



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](http://www.TinysOrganic.com)

### SEPTEMBER 15

#### 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
- \* Peaches: Indian Blood & September Sun
- \* Bartlett Pears
- \* Pluots: Dapple Dandy, Flavor Grenade & Flavor King
- \* Dandelion Greens
- \* Heirloom Lemon Cucumbers
- \* Lettuce: Jericho Romaine, Sylvesta Green Butterhead or Nevada Green Summer Crisp
- \* Bell Peppers: Ace, Bianca, Cal Wonder, Double Up, Islander, Sweet Chocolate, Red Knight or Revolution
- \* Tomatoes: Arkansas Traveler, Aunt Ginny, Aussie, Brandywine, Burbank, Cherokee Purple,

#### This Week's Recipes

*(Recipes on back)*

- \* "Use Up Your Pluots" Jelly Sauce
- \* Roasted Pepper & Tomato Soup
- \* Basil Quinoa with Bell Peppers
- \* Creamy Ricotta & Bell Pepper Crostini
- \* Stuffed Lemon Cucumber Cups
- \* Bell Peppers Stuffed with Love
- \* Dandelion Greens Fettuccini
- \* Heirloom Tomato Sauce
- \* Peachy Tomato Gazpacho

#### Crop Talk

We've been sporadically harvesting apples over the past two weeks and should get into Honeycrisp again in a few days so there's a good possibility they'll be in members' bags next week. Speaking of which, when we do harvest apples we only pick fruit that's mature. Apples on the top and outside of a tree ripen first and then a few days later, the rest of the fruit is ready to pick. That is also true of peaches, nectarines plums and pluots...but not true of cherries. The entire tree is harvested in one picking because the fruit all matures at approximately the same time. Other apple varieties that take longer to mature are Arkansas Black (Oct), Hawaii (late Sept), Honeycrisp (late Sept), Golden Delicious (mid to late Sept), Spitzenburg (mid Oct), Fuji (late Oct), Golden Russet (mid Oct), Fuji (late Oct) and Pink Lady (first week of Nov). These dates are normal harvest dates but most fruit this year has been slow to mature because of cold spring months and when fruit/veg get off to a slow start it adds more time to fully mature and we're seeing a lot of the effects of that now. Tomatoes are finally ripening and should show up each week on a fairly regular basis but they too were affected by cold...they were transplanted in mid May and the weather was so cold we lost a lot of plants and were forced to replant a couple of varieties. All the best until next week...Farmer Greg.



Flavor King Pluots are one of the tastiest pluots we grow in our orchards.

#### Dapple Dandy, Flavor Grenade & Flavor King Pluots

Our farm crew has picked a nicely varied mix of pluots for you this week. Dapple Dandy (aka Dino Egg) Pluots have speckled skin and cream-colored flesh with red streaks and excellent flavor. With a sweet and plummy tang, Flavor Grenade's crunchy flesh makes this pluot a dynamic standout! Its

yellow-green skin flushes red and amber when tree ripened and it can keep in your refrigerator for a very long time. Considered one of the best-tasting pluots along with Flavor Supreme, Flavor King resembles a small, ordinary, reddish-purple plum but has a spicy bouquet and fruit punch flavor. 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 plumb peach of Georgia', the Indian Blood Peach is a tangy, meaty, bleeding-flesh, clingstone variety with scarlet tiger-striped skin. It is a fine peach to eat out of hand and to make into jams, preserves, pickles, cobblers, pies, cakes, and ice cream. Store peaches at room temperature until they are aromatic 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 your Indian Blood Peach.

#### Bartlett Pears

Bell-shaped, yellow skinned and smooth in your mouth, Bartlett Pears are the variety most of us picture when we think of a pear. Traditionally they are eaten whole while fresh. Try something new by slicing and adding them to your next salad. Top with a drizzle of your favorite dressing and dig in! Bartlett Pears should be left at room temperature to ripen until their skin yields to gentle pressure. Then place in the refrigerator where they'll stay fresh for a few days. Bartlett Pears should also be stored away from other strong smelling foods, such as onions, as they easily absorb odors.

#### Red Dandelion Greens

Red Dandelion Greens are a bitter green with a saw-tooth edge and a pleasing sharpness that's offset by the richness of the oil it's sautéed in. Add your raw Red Dandelion Greens to salads or cook like spinach. Store in a plastic bag in the refrigerator for up to 3 days. Wash leaves just before using and remove the ends. Sauté with organic olive oil and chili pepper flakes then serve with fresh mozzarella on the side. Also great with hard cheeses, lemon, onion, garlic, corn and tomatoes.

