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

Fresh from the Farm

(this newsletter also available online)

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OCTOBER 6



Nectarines, apples, peaches, pears, pluots and plums are all in season right now. What a great time of year!

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: Hawaii, Honey Crunch
- * D'Anjou Pears
- * Arctic Snow Nectarines
- * September Sun Peaches
- * Angelino Plums
- * Pluots: Flavor King & Flavorich
- * Dandelion Greens
- * Heirloom Tomato Mix
- * Winter Squash

This Week's Recipes

(Recipes on back)

- * Harvest Apple Sandwich
- * Apple Bran Muffins
- * Baked Apples
- * Dandelion Greens
- * Summer Salad with Peach Dressing
- * Fresh Mozzarella with Pluots
- * Roasted Pluots with Crème Fraiche
- * Phatty Stuffed Tomatoes
- * Fresh Tomatoes & Sautéed Mustard Greens with Poached Eggs
- * Spanish Rice
- * Heirloom Tomato Soup

Crop Talk

Hail seems to be an enduring theme of 'Crop Talk' and we wanted to once again bring to your attention to another minor casualty of the hailstorm that hit us a couple of weeks ago... we began to notice what we thought were worm holes in the Prize Choy, Arugula and Mustard Greens. But after some minor detective work and also after a few days had passed by we deduced the holes were a result of the hail storm. So if you're wondering why some of your greens are looking a bit ragged, that's the reason why. Bell Peppers may also show some effects, at least on one side of the pepper, so be on the lookout for that as well. Of course if any item is rendered inedible, we certainly won't include it as part of the bag contents for the week. Winter Squash harvest has just begun and you'll have a good taste of that this week...

Members are urged to watch out for signup deadline dates, the next being in about a month on November 10 which is the last pickup date for this year's CSA program. The reason we offer early season discounts is to effectively plan for the upcoming 2011 season and to make sure we order sufficient seed to meet our members' needs and also give our current members the best deal we can... so until next week, all the best, Farmer Greg.

Hawaii Apples, Honeycrunch Apples, D'Anjou Pears

The gourmet Hawaii apple is a relative newcomer to Tiny's orchard now in the third year of harvest. The Hawaii is one of the most delicate apples, so take care to avoid bruising. The Hawaii is best eaten fresh and

although it has a stark resemblance to the Golden Delicious apple, it has a characteristically unique flavor unlike any apple we've ever grown. When picked too early, the Hawaii does indeed taste like a close cousin to the Golden but when allowed to hang on the tree to just the right maturity, it possesses a unique 'honey-like' aftertaste that truly resembles something unusually tropical...mild and smooth-skinned Golden d'Anjou Pears are unique in that they do not change color as they ripen. The best way to tell if they're ready to eat is to press your thumb gently near the stem and if it yields slightly, you're good to go! Firm and suitable for eating fresh and cooking, serve raw slices with brie or pair with vanilla, chocolate, cardamom, duck, pork, poultry, rosemary, red or white wine...the Honeycrunch apple wins taste tests over Honeycrisp so that should tell you in a nutshell how high we are on this winner. Discovered as a 'chance' seedling in Tiny's orchard, the Honeycrunch possesses a unique texture as well as being an incredibly juicy apple that has so far won us all over!

Angelino Plums

The Angelina Plum is a sweet, dark purple-maroon skinned plum with yellow flesh and is known for its excellent flavor and juiciness. A very versatile fruit, plums can be eaten raw, poached in wine or black tea, pickled, made into jam or syrup, used to top cakes, roasted and served with yogurt or whipped cream or used to stuff dumplings. Plums are ripe when their skin no longer shines and has become somewhat dull in appearance; they should still be firm to the touch. Once ripe, you can store plums in your refrigerator for several days.

Arctic Snow Nectarines

The latest of all nectarines grown at Tiny's Organic is the white flesh, freestone Arctic Snow Nectarine. Arctic Snows can be eaten hard like an apple or if you like them soft just wait 2-3 days. Best eaten firm but not too hard, soften your nectarines to perfection at room temperature then refrigerate to prevent over-ripening. For long-term storage, chop nectarines, seal in a plastic bag and freeze.

