



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 29

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.

- * Apple Mix: Gala, Golden Delicious & Honeycrunch
- * Arctic Snow Nectarines
- * Bosc Pears
- * Peaches: Indian Blood & September Sun
- * Pluots: Flavor King & Flavorich
- * Astro Arugula
- * Bell Pepper Mix
- * Carrot Mix: Purple Dragon, Red Core Chantenay &/or Yaya OR Finale Fennel
- * Heirloom Tomato Mix
- * Lettuce: Green Summer Crisp Nevada & Jericho Romaine

This Week's Recipes

(Recipes on back)

- * Heirloom Tomato & Feta Cheese Strata
- * Tomato & Chickpea Salad
- * Tomato & Feta Tart
- * Roasted Carrots with Rosemary
- * Baked Tomatoes with Feta & Oregano
- * Carrot Oatmeal Cookies
- * Grilled Fruit Cobbler
- * Roasted Bell Peppers
- * Roast Bell Pepper, Tomato & Mozzarella Salad
- * Spiced Peach Muffins
- * Spicy Oven Roasted Pluots

Crop Talk (Hail Talk)

Our hail talk from the past couple of weeks needs to be revisited because there are blemishes on some items in the bag which will be apparent in this week's bag as well as those coming up in the next few weeks...but rather than throw out perfectly good fruit or vegetables, we have included items that have minor blemishes on them. As you will recall from several of our recent visits in this column, a hailstorm ripped through the farm on Sept 18 and affected many of the vegetables, especially bell peppers, arugula, prize choy, mustard greens, lettuce, some damage on tomatoes, nectarines, pluots and peaches. Crops that were spared to some extent were Gala Apples, Fuji, Honeycrunch, Arkansas Black and Hawaii. Apples were just north of a hail line that predominantly affected the vegetable portion of the farm with very jagged hail. Apples were hit with softer hail and weren't damaged to the same extent as other crops. This was the second hailstorm to hit the farm this summer, the first one being back in July which affected acreage at the lower elevation portion of the farm and didn't cause nearly as much grief as this most recent storm. But that's the nature of this business and we try to take it all in stride and also with a big smile! Talk to you next week, ATB, Farmer Greg.



Fresh picked Golden Delicious Apples are a sure harbinger of fall. Six more weeks left in your 2010 CSA program!

Gala, Golden Delicious & Honeycrunch Apples

Crisp, sweet and juicy, the Gala apple lends itself for use in marvelous sauces, salads and raw juices. It holds its texture well when baked into crisps, muffins, pies and tarte tatin and pairs well with crab, curry, ginger, tomatoes, peaches, nuts, chicken and vanilla. Galas can be stored well in the

refrigerator without going mushy for up

two weeks. Related only in name to the ever-present Red Delicious, crisp and juicy Golden Delicious Apples feature a light yellow flesh excellent for salads, sauces, baking and freezing. They are so sweet that sometimes you can even cut down on the sugar in your recipes when using them in pies and cakes... Honeycrunch Apples appeared suddenly in one of Tiny's apple blocks in the orchard a couple years ago. Juicier than Honeycrisp and with a stronger acid-sweet ratio, we are sure this variety will become one of your favorites. Well suited for eating fresh and for cooking and baking, Honeycrunch Apples go well in apple strudel or Morning Glory Muffins with carrots, raisins and walnuts or pecans. Refrigerate Honeycrunch Apples up to 3 weeks. Treat your apples gently to prevent bruising and store in the refrigerator as apples kept at room temperature can deteriorate ten times faster than ones left refrigerated.

Bosc Pears

Bosc Pears have a unique, long-necked silhouette and warm, russeted brown skin, which does not change color as it ripens. They have crunchy, yet tender white flesh and a spicy sweet flavor. The elegant, aromatic Bosc Pear is ideal for cooking, baking, broiling and poaching because it's firm and holds shape when cooked. Slice into salads, layer into grilled prosciutto and cheese sandwiches or a honey and brie quesadilla. Bosc Pears are lovely with blue cheeses, cloves, red or white wine, apples, pecans, and cardamom. Pears are ripe when they yield to gentle pressure at the stem end. Soften if needed at room temperature and refrigerate for a few days at most.

