



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

SEPTEMBER 8

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.

- * Gala Apples
- * Arctic Queen Nectarines
- * Golden Princess Peaches
- * Red Hiromi Plums
- * Pluots: Dapple Dandy & Flavor Queen
- * Astro Arugula
- * Heirloom Lemon Cucumbers
- * Lettuce: Jericho Romaine, Sylvesta Green Butterhead or Nevada Green Summer Crisp
- * Tomatoes: Arkansas Traveler, Aunt Ginny, Aussie, Brandywine, Burbank, Cherokee Purple, Chocolate Stripes, Hazel Mae

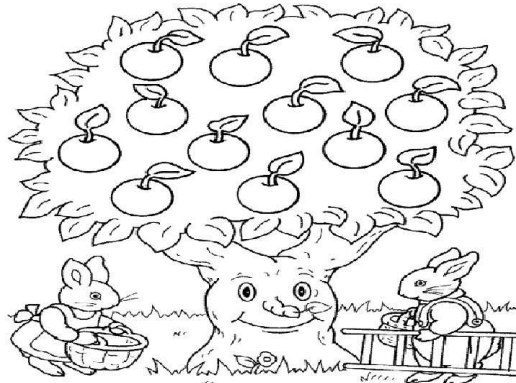
This Week's Recipes

(Recipes on back)

- * Harvest Apple Salad
- * Simple Greek Salad
- * Arugula Pesto
- * Layered Fruit Salad
- * Summer Quinoa Salad
- * Pasta Salad with Arugula & Tomato Dressing
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- * Tahini Ginger Miso Dressing
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- * Liquid Gold Dressing
- * Vegan Caesar Dressing (oil free)
- * Plum Ginger Chicken Salad
- * Gluten Free Vanilla Pluot Plummy Jam
- * Fruit-on-the-Bottom Yogurt Cups
- * Booze Soaked Fruit Skewers

Crop Talk

We want our members to know that some received sweet corn last week and some didn't. We sometimes will include an item in the bag without any mention of it in the newsletter because it's considered a 'test' crop and may or may not be of the quality we normally like to see. In the case of the corn, the ears were shorter than we would normally grow BUT the test part of this equation was there were no corn earworms in this year's crop, at least none that we could find. A few years ago we tried growing corn and the crop was attacked by the earworm and we decided at that time (until this year) not to grow it again because of the damage. We're not exactly sure why it was unscathed but suspect it may be due to a smaller planting which may have resulted in less odor being detected by the moth that is the precursor to the worm. Nevertheless we'll likely try again next year and with any luck we'll have big, luscious blemish free corn. All the best until next week, Farmer Greg



Gala Apples were originally developed in New Zealand in 1962. A cross between Golden Delicious and Kidd's Orange Red, they have caught on in a big way in the U.S.

Gala Apples

Firm, juicy, and fine textured with yellow white flesh, these cheery, red-striped beauties are crisp with spicy sweetness making them a good choice for salads, sauces and slaws. With their thin skin, smaller size and

mild flavor, they also make a great snack for children! Slice the top off a Gala Apple like a pumpkin and then slice $\frac{1}{4}$ inch off bottom so apple doesn't roll, cut and scoop out the flesh and seeds leaving about $\frac{1}{4}$ - $\frac{1}{2}$ inch of apple inside to make bowl. Fill with honey, yogurt or nut butter and slice up another Gala Apple to use for dipping. Store apples in the refrigerator to keep them nice and crisp.

Flavor Queen Pluots

Soft-skinned, golden-green Flavor Queen Pluots are the sweetest of the pluot family and so tender that they are rarely carried in shops. Ideal for eating on the go, pluots can be cut up for fresh, raw salads, baked into tarts or stirred into pancake and muffin batter before cooking or baking. When refrigerated, Flavor Queen Pluots may keep for a day or two.

Red Hiromi Plums

The Red Hiromi is the largest plum we grow; it can grow as big as a medium-sized apple and at full maturity it ranks highest in sweetness and complexity of all the plums grown at Tiny's. Red Hiromi Plums pair well with crème fraîche, salads, other stone fruits, cinnamon, honey, ginger, brandy and both red and white wine. Slice and freeze for the off-season or prep with sugar and spices for future pie making. Allow your sweet Red Hiromi Plums to soften on the countertop to maximum flavor, then store in the refrigerator for a few days.

