

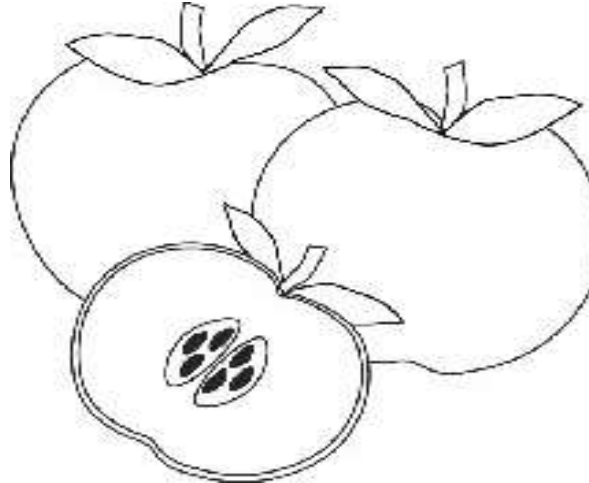


Tiny's Organic 'Farm to City' CSA 2010 ◇ A Farm Family Growing for You

Fresh from the Farm (this newsletter also available online)

www.TinysOrganic.com

SEPTEMBER 22



Honeycrisp Apples are a delicious cross of Macoun and Honeygold Apples.

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. It can be eaten fresh whole and is quite handy in the kitchen as well.

Blend into soups, chop and roast with vegetables, layer in crisps or serve with sharp cheese. Apples easily keep well in the refrigerator for up to two weeks.

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.

- * Honeycrisp Apples
- * Asian Pears: 21st Century &/or Hosui
- * Peaches: Indian Blood & September Sun
- * Pluots: Dapple Dandy, Flavor Grenade & Flavor King
- * Astro Arugula
- * Carrots: Purple Dragon, Red Core Chantenay &/or Yaya
- * Green Summer Crisp Nevada Lettuce
- * Tomatoes: Arkansas Traveler, Aunt Ginny, Aussie, Brandywine, Burbank,

This Week's Recipes

(Recipes on back)

- * Baked Parmesan Tomatoes
- * Caprese Salad
- * Tomato Goat Cheese Dressing
- * Broiled Tomato Sandwich with Arugula Pesto
- * Arugula Pesto
- * Roasted Carrots with Arugula Pesto
- * Whiskey Glazed Carrots
- * Grilled Peaches and Prosciutto
- * Creamy Cocoa Dip for Fruit
- * Peanut Butter & Pluot Sandwich
- * Harvest Fruit Sangria
- * Asian Pear & Gouda Grilled Cheese

Crop Talk

Another huge hailstorm hit the Wenatchee region on Saturday and damaged many of the apple and pear orchards that were just on the verge of being harvested. Only minor damage occurred at Tiny's and, as it is, most of the fruit had already been picked so did not have a significant economic impact on our crops. The weather continues to be a concern and I hope this is not the start of a major climate change...hopefully it's just a cycle that will never repeat itself again. Not only have we had a very unseasonal spring but also a cool summer and now a very cool September with temps running about 10F below average. Normal highs for September in the valley run in the high 70's but we've experienced nothing above 70 off and on for about 3 weeks or so. And we're crossing our fingers that we won't have a repeat of last Oct 8 when the temperature hit a new low record here at the farm of 15F which was 18 degrees below the old record temp of 33. All other parts of the country are setting record highs and in WA State we continue to set all kinds of new low temperature records...go figure...I hope you enjoy your bag this week and we'll talk to you again next week. All the best, Farmer Greg

September Sun Peaches

This classic, fuzzy, freestone peach has bright yellow, medium acid flesh and is best when allowed to soften before eating. September Sun Peaches are ideal for eating fresh, canning or making jam, jelly and preserves. Slice peaches and tomatoes into wedges and toss with oil and vinegar, salt and pepper for a quick and simple salad or slice fresh peaches and add to poached pears for a delicate tart filling or layer with cheese, chicken, arugula and pepper to make a sweet 'n' savory quesadilla. Store at room temperature until soft and then keep in the refrigerator for up to a few days.