September Sun Peaches

This classic, fuzzy, freestone peach has bright yellow, medium acid flesh and is best when allowed to soften slightly before eating. September Sun Peaches are great for eating raw, 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.

Dandelion Greens

Dandelion Greens are jagged edge bitter greens with a deep green and sometime dark red coloring. 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.

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

Packing the Pantry

Heirloom Tomato Soup

5 pounds ripe heirloom tomatoes ½ cup water
Salt and freshly ground black pepper 1 to 2 tsp sugar, optional
Shaved Parmesan cheese, for garnish

If you don't have a food mill, you'll have to remove the skins and seeds first. Fill a large bowl with ice water and set it close to the stove. Bring a large pot of water to a boil. Using a slotted spoon, lower the tomatoes into the boiling water for about 1 minute to loosen the skins. Remove the tomatoes and plunge them into the ice water, letting them cool enough to handle. Using a paring knife, cut out and discard the cores and slip off the skins. Cut the tomatoes in half crosswise and discard the seeds. Cut large tomatoes into wedges. Place the tomatoes in a large, heavy-bottom saucepan and add ½ cup of water. Cover the pan and cook the tomatoes over medium heat, stirring frequently, until they've completely softened, 15 to 20 minutes. Adjust the heat if necessary so the tomatoes don't scorch. Remove the saucepan from the heat and uncover; let the tomatoes cool in the pan, stirring them occasionally to dissipate the heat, about 15 minutes. Purée the tomatoes in batches in a food processor or blender until smooth. Transfer the tomato purée to a large, clean pot and reheat it gently, uncovered, over low heat. If the soup is too thin, let it simmer until it's reduced a bit and the flavor has concentrated, 15 to 20 minutes. Season the soup with salt and pepper to taste. If the soup is too acidic, add 1 to 2 teaspoons of sugar to taste. If you're not planning to serve the soup immediately, let it cool to room temperature. *It can be refrigerated, covered, for up to 5 days, or frozen for up to 6 months.* Serve the soup hot, garnished with the shaved.

This Week's Recipes

Harvest Apple Sandwich

Loaf crusty baguette, ciabatta or whole-grain bread Whole grain mustard
2 apples, thinly sliced Sharp cheddar cheese, thinly sliced
Lettuce Olive oil
Spread mustard on sliced bread and layer with apple slices, cheese & lettuce.

Apple Bran Muffins

1 ¼ cups bran
1 cup whole wheat flour
2 ½ tsp baking powder
¾ tsp ground nutmeg
¼ tsp ground cloves
1/3 cup milk
2 large eggs
¾ cup pure maple syrup
¼ cup butter
1 cup chopped apple
1 cup raisins

In a large bowl combine bran, whole wheat flour, baking powder, nutmeg, and cloves. In a small bowl cream together milk, eggs, maple syrup, and butter; fold into flour mixture. Stir in chopped apples and raisins. Pour into greased muffin tins. Bake at 350F for 15 to 25 minutes, or until the center is set. Remove from oven. Let completely cool on wire rack.

Baked Apples

4 apples ½ cup brown sugar 4 tbsp butter 2 tsp ground cinnamon
Preheat oven to 350 F. Scoop out the core from top of the apple, leaving a well. Do not cut all the way through. Stuff each apple with 2 tbsp brown sugar and 1 tbsp butter. Place in a shallow baking dish and sprinkle with cinnamon. Bake in preheated oven for 15 minutes, until sugar begins to caramelize and apples are tender.

Dandelion Greens

2 tbsp olive oil 3 cups dandelion greens 2 cloves of garlic, chopped
¼ cup sesame seeds 2 tsp Bragg's liquid amino's or tamari soy sauce

Toast the sesame seeds in a frying pan over medium heat, stirring constantly, 2- 3 minutes or until lightly browned and fragrant. Immediately remove from pan and set aside. Gently sauté the dandelion leaves and garlic in the olive oil 15 minutes, stirring often. Stir in the Bragg's liquid aminos and sesame seeds and serve hot.