#### Tomatoes

This year our tomatoes took a longer time to grow and ripen than last year, so we're very happy to finally be able to share them with you a couple weeks in a row! Please be aware, certain tomato varieties sport thin skins that sometimes split around the stem while on the vine but this has no effect on the quality or flavor of the fruit. Now is the time to enjoy fresh tomatoes prepared with minimal fuss! Keep tomatoes stem down on the counter until ready to eat. Just rinse with cool water before use. Then chop and add to salads, sauces, chutneys, fresh salsas and pasta dishes. For a simple appetizer or side dish slice, drizzle with olive oil, sprinkle a little salt and pepper on top and serve with fresh mozzarella. Stuff with breadcrumbs or cooked whole grains, garlic, your favorite spices and herbs; add a touch of olive oil and bake to make easy oven roasted tomatoes.

## Packing the Pantry

### Bell Peppers

Not only can you freeze bell peppers, but also it takes very little effort. Frozen bell peppers are great additions to eggs, soups, stews, chili, stir-fries, and of course we can't forget sausage, peppers, and onions. Get ready, because this won't take long. Slice or dice the bell peppers. Scatter the peppers on a cookie sheet. Make sure there are no clumps or they will be hard to separate later. Freeze by placing the tray in your freezer. Scoop into a freezer bag. Remove as much air as possible and return to the freezer. That's it! This method is often referred to as flash freezing. By freezing the peppers as separate pieces it is easy to take only what you need for a recipe in the future. You will be able to bring a little of summer's bounty to your winter table.

## This Week's Recipes

### "Use Up Your Pluots" Jelly Sauce

12-15 pluots (or other stone fruits) various Tiny's varieties

- 1/2 c sugar
- 3 Tbsp honey
- 3 Tbsp molasses
- 2 Tbsp mild oil (i.e. canola oil)
- 1 bay leaf
- 1 stick cinnamon
- Pinch of salt
- 1 c water

Bring water to a boil in a heavy pot that distributes heat evenly. Cut pluots into a medium dice, discarding the pit and being sure to break the skin up. Add to pot. Bring back to boil. Stir. Add rest of ingredients. Continue to boil 10-15 minutes. Stir occasionally to break up larger chunks. Reduce to simmer. Reduce, reduce, and reduce, another 30-45 minutes until very thick. Let cool and refrigerate. Spread on sandwiches for PBJ or rice cakes or spoon on roast chicken or pork for a Thanksgiving-like sauce.

*Recipe by CSA Member John McCoy*

### Roasted Pepper & Tomato Soup

- 3-6 tomatoes, quartered
- 3-6 bell peppers, seeded and quartered
- 3 medium yellow onions, peeled, quartered
- olive oil
- 5 garlic cloves, unpeeled
- Sea salt
- 2 - 3 cups light vegetable stock or water
- 1/4 tsp smoked paprika, optional

Preheat the oven to 375F. Glaze 2 rimmed baking sheets with olive oil. Arrange the tomatoes, skin side down, on a baking sheet. Coat the bell pepper and onions with olive oil & salt and put them on the other baking sheet along with the garlic, place the pepper skin side down as well. Bake until the tomatoes start to collapse and the onions start to brown and caramelize, about 45 minutes. Turn the onions if they start getting overly dark on the bottom. When garlic cloves are golden and oozy inside pull them out. Peel the garlic, dump all of the roasted vegetables into a blender or food processor and work in batches. Blend in a cup of the stock, and keep adding the rest 1/2 cup at a time until the soup is the desired consistency. Add the paprika and a bit more salt if needed - adjusting to your taste.

### Basil Quinoa with Bell Peppers

- 1 cup lightly packed basil leaves
- 4 tbsp freshly grated Parmesan cheese
- 2 tbsp lemon juice or vinegar
- 2 tbsp olive oil
- 4 cloves garlic, minced (2 tsp minced)
- 2 cups cooked quinoa
- 1 cup chopped bell pepper
- Salt & black pepper
- 1/4 cup sunflower seeds, optional

In a small saucepan, bring 2 cups water to boiling. In a small bowl, combine cold water and ice cubes to make an ice bath. Add the basil to the boiling water; stir once and drain immediately. Place basil in the ice bath to cool quickly. Gently squeeze out any excess water. Place basil in a food processor. Add Parmesan cheese, lemon juice, olive oil, and garlic. Cover and process until nearly smooth. In a medium bowl, stir together cooked quinoa, bell pepper, and green onions. Add basil mixture; stir to coat. Season to taste with kosher salt and black pepper. Sprinkle with sunflower seeds.

