



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

Fresh from the Farm (this newsletter also available online)

www.TinysOrganic.com

OCTOBER 20

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.

- * Apples: Hawaii &/or Spitzenburg
- * Pears: Bosc &/or D'Anjou
- * Flavorich Pluots
- * Red Russian Kale
- * Prize Choy OR Lettuce: Merlot, Jericho Romaine or Freckles
- * Pumpkin: Baby Pam or Winter Luxury OR Winter Squash: Acorn or Butternut
- * Radishes: Mixed or French Breakfast OR Carrots OR Fennel

This Week's Recipes

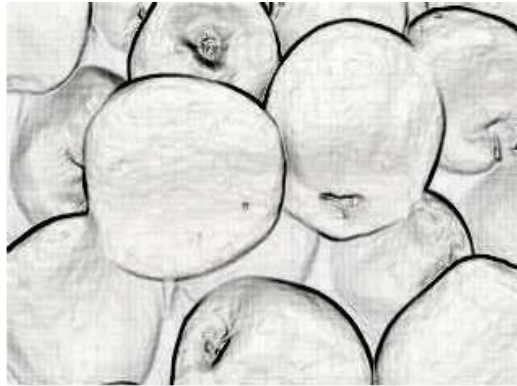
(Recipes on back)

- * Pear Apple Sauce
- * Pear Muffins
- * Baked Pears
- * Brie, Apple & Arugula Quesadillas
- * Harvest Squash & Tomato Bake
- * Fruit Vinegar
- * Roasted Apple Butter
- * Pluot & Apple Compote with Vanilla Custard
- * Pumpkin & Feta Muffins
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- * Farro & Roasted Squash
- * Grilled Pork, Chicken or Vegetables with Pluot Sauce

Crop Talk

A 'big chill' was in the air this past week so we dragged out the row crop cover and covered all our late season veg crops to prevent damage from frost. This fabric looks much like the material that's fastened to the bottom of a box spring mattress and comes in widths up to 25' and in rolls to 1000'. It's a very light fabric that gives us a number of benefits.

1. Cold protection. We use a heavier version of cover that provides up to 5F of protection on a cold night. Temps for the past few nights have been in the upper 20's so our crops were protected quite nicely (damage occurs at temps below 32F).
2. Daytime Warming. At this time of year daytime temps run in the low 60's which is not conducive for good plant growth. The cover raises that temperature at least 10 degrees when the sun shines.
3. Protection From Hail. It does hail occasionally in the late spring so we can get some protection with row crop cover.
4. Protection From Insects. We have used RCC to keep injurious bugs away, most specifically aphids and moths which lay eggs that hatch into chewing machines. Problem is that most pests are active in the summer and RCC is generally not needed for any reason except a pest invasion and sometimes temps get too high under the cover and prevent plant growth. That's all for this week and we'll see you again right here again in 7 short days...Farmer Greg.



An early frost ended harvest of our warm weather crops this weekend so we must say farewell to tomatoes, eggplants and peppers until 2011 and look forward to sharing a mixed bag of our just-coming-into-season cool weather crops of greens, squash and root vegetables with you for the remaining 3 weeks of your 2010 CSA!

Hawaii & Spitzenburg Apples

Yellow-green *Hawaii's* have a pleasing pineapple-like flavor and are one of the most delicate apples, so take care to avoid bruising. The

cheery red *Spitzenburg* is a late season antique apple that mellows in flavor with age. Store in your refrigerator up to 3 weeks. Try baking apples with ginger, vanilla, cinnamon, or allspice.

Bosc or D'Anjou Pears

Bosc Pears have a unique, long-necked silhouette and a warm, russeted brown skin which does not change color as it ripens. They have crunchy, yet tender white flesh and spicy sweet flavor. This elegant, aromatic pear is ideal for cooking, baking, broiling and poaching because it is firm and holds shape when cooked. Slice into salads, layer into grilled bacon and cheese sandwiches or roast with balsamic vinegar and your favorite spices. Bosc pears pair well with blue cheeses, cloves, red or white wine, cinnamon and cardamom. Pears should be almost ripe when they arrive in your bag. You may, however, still need to leave out for an extra few days. *D'Anjou Pears*: The most important thing to know about *D'Anjous* is that they do not change color as they ripen. Unlike *Bartletts*, another familiar green pear variety whose skin color does change to yellow during ripening, the *D'Anjou* stays green even when fully ripe. Ripen *D'Anjou Pears* at room temperature. Depending on their level of ripeness when purchased, *D'Anjous* may take between three and five days to become fully ripe. Once ripe, you can store them in the refrigerator where the ripening process will be slowed a few more days. Check the neck for ripeness daily by gently pressing your thumb near the stem end of the pear. When it gives slightly, the pear is ripe. Why do you check the neck? Because pears ripen from the inside out, and the neck is the narrowest part of the pear, which is closest to the core. If you wait for the wider, bottom half of the pear to become soft to the touch, you'll find the inside to be over-ripe. When that happens, (though the mouth-feel may not be perfect for eating fresh), it's the perfect time for your super-ripe pear to be pureed into a tasty smoothie!

