



Tiny's Organic 'Farm to City' CSA 2009 ♦ A Farm Family Growing for You

Fresh from the Farm (this newsletter also available online)

www.TinysOrganic.com

SEPTEMBER 9

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.

- * Honeycrisp Apples
- * Peaches: Golden Princess & Indian Blood
- * Pears: Bartlett, Hosui Asian & 20th Century Asian
- * Pluots: Flavor Grenade, Flavor King & Dapple Dandy
- * Yellow Sweet Corn
- * Eggplant Mix: Turkish Orange, Rosa Bianca, Louisiana Long Green or Imperial Beauty
- * Jericho Romaine Lettuce
- * Tomato Mix: Arkansas Traveler, Pineapple, Oaxacan Pink, Pink Beauty, Brandywine, Sunkist, Cosmonaut Volkov, Valencia, Cherokee Purple, Persimmon, Tiffen Mennonite, Old German, Pink Accordion, Kellogg's Breakfast, Amana Orange or Moonglow

This Week's Recipes

(Recipes on back)

- * Peach Freezer Jam
- * Small Batch Canned Tomatoes
- * Creamy Tomato Soup
- * Grilled Eggplant with Cumin Yogurt Sauce
- * Country Corn Salad
- * Authentic Table Salsa
- * Eggplant Curry
- * Pluot & Peach Crisp

Crop Talk

There are some aspects of organic farming that present monumental challenges and we occasionally wonder how best to allocate our resources to meet those challenges. We seem to be able to manage pest, disease and nutritional issues quite well but to our mind the biggest obstacle to growing quality organic fruit and vegetables is how to manage weeds! When you consider that one weed can produce 200,000 seeds and those seeds can remain viable for up to 40 years, only then can you begin to understand the magnitude of the weed management problem. Throw in a perfect environment we create for them (water, fertilizer) and seasonal shortages of labor to pull them out timely and you see what a nightmare we can end up with; not to mention that most of the weeds popping up can grow in almost any environment whether it's hot, cold, dry or even marshy. Here in Wenatchee it has rained twice since May and when you walk down the crop rows all you kick up is dust (we drip irrigate our vegetables) and trip over four foot high weeds and you begin to wonder why we can't produce marketable vegetables with the same degree of hardiness or somehow figure out a way to graft a vegetable plant onto one of these small weed trees. Anyway, you can likely tell we've been trying to reclaim our vegetable fields lately and so far the weeds have won but of course we already have a plan for next year that we know will work...for sure...we hope!!



Honeycrisp is the most anticipated apple Tiny grows. Enjoy the first of the season this week.

Honeycrisp Apples

This exceptional variety is large and sweet with golden skin showing through patches of red where it has been touched by the sun. Its creamy flesh has a texture some compare to a very crisp watermelon. The high water content in the Honeycrisp apple makes it a juicy and refreshing treat. Very high in dietary fiber, antioxidants and flavonoids, this member of the rose family provides the most nutrition when

left unpeeled. It can be eaten fresh whole and is quite handy in the kitchen as well. Slice and serve with cheese for a simple ending to your evening meal. Core, fill with butter, cinnamon and sugar, wrap in your favorite pastry dough and bake until tender for a classic apple dumpling. Serve with ice cream on the side or put in a shallow bowl and serve with whole milk. Apples easily keep well in the refrigerator for up to two weeks.

Dapple Dandy Pluots

Also known as Dinosaur Egg, the Dapple Dandy is the original plum-apricot hybrid fruit, developed in the 1980's by Floyd Zaiger. Its easily recognizable pale green skin dappled with a red blush and fine pink flesh is rich in Vitamins A, C and E. Use in fresh salads, baked crumbles or rustic tarts. To soften quickly, place pluots in a brown bag, close tightly and set aside, checking the pluots daily for ripeness. Or place on your counter until just right. Remove any that are ready and eat or keep in the refrigerator. When refrigerated they keep for a few days.