21st Century and Hosui Asian Pears

The round, occasionally knobby yellow-green 21st Century Asian Pear (Kikusui) is juicy, sweet-tart and somewhat larger than our 20th Century Asian Pears (Nijiseiki). Hosui Asian Pears are round with bronze, russeted skin. Eat fresh and raw in salads or with a cheese course, poach, stuff and roast or thinly slice and use to top focaccia and pizza and fresh or dice and saute with tofu or pork, slice and put on sandwiches or grill and serve with gorgonzola on bruschetta. Store Asian Pears in the refrigerator for best flavor and texture.

Purple Dragon, Red Core Chantenay & Yaya Carrots

We are picking yellow-fleshed Purple Dragon Carrots, wide-shouldered and dark orange Red Core Chantenay Carrots, and bright orange Yaya carrots. Try shredding tops and roots into raw salads. Grate into salads, toss in olive oil and roast in the oven and mix into wilted greens or add to your favorite carrot cake or muffin recipe or get your taste buds tingling with pickled carrots on the side or added to sandwiches. To store, cut off greens and keep them wrapped in a moist paper towel in a plastic bag in the crisper. Use carrot greens within a day or two by chopping and stirring into soups or tossing with raw salads. Store the whole carrot roots separately in another plastic bag with a moist paper towel wrapped around them for up to a week or so.

Green Summer Crisp Nevada Lettuce

Nevada Summer Crisp is a "French Crisp" type of lettuce with an open head and ruffled leaves. Use in classic green salads, wilt or saute and toss with other in-season vegetables and fruit, vinegar and oil, and protein such as pecans, chicken, shrimp, or roast beef. Alternately, layer in sandwiches, serve up as stuffed lettuce boats or wraps or stir into autumn soups. Store the lettuce head unwashed in a plastic bag for a few days and possibly up to a week in the refrigerator.

This Week's Recipes

Baked Parmesan Tomatoes

4 tomatoes, halved horizontally
¼ cup freshly grated Parmesan cheese
Oregano
Salt & pepper, to taste
Olive oil
Preheat oven to 450° F. Place tomatoes cut-side up on a baking sheet. Top with Parmesan, oregano, salt and pepper. Drizzle with oil and bake until the tomatoes are tender, about 15 minutes.

Caprese Salad

*Serve over a bed of fresh greens!
4 tomatoes, cut into wedges
¾ cup diced fresh mozzarella cheese
Olive oil
Balsamic vinegar
Parsley, to taste
Chopped basil, to taste
Salt & pepper
Gently toss tomatoes, mozzarella, parsley, basil and salt & pepper together in a large bowl. Drizzle olive oil and vinegar over.

Tomato Goat Cheese Dressing

¼ cup crumbled goat cheese
2 tbsp white-wine vinegar
2 tsp maple syrup
¼ cup olive oil
1 tomato, seeded and chopped
Salt & pepper, to taste
Tarragon
Combine goat cheese, vinegar and maple syrup in a blender or food processor and blend until combined. Add oil and tomato and blend until smooth. Season with salt and pepper. Stir in tarragon.

Broiled Tomato Sandwich with Arugula Pesto

Tomato, thinly sliced
Arugula pesto
Bread, sliced
Butter
Bell Peppers, grilled and thinly sliced
Cheese, shredded
Salt & freshly ground pepper, to taste
Butter bread and spread with arugula pesto. Sprinkle with cheese and then layer with tomato, cheese & peppers. Season with salt and pepper. Place on a baking sheet. Broil until lightly toasted, 1 to 2 minutes.