Astro Arugula

Tender, peppery and refreshingly bitter, arugula can be used in fresh salads, wilted and tossed with wheat berries or pasta, made into pesto, layered into roast beef or grilled cheese sandwiches and used to top pizza and crostini. You can also mix arugula into stir-fries and substitute it in for any green in your favorite soups or salads. It goes well with whole grains, peaches, pluots, nectarines, apples, goat cheese, mozzarella, pine nuts, olives, roasted bell peppers, fresh and roasted tomatoes, vinaigrettes, garlic, pancetta, bacon and many other meats. Best eaten as soon as possible after picking, this mustard green can be stored unwashed in a plastic bag in the refrigerator. Rinse well in cool water before eating, as arugula leaves sometimes remain a little gritty from the fields, even after we rinse them at the farm.

Lemon Cucumber

Yellow and white when mature, this farm and member favorite is another variety you seldom see in stores because of their thin skin and tendency not to keep long. Tiny loves eating his as a snack on the go, whole and raw just like an apple! Lemon Cucumbers are also great sliced into salads, quick pickled or sautéed. They will keep in your refrigerator for up to a few days.

Recipe for Lemon Cucumber Seltzer

8 cups seltzer or mineral water or club soda

24 slices Lemon Cucumber with peel

2 lemons sliced

Pour 8 cups seltzer water into a clear pitcher. Add the cucumber and lemon slices and two trays of ice cubes. Stirring occasionally, let the ingredients chill together for about 10 minutes before serving. When you pour into glasses, make sure each serving gets ice cubes, several slices of cucumber and a couple of slices of lemon.

This Week's Recipes

Harvest Apple Salad

Salad greens 2 apples, chopped ½ cup cheddar cheese, cubed
4 tbsp olive oil 4 tbsp balsamic vinegar 1 tsp salt

Black pepper to taste.

Place greens in a large bowl, add apples and cheddar cheese. Combine olive oil, vinegar, salt and pepper together in a small bowl or jar and mix well. Pour mixture over salad and toss gently.

Simple Greek Salad

Lettuce, roughly chopped 2-4 large tomatoes 1 cucumber, cut into chunks
½ cup pitted black olives 8 oz feta cheese or marinated tofu

Combine lettuce, tomatoes, cucumbers and olives in a bowl. Toss with feta or marinated tofu.

Dress with olive oil & balsamic or place salad in warm pita breads and pour dressing over top.

Serve immediately.

Arugula Pesto

2 cups of packed arugula leaves, stems removed
½ cup fresh Parmesan cheese
½ cup extra virgin olive oil
6 garlic cloves, unpeeled & roasted (if not roasting, use 3 raw cloves)
½ garlic clove peeled and minced
½ cup walnuts, optional

Combine the arugula, walnuts, roasted and raw garlic into a food processor. Pulse while drizzling the olive oil into the processor. Remove the mixture from the processor and put it into a bowl. Stir in the Parmesan cheese. Mix with freshly prepared pasta of your choice.

Layered Fruit Salad

2 cups sliced peaches 2 cups sliced nectarines 2 cups sliced pluots
2 cups sliced plums 8 oz soft cream Cheese 8 oz sour Cream
½ cup sugar ½ cup vanilla

Mix together and beat until smooth. Layer with sliced fruit and serve with crushed pecans on top if desired!

Summer Quinoa Salad

*Dress with Liquid Gold Dressing!

1 cup dry quinoa ¼ cup diced bell pepper ½ cup diced cucumbers
½ cup fresh herbs, chopped ½ cup diced tomatoes 1-2 tbsp lemon or lime juice
1 tsp salt

Rinse quinoa in cold water using a mesh strainer or sifter. Boil 1½ cups of water, add quinoa, and bring back to a boil, boiling for 3 minutes. Cover and simmer on low heat for about 15 minutes. When done, fluff with a fork and cool. Transfer quinoa to a large bowl and add the rest of the ingredients. Add dressing according to taste.

Pasta Salad With Arugula and Tomato Dressing

2 garlic cloves, chopped
1-4 ripe tomatoes, chopped
1-2 handfuls of arugula leaves, chopped
1-3 tbsp olive oil
1 8-ounce package of pasta, quinoa, spelt or wheat berries
salt and pepper to taste

Mix tomatoes, garlic and chopped arugula in a bowl. Add olive oil and season to taste with salt and pepper. Cover and refrigerate for at least 2 hours for the flavors to mingle. Cook pasta per directions on the package. Drain, toss with chilled Arugula mixture and serve warm. Sprinkle with grated Parmesan Cheese, if desired.

Wilted Arugula

2-4 handfuls of arugula Olive oil Salt and pepper
Red pepper flakes Parmesan cheese

Put a little olive oil in a pan and bring to medium heat. Add arugula, salt, pepper and red pepper flakes. Allow to wilt about 5 minutes. Use under steak or as a side dish, top with freshly grated Parmesan cheese.