Flavor King Pluots

Considered one of the best-tasting pluots along with Flavor Supreme, Flavor King resembles a small, ordinary, reddish-purple plum but has an extraordinary spicy bouquet and flavor. A good source of dietary fiber and potassium, use Flavor King pluots for breakfast toppings, when making sauces and preserves or layer with whipped cream or Greek yogurt for a fresh pluot parfait. Store pluots at room temperature until they soften to your liking then place in the refrigerator.

Indian Blood Peaches

Originally grown by Thomas Jefferson as the 'black plum peach of Georgia', this astringent, tangy, bleeding flesh clingstone peach with scarlet tiger-striped skin is full of potassium, high in antioxidants, and is an excellent source of vitamin A and a good source of vitamin C and beta-carotene. Indian Blood is a fine peach to eat out of hand and during the 1700's was traditionally used in the South for pickling and preserving. It is an ideal peach to make into jams, preserves, cobblers, pies, cakes, and ice cream. Store unripe peaches at room temperature and then move them to the refrigerator for up to 3 to 5 days. Return to room temperature for at least a half hour before eating to bring out full flavor of the peach.

Bartlett, Hosui & 20th Century Asian Pears

Tiny's young pear trees have produced a light crop as they continue towards maturity. Sample our light yellow-green Bartletts with their grainy ivory flesh, crisp, round Hosui with bronze russeted skin, and the smooth, yellow, apple-shaped 20th Century Asian pear. The Asians are already ripe and ready to eat but you'll need to leave the Bartletts out at room temperature until they reach your preferred texture and then store them in the refrigerator wrapped in a plastic bag to keep in humidity.

Packing the Pantry

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

Fresh Peach Freezer Jam

(makes four 1 cup containers)
2 cups peaches, peeled and thinly sliced
3 tbsp lemon juice
4 cups sugar
1 pkg. (1 ¾ oz.) powdered pectin
¾ cup water

Mix the peaches and sugar thoroughly. Set aside for 10 minutes, stir occasionally. Mix powdered pectin and water together in a saucepan. Bring to a boil stirring constantly. Boil for 1 minute. Remove pan from heat. Stir the pectin mixture into the peach mixture. Continue stirring 3 minutes. Pour in plastic or glass containers leaving 1" headspace for expansion. Cover. Let stand at room temperature 24 hours. Store the jam in the freezer.

Small Batch Canned Tomatoes

6 to 8 pounds ripe unblemished tomatoes
6 tsp salt
1 ½ tsp citric acid or Fruit Fresh
Go to www.homecanning.com for step-by-step canning instructions.

Creamy Tomato Soup

2 tbsp butter 2 tbsp olive oil
1 large onion, chopped 1 tbsp minced garlic
2 tbsp flour
3 ½ pounds ripe tomatoes, chopped
1 tsp sugar
3 cups vegetable broth
1/8 teaspoon ground cloves (optional)
Salt and pepper, to taste
½ cup half-and-half

Melt the butter with the oil over low heat in a pot. Add the onion; wilt over low heat for 8 to 10 minutes. Add the garlic during the last 2 minutes, stirring. Sprinkle with flour and cook 3 minutes longer, stirring. Add the tomatoes, sugar and broth. Bring to a boil, reduce heat to a simmer and cover; cook over medium-low heat for 30 minutes. Season with cloves, salt, and pepper. Remove from heat and cool slightly. Purée the soup in a blender. Stir in the half-and-half. Warm soup before serving.

Grilled Eggplant with Cumin Yogurt Sauce

¼ cup olive oil
2 tbsp fresh lemon juice
1 tbsp soy sauce
1 tsp curry powder
½ tsp crushed red pepper
2-4 eggplants, halved lengthwise
1 ½ cups plain yogurt
½ cup coarsely chopped basil
1 ½ tsp ground cumin
1 garlic clove, minced
½ tsp finely grated lemon zest
Salt and freshly ground pepper

Light a grill. In a small bowl, combine the olive oil with the lemon juice, soy sauce, curry powder and crushed red pepper. Put the eggplant halves on a rimmed baking sheet, cut sides up, and coat generously with the marinade. Let stand at room temperature for 15 minutes. Meanwhile, in a small bowl, mix the yogurt with the basil, cumin, garlic and lemon zest. Season the yogurt sauce with salt and pepper. Grill the eggplants, cut sides down, over a medium fire until they are lightly charred and tender, about 4 minutes per side. Serve the grilled eggplants with the yogurt sauce.

