti & vegetables. Add olive oil, salt and pepper and toss gently to mix.

Creamy Bell Pepper Spread

Serve as a dip for vegetables, chips, or even a burger topping!!

6-8 bell peppers, seeded and diced

1 cup (8 ounces) cream cheese, room temperature

¼ cup mascarpone

1 tbsp olive oil

Lemon juice to taste

Garlic, to taste

Salt and black pepper to taste

Sauté bell peppers in olive oil until softened. Transfer peppers to a food processor or blender. Add cream cheese and mascarpone and purée until smooth. Season to taste with lemon juice, garlic, salt and black pepper.

Summer Fruit Daiquiris

4 ounces rum

2 ounce lime juice

2 tsp confectioner's sugar or simple syrup

1 ½ cup fresh fruit (melon, peaches, nectarines or pluots)

1 ounce of maraschino liqueur or Cointreau or other liqueur (optional)

about 1 cup of ice

Fruit slice for garnish

Blend all ingredients together in a blender until smooth.

Garnish with a slice of fruit.

Creamy Cucumbers with Horseradish

2 medium cucumbers, sliced

2 tsp lemon juice

2 ½ tsp prepared horseradish

½ cup sour cream

½ tsp dried dill

Mix together all ingredients except cucumbers. Stir cucumbers gently into mixture to coat. Chill for several hours. Serve on a bed of lettuce.

Ginger Vinaigrette Cucumbers

Great with grilled meats!

2 large cucumbers, thinly sliced

1/3 cup rice vinegar

2 tsp sugar, optional

½ tsp salt

Red pepper flakes, optional

2 tsp fresh ginger, grated

Place cucumbers in a bowl or plastic zipper bag. Combine remaining ingredients and pour over cucumbers. Chill overnight, mixing occasionally.

Chilled Cucumber & Dill Soup

3 medium cucumbers

1 tbsp chopped fresh dill or dried

2 tsp Dijon mustard

½ tsp sherry or champagne vinegar

2 tbsp sour cream or vegan sour cream

Freshly ground black pepper

½ tsp salt

Peel the cucumbers and cut them in half lengthwise. Scoop out the seeds with a teaspoon and dice the cucumbers. Transfer the cucumbers to a blender or food processor. Add the dill, mustard, vinegar, sour cream and pepper. Purée until it is completely smooth. Transfer to a mixing bowl and refrigerate until chilled.

Stuffed Zucchini with Goat Cheese

1-4 zucchini

5 ounces goat cheese

¼ cup Nicoise olives, pitted and chopped

¼ cup blanched almonds, chopped

2 tsp oregano

salt and pepper to taste

1/8 cup olive oil

Preheat the oven to 350F. Cut the zucchini in half lengthwise. Scoop out and reserve 2/3 of the pulp, being careful not to make a hole in the bottom of the squash halves. Set aside. Chop the pulp and mix with the goat cheese, olives, almonds, chives, oregano, salt and pepper. Divide the mixture evenly among the hollowed squash halves and drizzle with the olive oil. Place on a baking sheet and bake for 10-15 minutes. Serve immediately.

Oven Roasted Tomatoes

4 heirloom tomatoes

4 tbsp butter

2 tbsp brown sugar

½ tsp salt

¼ tsp pepper

Cut tomatoes into halves or thirds and coat thoroughly with melted butter. Place face down on a baking sheet and sprinkle brown sugar, salt, and pepper. Bake at 350F for 2 hours checking occasionally to prevent burning. Let cool and serve on crackers or bread with chevre or other soft cheese.

Broiled Parmesan Summer Squash

1-4 summer squash, sliced

4 tsp butter

4 tbsp grated Parmesan cheese

½ tsp paprika

salt and pepper to taste

Put squash in the broiler pan. Brush with melted butter, sprinkle with salt, pepper, cheese and paprika. Broil 6-8 inches from the heat until crisp-tender, about 8-10 minutes.