Tahini Ginger Miso Dressing

3 tbsp raw tahini (sesame seed butter) ½ cup water
1 tsp fresh grated ginger ½ lemon, juiced, or 2 tbsp raw apple cider vinegar
1 clove garlic 1 tsp mellow miso

Put all ingredients in a blender and blend until smooth. For a spicier dressing, add ½ tsp black pepper and ¼ tsp cayenne.

Arugula, Mozzarella & Heirloom Tomato Sandwich

3 large vine-ripened tomatoes, cut into ¼ -inch-thick slices
3 tbsp red-wine vinegar
Freshly ground black pepper
3 cups packed trimmed arugula, rinsed, spun dry, and chopped coarse
Focaccia Bread, or whatever you have on hand (enough for 4 sandwiches)
½ lb mozzarella, sliced thin (fresh is best)
1 tbsp mayonnaise (optional)

In a large bowl or baking dish combine tomatoes and vinegar and season with pepper and salt. Marinate 30 minutes. Layer mozzarella, tomatoes and arugula on the focaccia half. Spread some mayonnaise on the top half of the focaccia if desired. Press top half over the bottom, hold together with a couple of toothpicks.

Liquid Gold Dressing

Two tablespoons of this dressing provides your day's supply of omega-3 fatty along with 40% of your B12 for the day. This creamy dressing is packed with riboflavin and other B vitamins-plus it's very tasty. *Down to Earth

½ cup flaxseed oil
½ cup water
1/3 cup lemon juice
2 tbs balsamic or raspberry vinegar
2 ½ tbs Bragg's Liquid Aminos or tamari soy sauce
½ cup nutritional yeast powder or flakes
2 tsp Dijon Mustard

1 tsp ground cumin, optional

Blend until smooth. Dressing can be kept in a jar with a lid, refrigerated for 2 weeks.

Vegan Caesar Dressing (oil free)

1-12 oz pkg low-fat silken tofu
¾ cup fresh lemon juice
1 clove garlic, minced, or more to taste
3 tbsp capers, drained
¼ cup nutritional yeast
3 tbsp Dijon mustard
¼ tsp ground pepper

1 cup water

Sea salt to taste

In a blender, puree all the ingredients until smooth.

Taste and adjust the seasoning. Add more water if needed to reach the desired consistency. Store in an airtight container in the refrigerator for up to one week.

Plum Ginger Chicken Salad

1 4 to 6 ounce package long grain and wild rice mix
2 cups cooked organic free-range boneless chicken breast, cube

4 plums or pluots, chopped

2 tbsp oil

2 tbsp lemon juice

1 tbsp soy sauce

½ tsp ground ginger

Prepare rice mix as directed; cool to room temperature.

Combine rice, chicken and plums in large mixing bowl.

To prepare dressing, combine oil, lemon juice, soy sauce and ginger; pour over rice mixture and toss lightly. Chill until served.

Gluten Free Vanilla Plummy Pluot Jam

*Delicious on pancakes, toast or warmed up over a big bowl of vanilla ice cream.

4 cups plums & pluots, pitted and halved

½ cup agave nectar, to taste

1 tbsp arrowroot powder

1 tbsp water

10 drops stevia, if needed

1 vanilla bean

In a large covered saucepan, bring plums, agave and vanilla bean to a boil. Lower heat, uncover pot and simmer 15 minutes, until plums are dissolved (though skins will remain). Cook 10 more minutes to reduce mixture, and then stir in stevia. Remove vanilla bean, place plum mixture in blender and puree on highest setting. Transfer mixture back to pot and reheat on stove. In a small bowl, combine arrowroot powder and 1 tbsp water to make a slurry. Bring plum mixture to a boil, and then add arrowroot slurry, stirring continuously, until incorporated. Remove from heat, cool and transfer to mason jars. Store in refrigerator for up to one week.

Fruit-on-the-Bottom Yogurt Cups

Layer about ½ cup of plain, whole-milk yogurt with a spoonful of plum, pluot or peach jam, a ½ cup of chopped plums, pluots, peaches &/or nectarines, a drizzle of honey and a few walnuts

Booze Soaked Fruit Skewers

Cut your fruit into bite-sized pieces, put them in a container, and cover with the liquor of your choice. Let this sit for anywhere from a few hours to overnight. Thread the fruit onto skewers and you're ready to hand them out as guests arrive. Vodka picks up the flavors of the fruits very nicely while liquors like rum and brandy add their own fruit flavors to the mix. One skewer is about the equivalent of a fairly stiff cocktail.