Arctic Snow Nectarines

The latest of all nectarines grown at Tiny's Organic is the white flesh, freestone Arctic Snow Nectarine. Its sweet, low-acid flesh goes well with arugula and lettuce in salads and can be added to a savory chicken tagine with pluots or made into preserves with fresh herbs. Arctic Snow Nectarines can be eaten hard like an apple or if you like them a little bit softer just wait 2-3 days. Best when eaten firm but not too hard, leave nectarines out at room temperature until a little softer at the tips then refrigerate to prevent over-ripening. For longer-term storage, chop nectarines, seal in a plastic bag and freeze.

Flavor King & Flavorich Pluots

The firm orange flesh of dark purple skinned Flavorich Pluots sets them apart from more plum-like pluots like the reddish-purple Flavor King. Chop and stir into hot cereal or creamy rice pudding for an effortless breakfast or late night snack. Pluots are ripe when they are slightly soft at the tips. Flavorich Pluots can be eaten hard or soft with no loss of flavor; simply place them on your counter until they soften to your liking. Keep an eye on them, remove any that are at your preferred softness and enjoy or keep in the refrigerator for a few days. Alternately, slice and freeze in an airtight bag or container for use in the off-season.

For CSA questions, call our Seattle Office at 206.293.0633 or email info@tinysorganic.com.

This Week's Recipes

Heirloom Tomato & Feta Cheese Strata

4 large eggs
½ cup low-fat yogurt
2 tbsp olive oil
1 large garlic clove, thinly sliced
½ tsp crushed red pepper
3 tomatoes diced with their juices
Salt & pepper
4 cups whole wheat bread, cut into 1-inch cubes
2 ounces feta cheese, crumbled
Preheat the oven to 450F. In a medium bowl, whisk the eggs, then whisk in the yogurt. In a 10-inch ovenproof skillet, heat the olive oil. Add the garlic and crushed red pepper and cook over moderately high heat, about 3 minutes. Add the tomatoes and their juices, season with salt and pepper and bring to a simmer. Stir in the bread and sprinkle with the feta. Pour the egg mixture on top and bake for 20 minutes, until golden brown. Let cool slightly, and then serve.

Tomato & Chickpea Salad

½ cup chickpeas
2 tbsp fresh lemon juice
Salt & pepper, to taste
1 cup tomatoes, cubed
2 tsp olive oil
½ cup crumbled feta
2 tsp dried oregano
In a bowl, combine chickpeas with tomatoes, feta, lemon juice, olive oil, oregano, salt and a pinch of pepper.

Tomato & Feta Tart

1 sheet puff pastry thawed
1 tbsp sour cream
1 tsp grainy mustard
Salt and pepper
2 large onions
1 tbsp butter
¾ pound tomatoes
2 ounces feta cheese
2 tsp fresh herbs, optional
In a sauté pan caramelize the onions with the butter. Cook over low heat until the onions are brown and soft. Roll out the puff pastry onto a floured surface. Put the puff pastry on a parchment lined sheet pan. In a small bowl, combine the sour cream, mustard and salt and pepper to taste. Spread the mustard mixture over the dough; fold the edges of the dough over to form a crust. Spread a layer of the onions over the mustard mixture. It acts like a barrier to prevent the crust from getting soggy. Slice the tomatoes. Arrange the tomatoes over the onion crust Season with salt and pepper. Bake in a preheated 400-degree oven, about 25 minutes or until the puff pastry is brown and crisp. Wait until the tart cools down and top with the feta and basil. You can serve this tart in small pieces for an appetizer or as a main course.

Roasted Carrots with Rosemary

Carrots, sliced
Rosemary, dried
Olive oil
Salt
Toss carrots with rosemary, oil & salt. Place in a foil packet and roast at 400F until tender.

Baked Tomatoes with Feta & Oregano

Tomatoes, sliced
Feta cheese, crumbled
Oregano, dried
Olive oil
Salt
Spread tomatoes in a pan and sprinkle with feta cheese & oregano. Drizzle olive oil over tomatoes & bake at 350F.