Pumpkin or Winter Squash

Winter Squash are relatives of melons and cucumbers and were an integral part of the traditional Native American diet. High in Vitamin A and a good source of Omega-3 fatty acids, pumpkin pairs well with butter, maple syrup, cinnamon, nutmeg, garlic, sage, pasta and grains. Forget buying canned pumpkin; make your own pumpkin puree with this hearty winter squash! Don't let the seeds go to waste; they're quite nutritious, packed with protein, iron and minerals. Oven roast cleaned seeds with sea salt, olive oil and spices for a satisfying snack. Here's a no-frills recipe: Using a whole winter squash/pumpkin, bake in a 350-400F° oven 45 minutes. Test for doneness by piercing with a fork or knife. Once cooked, scoop out seeds, settle in and enjoy your healthy winter squash! Would you rather store squash to eat after CSA deliveries are over? Most varieties will keep well a few months uncut in a cool, dry place. To freeze squash, cook until soft by boiling, steaming, or cooking in a pressure cooker, oven or microwave. Cool by placing a pan containing squash in cold water; stir occasionally. Remove pulp from rind and mash. Package, seal and freeze.

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

This Week's Recipes

Pear Apple Sauce

6 pears (slightly under ripe) cut into large pieces
4 apples (any combination) cut into large pieces
1 cup apple juice
½ cup sugar (optional)

Combine the pears and apples with the remaining ingredients and bring to a boil. Reduce the heat and simmer, partially covered, for 15 minutes or until the fruit is tender but not mushy. Uncover the pot, stir and cook 5 minutes more. Adjust the flavors and remove from heat, stirring carefully so as not to break up the fruit too much. Cool to room temperature. Refrigerate, covered, for up to 4 days.

Pear Muffins

2 cups pears, diced	1 ¾ cup flour	¾ cup brown sugar
1/3 cup sour cream	2 tbsp butter, melted and cooled	2 tsp baking powder
½ tsp salt	½ tsp ground cloves	½ tsp ground allspice
½ tsp freshly ground nutmeg	Fresh grated ginger	2 eggs

Preheat oven to 375. Line or grease muffin tin. In a large bowl, mix together sour cream, sugar, eggs and melted butter. Stir in ginger. In a separate bowl, whisk together the spices, baking powder and flour. Add to the wet ingredients and mix thoroughly. Fold in pears. Bake 15-20 minutes or until a toothpick inserted in the center of the center muffin comes out clean.

Baked Pears

4 pears
½ cup brown sugar
¼ cup maple sugar
¼ cup water
Salt
Ground ginger

1½ tsp grated lemon rind

Preheat oven to 325F. Wash pears and cut slices from ends so they can stand easily in a pie plate or baking dish. Mix remaining ingredients and pour over pears. Bake, uncovered, for approximately 1½ hours, or until pears are tender. Baste syrup over pears while baking.

Brie, Apple, and Arugula Quesadillas

1 tbsp Dijon mustard	2 tsp apple cider	3 tortillas	
Brie cheese, sliced	1 apple, sliced	Arugula	Pepper

Combine mustard and cider in a small bowl. Heat a large pan over medium heat. Spread each tortilla with mustard mixture. Place 1 tortilla, mustard side up, in pan. Arrange cheese slices over half of tortilla; cook 1 minute or until cheese begins to melt. Arrange apple slices over cheese; top with 1 cup arugula. Sprinkle with pepper. Fold tortilla in half and press down to cook. Cook until golden brown. Remove from pan. Repeat procedure with remaining tortillas, cheese, apple slices, 2 cups arugula, and pepper.

Harvest Squash & Tomato Bake

Squash or pumpkin, baked	Tomatoes, sliced	Bell peppers, sliced & roasted
Feta cheese	Basil or any fresh or dried herbs	
Kalamata olives, chopped	Olive oil	Sea salt, to taste

Ground hamburger, cooked (optional)

Pierce squash with knife and place whole squash on foil or baking sheet and bake in oven at 400F until tender. Let cool and scoop out flesh. Toss peppers with olive oil & salt. Roast in oven until tender. Fill baking dish with cooked squash and press down to cover bottom inch or so of pan. Layer with hamburger, roasted peppers, sliced tomatoes & olives. Top with feta cheese and sprinkle herbs on top. Drizzle olive oil over the top and bake at 350F until the cheese starts to brown.

Fruit Vinegar

Use a high-quality white wine vinegar and equal weight of fruit to vinegar. Pour vinegar into a pot and add chopped fruit. Bring to a simmer (about 1 min.) Then pour vinegar/fruit mixture into a hot sterilized jar. Let it cool with the cap off, then cap and store in a dark cupboard.

Roasted Apple Butter

8 apples, peeled, cored and quartered
2 cups unsweetened apple juice

Preheat oven to 450F. Arrange apples in a large roasting pan. Pour apple juice over the apples. Bake until tender and lightly browned, about 30 minutes. Using a fork or potato masher, thoroughly mash the apples in the roasting pan. Reduce oven temperature to 350F. Bake the apple puree, stirring occasionally, until very thick and deeply browned, 1 ½ to 1 ¾ hours. Scrape into a bowl and let cool.