Phatty Stuffed Tomatoes

2 medium or large tomatoes 2 cups cooked brown rice
¼ cup minced Italian parsley 1 tsp oregano
Salt & pepper Breadcrumbs Parmesan cheese, grated

Make a circular cut at the top of the tomatoes to remove the stems and use a teaspoon to scoop the pulp from the inside of the tomatoes. Mix the pulp and spices with brown rice and stuff the hollowed out tomatoes with the mixture. Place the tomatoes in baking dish and sprinkle with the cheese and breadcrumbs. Bake at 350 for 20-25 minutes.

Summer Salad with Peach Dressing

Dressing

1/3 cup walnuts, toasted
½ cup chopped peaches
¼ cup orange juice
1 tbsp lemon or lime juice

Salad

1 head lettuce, leaves washed and torn into bite-size pieces
2 peaches, halved, pitted and thinly sliced
½ cup walnuts, toasted

Put all dressing ingredients in a food processor or high-powered blender and puree until smooth. Add a little water if needed to thin to a pourable consistency. Toss salad ingredients in a large bowl. Drizzle with dressing, toss to coat well and serve immediately.

Fresh Mozzarella with Pluots

1 large ball buffalo or cow's milk fresh mozzarella, sliced into ¼ -inch thick rounds
4 pluots, pitted and quartered
1 ½ cup balsamic vinegar
½ cup fresh mint, chopped (optional)
¼ cup pine nuts, toasted
Olive oil
Salt and pepper, to taste
Put vinegar in a medium saucepan and bring to a boil over medium heat. Adjust heat to low and simmer until it is reduced nearly three-quarters in volume and thickened to a syrup. About 15 minutes. Add pluots to syrup turning gently to coat and continue to cook for another 4-7 minutes more. Turn off heat and let cool. Meanwhile assemble mozzarella slices on platter, allowing to overlap slightly and season with salt and pepper to taste. With a fork, remove pluots from syrup and place atop cheese, then top with the remaining syrup, pine nuts and mint. Drizzle with olive oil and serve.

Roasted Pluots with Crème Fraiche

6 pluots, halved and pitted
1 tbsp butter, melted
1 tbsp raw sugar
½ cup crème fraiche
2 tbsp of your favorite nuts, toasted and chopped
Honey
Balsamic vinegar
Heat oven to 375°F. Line a baking sheet with waxed paper. Place pluot halves cut side up on sheet, brush with melted butter and sprinkle with raw sugar. Bake for about 15 minutes until juices start to run off. Divide between 2 or 3 bowls, top each with 2 tbsp crème fraiche, sprinkle with toasted nuts, drizzle with honey and a splash of balsamic vinegar. Makes 2 servings if each bowl has 3 pluot halves or 3 servings if each bowl has 2 pluot halves.

Fresh Tomatoes & Sautéed Mustard Greens with Poached Eggs

3 cups tomatoes, chopped
1 tbsp butter
1 clove garlic, minced
½ onion, chopped
¼ tsp crushed red pepper flakes, or to taste
Coarse sea salt and freshly ground pepper
2 tbsp balsamic vinegar
4 eggs
1 bunch mustard greens, chopped and sautéed
Freshly grated Parmesan cheese
Melt butter in a small frying pan over medium-high heat. Add minced garlic and red pepper flakes and stir until lightly browned. Add chopped tomatoes and cook until bubbling, season with salt and pepper. Reduce heat and simmer for about 15 minutes. Add balsamic vinegar and stir until absorbed. Crack eggs over tomato mixture, cover and let cook about five minutes. Remove skillet from heat, uncover and let stand 2 to 3 minutes. Transfer each egg to a bed of sautéed mustard greens. Spoon tomato sauce remaining in skillet over each egg, sprinkle with Parmesan cheese, and add salt and pepper to taste if desired; serve.

Spanish Rice

2 cups long grain white rice
2 tbsp olive oil
1 onion, finely chopped
2 cloves garlic, minced
1 tsp ground cumin
3 cups vegetable stock
2 large tomatoes, chopped
1 tsp salt

In large skillet brown the rice in olive oil on medium-high heat. Add onion, garlic and cumin and cook until onions become tender. In a separate pot, bring the vegetable stock to a boil. Add the tomato and salt. Add rice mixture and bring to a simmer. Reduce heat and cook for 15-20 minutes, or until cooked. Remove from heat and fluff with fork.