Carrot Oatmeal Cookies

1 cup whole wheat pastry flour
1 tsp baking powder
½ tsp sea salt
1 cup rolled oats
2/3 cup chopped walnuts
1 cup shredded carrots
½ cup real maple syrup, room temperature
½ cup unrefined coconut oil, warmed until just melted
1 tsp grated fresh ginger
Preheat oven to 375F and line two baking sheets with parchment paper. In a large bowl whisk together the flour, baking powder, salt, and oats. Add the nuts and carrots. In a separate smaller bowl use a whisk to combine the maple syrup, coconut oil and ginger. Add this to the flour mixture and stir until just combined. Drop onto prepared baking sheets, one level tablespoonful at a time, leaving about 2 inches between each cookie. Bake in the top 1/3 of the oven for 10 - 12 minutes or until the cookies are golden on top and bottom.

Grilled Fruit Cobbler

1 cup plus 1 tbsp gluten-free all-purpose flour
¼ cup plus 2 tbsp sugar, plus more for sprinkling
2 tsp baking powder
½ cup rice or cow's milk, at room temperature
¼ cup vegetable oil or unsalted butter, melted
1½ pounds nectarines or peaches, sliced
1 cup pluots, diced
Vanilla ice cream, for serving (optional)

Preheat a grill to 375F. Grease a medium cast-iron skillet. In a medium bowl, whisk together 1 cup flour, ¼ cup sugar and the baking powder. Mix in the milk and oil until just combined. In another medium bowl, toss together the nectarines, pluots, remaining 1 tablespoon flour and 2 tablespoons sugar. Spoon the fruit into the prepared skillet and dollop the dough over the fruit in 8 spoonfuls; sprinkle with sugar. Cover with foil and grill until the juices are bubbling, about 25 minutes. Remove the foil; let bake until golden, about 15 minutes more. Let cool for 5 minutes before serving.

Roasted Bell Peppers

Bell peppers, halved & seeded
Olive oil
Salt
Toss bell pepper halves with olive oil and salt and place in foil packet. Put on bbq or roast in oven until tender.

Roast Bell Pepper, Tomato & Mozzarella Salad

6 tomatoes
8 canned anchovy fillets, drained and cut in half lengthwise, optional
4 bell peppers, roasted
2 balls of mozzarella cheese
2 handfuls of basil
2 tbsp capers, rinsed and chopped
1 clove garlic, crushed
1 tbsp red wine vinegar
4 tbsp olive oil
Black pepper
Crusty French bread, for serving
Cut a cross in the skin on the bottom of each tomato, place in a heatproof bowl & pour boiling water to cover. Let stand for about 30 seconds, then drain and peel. Cut the tomatoes in half, remove the core and scoop out the seeds into a strainer placed over a bowl. Press the seeds with the back of a spoon to squeeze out the juice, then discard the seeds and reserve the juice. Chop the tomatoes into bite size pieces and place in a salad bowl with anchovies. Cut the bell peppers and mozzarella into bite size pieces and add to the tomatoes. Tear the basil leaves and scatter them over the top. Add the capers, garlic, vinegar and oil to the reserved tomato juice and whisk together. Pour it over the salad, toss to combine, then let stand for about 15 minutes. Serve with plenty of bread for mopping up the juices.

Spiced Peach Muffins

4 ½ cups flour
1 tsp salt
4 ½ tsp baking powder
2 cups dark brown sugar
½ tsp ground allspice
½ tsp ground nutmeg
1 tsp ground cinnamon
2 eggs
¾ cup oil
1 ¼ cups milk
4-6 peaches, diced (not peeled)
Granulated sugar
Combine flour, salt, baking powder, brown sugar, allspice, nutmeg and cinnamon in a large bowl. Stir in eggs, oil and milk, then gently stir in fruit. Grease 16 muffin cups, and heap batter into cups; they'll be very full. Sprinkle with granulated sugar. Bake at 400F for 25 to 30 minutes.

Spicy Oven Roasted Pluots

4 Pluots, halved and pitted
½ cup Orange Juice
2 tbsp packed brown sugar
½ tsp Cinnamon (ground)
1/8 tsp Nutmeg (ground)
1/8 tsp Cumin
1/8 tsp Cardamom (ground)
Grease a shallow baking dish with oil. Arrange pluots in a single layer in the baking dish, with cut side up. Combine orange juice, brown sugar, cinnamon, nutmeg, cumin and cardamom in a bowl and whisk well. Drizzle the liquid over the pluots. Bake for 20 minutes until the pluots are hot and the sauce gets bubbly. Serve as a side dish with pork or chicken. You can also spoon them over vanilla ice cream, angel food or pound cake and serve as a dessert.