Pluot & Apple Compote with Vanilla Custard

Compote

12 pluots, pitted and chopped
1/3 cup apple cider
¼ cup sugar
¼ tsp ground cinnamon
4-6 apples

Custard

1 ½ cups milk, divided
¼ cup sugar
1 tbsp cornstarch or 5 ¼ tsp arrowroot
Salt

2 large eggs, lightly beaten
1 tsp vanilla extract

To prepare compote: Combine pluots, cider, ¼ cup sugar and cinnamon in a medium saucepan; bring to a simmer over medium heat. Cook, stirring occasionally, until the pluots are soft and falling apart, about 5 minutes. Remove from the heat. Peel and grate apples. Stir the grated apples into the pluots. Spoon the compote into a large bowl and chill in the refrigerator. To prepare custard: Heat 1 cup milk in a saucepan over medium heat until steaming; do not boil. Mix ¼ cup sugar, cornstarch or arrowroot and salt in a medium bowl. Add eggs and whisk until smooth. Whisk in the remaining ½ cup cold milk. Add the heated milk to the egg mixture, whisking constantly. Return the mixture to the saucepan. Cook over low heat, whisking constantly, until thickened, about 3 minutes. Remove from the heat and whisk in vanilla. Transfer the custard to a clean bowl and let cool slightly or refrigerate until chilled.

To serve, spoon custard into dessert dishes and top each with compote.

Pumpkin & Feta Muffins

1 tbsp unsalted butter
2 tbsp olive oil
2 cups cubed pumpkin or squash, ½ -inch cubes
salt and pepper to taste
1 large handful of arugula, chopped
2 tbsp chopped parsley or cilantro (sub dried herbs)
3 tbsp sunflower seeds kernels (optional)
¾ cup freshly grated Parmesan

½ cup cubed feta
2 tsp whole-grain mustard
2 large eggs, lightly beaten
¾ cup milk
2 cups flour
4 tsp baking powder
1 tsp sea salt

Preheat oven to 400F, with rack in the top third. Use the butter to grease a muffin pan and set aside. Sprinkle the olive oil and some salt and pepper over the squash. Toss well and turn onto a baking sheet or roasting pan. Arrange in a single layer and bake for 15 - 25 minutes or until cooked through entirely. Set aside to cool. Transfer two-thirds of the squash to a large mixing bowl along with the arugula, parsley, sunflower seeds, Parmesan, two-thirds of the feta, and all of the mustard. Gently fold together. In a separate bowl beat the eggs and milk together and add to the squash mix. Sift the flour and baking powder onto the squash mix, top with the salt and pepper and fold together just until the batter comes together. Spoon the mixture into the prepared pan, filling each hole ¾ full, top each muffin with the remaining squash and feta. Bake for 15-20 minutes or until the tops and sides of the muffins are golden, and the muffins have set up completely. Let cool for a couple minutes then turn out onto a cooling rack.

Thai-Spiced Pumpkin Soup

2 pumpkins, acorn or other smallish winter squash
3 tbsp unsalted butter, room temperature
1 14-ounce can coconut milk

1 tsp (or more) red Thai curry paste
Water or vegetable stock

Sea salt, to taste

Preheat the oven to 375F. Cut each squash/pumpkin into halves. Coat with butter, sprinkle with salt, place on a baking sheet skin sides down and place in the oven. Roast for about an hour or until the squash is tender throughout. When the pumpkin/squash are cool enough to handle scoop it into a large pot over medium high heat. Add the coconut milk and curry paste and bring to a simmer. Remove from the heat and puree with a hand blender, you should have a very thick base at this point. Add water or vegetable stock a cup at a time pureeing between additions until the soup is the consistency you prefer. Bring up to a simmer again and add salt.

Farro & Roasted Squash

2 cups farro
2 tsp sea salt
5 cups water (or stock)
3 cups squash, cut into ½ -inch dice
1 large red onion

Thyme

Olive oil

Balsamic vinegar

1 cup walnuts, toasted

¼ cup goat cheese, crumbled

Preheat oven to 375. Combine the farro, salt, and water in a large, heavy saucepan over medium heat. Cover and simmer, stirring occasionally, until the farro is tender, 45 minutes to an hour. Remove from heat, drain any excess water, and set aside. While the farro is cooking toss the squash, onion, and thyme with the olive oil, balsamic vinegar and salt on a rimmed baking sheet. Arrange in a single layer and place in the oven for about 20 minutes. Toss the squash and onions every 5-7 minutes to get browning on multiple sides. Remove from the oven, let cool and mince ½ of the red onions. In a large bowl gently toss everything (except the goat cheese) with the olive oil. Garnish with goat cheese.

Grilled Pork, Chicken or Vegetables with Pluot Sauce

Pluots

Garlic

Ginger

Mirin

Apple cider vinegar

Honey

Mix all ingredients (to taste) in blender.

Marinate pork or chicken in sauce and refrigerate. When ready grill meat and serve over rice with remaining sauce spooned on top.