Arugula Pesto

1 clove garlic, peeled
5 cups arugula
½ cup shredded Asiago cheese
¼ cup toasted pine nuts, optional
¼ cup olive oil
¼ tsp salt
With the motor running, drop garlic through the feed tube of food processor; process until minced. Stop the machine and add arugula, cheese, pine nuts, oil and salt. Pulse and then process, scraping down the sides as necessary, until the mixture is a smooth paste.

Roasted Carrots with Arugula Pesto

*Serve roasted carrots over a bed of arugula or lettuce tossed with arugula pesto!
Preheat oven to 400F. Split carrots down the middle into similar sizes. Toss with olive oil & sprinkle with salt. Place the carrots on a baking sheet and roast for 30 minutes or until tender and turning brown. Toss carrots with arugula pesto.

Whiskey Glazed Carrots

Carrots, sliced into circles
1 stick butter
¾ cup packed brown sugar
¼ cup whiskey
Salt and Pepper
With a pan over high heat, add 1 tbsp butter. Make sure the pan is extremely hot and then add in the carrot slices. After they cook for about 45 seconds, flip them around until some of them get brownish and remove to a plate. You can omit this initial browning step and just begin with the glaze, adding the carrots afterward.

With the same pan over high heat, pour in the whiskey. Reduce the heat to medium, add in the rest of the butter. Melt butter down and add the ¾ cup packed brown sugar. Stir mixture together and allow it to come to a bubble and then add carrots. Cover for about 5 min. Remove the lid. The glaze should be thicker, but cooking for an additional 3 to 5 minutes will thicken it up even more. Add in salt.

Grilled Peaches and Prosciutto

Wrap each peach quarter with prosciutto so that it goes around twice. Secure with toothpick. Grill until prosciutto has browned a bit. Cool slightly before eating.

Baked Brie with Peaches & Almonds

1 wheel Brie cheese, about 8 ounces
3 peaches, diced
3 tbsp brown sugar
1 tsp ground cinnamon
¼ cup slivered almonds, toasted
To toast the almond slivers, preheat the oven to 350F. Place the almonds in a single layer in a pan and place in the heated oven. Cook for 8-10 minutes, stirring a few times, until fragrant and toasted. Let almonds cool and keep oven at 350 degrees. Place Brie wheel in a small casserole dish or baking pan. In a small bowl, combine peaches, brown sugar and cinnamon. Spread mixture over Brie. Sprinkle with almonds. Bake in the preheated oven for about 10-12 minutes, or until peach mixture is just starting to bubble and cheese is softened throughout. Serve warm with bread and/or crackers.

Creamy Cocoa Dip for Fruit

*Kids love this!
1 cup vanilla or honey yogurt
1 tbsp unsweetened cocoa powder
4 cups sliced fresh peaches, pluots & nectarines
Combine yogurt and cocoa in serving bowl. Serve with sliced fruit. To keep fruit colors bright and prevent browning, dip sliced fruit in mixture of 1 tbsp lemon juice and 1 cup water.

Peanut Butter & Pluot Sandwich

Sliced bread, Peanut Butter, Pluots, sliced
Spread peanut butter on bread and layer with sliced pluots. Cut sandwich diagonally into triangles.

Harvest Fruit Sangria

Indian Blood Peaches, Nectarines, Pluots
1 bottle Sauvignon Blanc or Pinot Gris, Chilled
Remove pits and thinly slice fruit. Place all fruit into the bottom of a large pitcher and pour chilled wine over the fruit. When serving, use a spoon to place a small amount of fruit into each glass.

Asian Pear & Gouda Grilled Cheese

1 tbsp butter, softened
2 slices bread
2 thinly sliced pieces of Gouda cheese
5 slices Asian pear
Heat a large frying pan over medium-low heat. Meanwhile, spread ½ of the butter on 1 side of each slice of bread. Once the pan is warm, add 1 slice of bread, buttered side down, then top with ½ of the cheese, all of the pear slices, and finally the remaining cheese. Close with the second slice of bread, buttered side up. Cook until bread is toasted and cheese is melted, about 6 minutes per side.