### Creamy Ricotta & Bell Pepper Crostini

- Baguette, cut into 1/2 -inch slices
- 1/3 cup olive oil
- 1 lemon
- 3 bell pepper
- 1 small eggplant
- 1/2 tsp salt
- 1 clove garlic
- 1 tbsp parmesan cheese, freshly grated
- 1/2 onion, chopped
- 3/4 cup ricotta cheese
- Salt & pepper, to taste

Blend ingredients and spread on sliced baguettes. Place on cookie sheet and put under broiler until bubbly.

### Stuffed Lemon Cucumber Cups

- 3 cups cooked brown rice

- 1-3 tomatoes, chopped
  - Feta cheese, crumbled
  - Olive oil
  - Balsamic vinegar
  - Brown sugar, optional
  - Salt & pepper
  - 4-6 lemon cucumbers
  - Chopped basil, optional
- Coarsely chop tomatoes & 2 cucumbers and place in large bowl. Stir in olive oil, vinegar, salt & pepper and brown sugar. Cut lemon cucumbers crosswise into halves and scoop out seeds in center of each cucumber half to form cups. If cucumber cups will not stand up, cut a thin slice from bottom. Just before serving, stir brown rice, feta & basil into tomato/cucumber mixture. Adjust seasoning to taste and divide among cucumber cups.

### Bell Peppers Stuffed with Love

- 1 cup jasmine rice
  - 4 bell peppers
  - 3 cups veggie stock
  - 1/4 cup leeks, finely chopped
  - 1 can tomato paste
  - 2 tbsp apple cider vinegar
  - 1/2 cup parsley, chopped
  - 1/4 cup toasted pine nuts
  - 1/2 cup raisins
  - 1 tsp cinnamon
  - 1 tsp curry
- Cut tops off peppers and remove seeds & membrane. Blanch for 2 minutes in boiling water. Set aside, upside down, to dry. Cook rice with 2 cups veggie stock. Set aside. Sauté leek in olive oil until almost golden brown. Add raisins, vinegar, cinnamon and curry and cook until leeks are soft. Add tomato paste, pine nuts, rice and parsley. Keep over heat and mix well, stirring for several minutes. Add salt and pepper to taste. Add remaining veggie stock to a baking dish. Stand peppers in baking dish and stuff with mixture. Drizzle with oil and bake at 350 F for 40 minutes or until peppers are tender.

### Dandelion Greens Fettuccini

*\*This fresh, homemade pasta recipe does not require a pasta machine*

- 1 bunch dandelion greens
- 2 eggs
- 1 1/2 cups flour
- 1/2 tsp salt

Whiz dandelion greens and eggs in a blender until smooth. Transfer to a bowl; add salt and flour while mixing. Turn out onto floured surface and knead dough for 5 minutes or until smooth. Roll out with a rolling pin to 1/8" or thinner. Let dough dry for 1 hour, then cut into strips. Cook in boiling water for 1-2 minutes. Drain and eat with stewed heirloom tomatoes and a little Parmesan cheese.

### Heirloom Tomato Sauce

*\*Make in large batch & freeze for winter dinners!*

- Tomatoes, chopped
  - Olive oil
  - Salt
  - Garlic, optional
  - Red pepper flakes, optional
- Heat the olive oil, garlic, salt and pepper flakes in a large pot. Stir in the tomatoes and juices and bring to a simmer. Cook until the tomatoes start breaking down. Remove from heat, taste, and adjust the seasoning if necessary. Cool and freeze in dinner size portions.

### Peachy Tomato Gazpacho

- 1/2 cup water
  - 3 ripe peaches &/or nectarines pitted, cut into chunks
  - 3 tomatoes, cut into chunks
  - 1 Lemon cucumber cut into chunks
  - 1 bell pepper
  - 1 small garlic clove, minced
  - 1 Tbsp champagne or cider vinegar
  - 2 Tbsp olive oil
  - Salt and black pepper
- Puree water, peaches, tomatoes, cucumber, pepper, garlic, vinegar, and oil in food processor. Chill in refrigerator for a couple hours or more. Season with vinegar, salt and pepper.

*Adapted from Martha Stewart, July 2010*