Country Corn Salad

4 ears cooked corn
1 bell pepper fine chop
1 onion fine chop (or less)
Cilantro, to taste
¼ cup lime juice (start with less to more)
¼ cup olive oil (kind of an optional choice)
Salt and pepper
Cut corn off cob and mix all ingredients together.

Authentic Table Salsa

2 large ripe tomatoes, peeled and seeded
1 garlic clove, peeled
1 Anaheim green chili, seeded and cut into thirds
3 green onions, cleaned and cut into 1 inch pieces
4 oz canned chopped green chilies

1 to 3 whole jalapeños, deveined and seeded
(Optional to taste)

¼ cup fresh Cilantro, chopped

1 tsp olive oil

1 tbsp lime juice

Salt and pepper to taste

¼ cup ice water

Char the tomatoes over a gas grill or under the flame of a hot broiler for a few seconds, turning them until the peel blisters. Slip off the peel and the flesh will still be firm. Remove the green stem core and cut the tomatoes in half vertically. Use a teaspoon to scoop out the seeds. In the food processor or blender, turn the motor on chop first and drop in the *garlic*, *cilantro*, *green onions* and jalapeños into the bowl of the food processor to chop for just a few seconds. Turn off the motor and scrape down the sides of the bowl using a rubber spatula. Add all the remaining ingredients: tomatoes, Anaheim chili, the chopped green chilies, olive oil and lime juice. Process with brief pulses to reach the desired texture. Salt & pepper to taste.

Pluot & Peach Crisp

1 lb ripe peaches
1 lb ripe pluots
¼ cup natural cane sugar (or brown sugar)
1 tbsp plus 1 tsp arrowroot (or cornstarch)
Crisp

¾ cup rolled oats

¾ cup white whole wheat flour (all-purpose flour)

½ cup natural cane sugar (or brown sugar)

½ tsp cinnamon

Big pinch of salt

1/3 cup butter, melted

1/3 cup yogurt

8x8 square baking dish or equivalent. Preheat the oven to 400F. Cut the peaches and pluots into bite-sized, 1-inch pieces. Place the chopped fruit in a medium-sized bowl. In a separate small bowl whisk together the 1/4 cup sugar and the arrowroot. Sprinkle over the fruit, toss gently (but well) and transfer the fruit to an 8-inch square baking dish. To make the topping combine the oats, flour, sugar, and cinnamon together in a medium bowl. Stir in the butter and then the yogurt and mix until everything comes together in a dough-like texture. Sprinkle the crumble evenly over the plum and peach mixture. Place the baking dish in the oven (middle rack) and bake for about 20-25 minutes or until the topping is golden. Sprinkle a bit more sugar on top as it comes out of the oven and if you have a lemon on hand grate a bit of zest on top.

Eggplant Curry

2 tbsp olive oil
2 red onions, each cut into 8 wedges
One ½ inch piece of fresh ginger, peeled and minced
2 garlic cloves, minced
1 ½ tbsp curry powder
1 ½ lbs eggplant (approx), cut into 1-inch dice
One 14-ounce can of chickpeas, drained
1 cup chicken stock or low-sodium broth
¾ cup unsweetened coconut milk
3 tomatoes, diced
Kosher salt and freshly ground pepper
½ cup cilantro leaves
In a very large, deep skillet, heat the olive oil. Add the onions and cook over moderate heat until they begin to soften, about 3 minutes. Add the ginger and garlic and cook until fragrant, about 1 minute. Add the curry powder and cook until fragrant, about 30 seconds. Add the eggplant, chickpeas, stock and coconut milk and bring to a simmer. Cover and cook over moderate heat until the eggplant begins to soften, about 8 minutes. Stir the tomatoes into the curry, cover and simmer until the eggplant is tender, about 3 minutes longer. Season with salt and pepper. Stir in the cilantro and serve. Serve with white rice & yogurt.

For CSA related questions, please visit our website, www.TinysOrganic.com, contact our Seattle Home Office, 206.762.0577 or send an email to info@ilovetiny.com.