



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

OCTOBER 27

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: Red Delicious, Golden Delicious & Spitzenburg, Gala or Arkansas Black
- * Pears: Golden D'Anjou
- * Arugula &/OR Lettuce: Merlot, Jericho Romaine or Freckles
- * Purple Mizuna
- * Winter Squash
- * Carrots OR Fennel OR Radishes OR Tomatoes

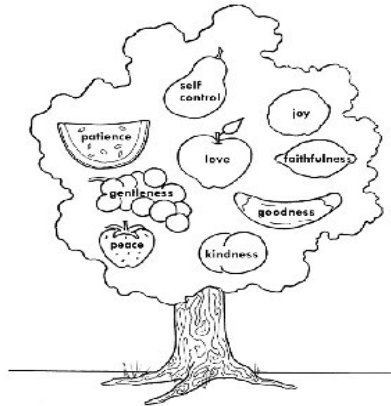
This Week's Recipes

(Recipes on back)

- * Harvest Cake
- * Warm Squash & Arugula Salad
- * Mizuna & Roasted Pear Salad
- * Winter Squash with Rosemary & Brown Butter
- * Winter Squash Polenta Gratin
- * Winter Squash Soup
- * Acorn Squash Stuffed with Wild Rice, Pears & Walnuts

Crop Talk

New members continue to sign up for end of season specials and we would like to say a couple of words...first, welcome to Tiny's family and friends and welcome to straight-from-the-farm freshness you can't just find anywhere! Also, that the remaining weeks of this season feature fall crops of winter squashes, apples, pears, arugula, mizuna and other seasonal varieties we only harvest at this time of year. Even though you can still buy imported summer-type produce at the store, at this time of the year we grow only fall crops. It's kind of like asking a child where food comes from and the answer is 'the store' without really knowing the whole history of where/how food is grown and who grows the food. So if you're looking for peaches and nectarines, they'll be in our weekly bag early next summer along with cherries, pluots and other 'summery' crops. Crops are planted here at the farm according to seasonal climate and temperatures and we include only items that we grow during specific months of the growing season. So even though you can find exotic imported items in a store from other countries, Tiny's is your best source for local, organic, seasonal and fresh! All the best until next week—Farmer Greg



We have picked two classic Wenatchee Valley apple varieties for you this week, Red Delicious and Golden Delicious! You may also find Gala, Spitzenburg or Arkansas Black apples in your CSA bag.

Red Delicious & Golden Delicious Apples

Originally called Hawkeye apples after being discovered as a chance seedling in the late 1800's, *Red Delicious* apples have bright red skin, sometimes with striping, and crunchy, sweet white flesh. *Red Delicious* apples are delightful when eaten raw in salads or baked into our Harvest Cake (recipe on back page).

Sometimes a bland apple when bought at the store, the *Golden Delicious* is a wonderfully sweet and crisp variety when picked ripe and fresh from the tree. Green-yellow with an occasional red blush, *Golden Delicious* apples will keep well in the refrigerator for a couple weeks. Apples generally go well with vanilla, cinnamon, pork, poultry, curry, ginger, cream, winter squash, pears and greens.

Golden D'Anjou Pears

Golden D'Anjou pears are yellow-green in color and quite firm. They can be eaten raw or cooked. The most important thing to know about Anjou pears is that they do not change color as they ripen and will remain green even when fully ripe. Depending on their level of ripeness when received, Anjou pears may take between three and five days (or longer) to become fully ripe at room temperature. Once ripe, you can store them in the refrigerator where the ripening process will be slowed for a few more days. How do you know if your pear is ripe? Check the neck daily by gently pressing your thumb near the stem end of the pear. When it gives slightly, the pear is ripe. Try caramelizing your *Golden D'Anjou* pears and serving over an apple custard or slicing for a pear, brie, caramelized walnut and arugula pesto panini. *D'Anjou* pears can be paired with a soft goat cheese and Sauvignon Blanc or Brie with Demi-Sec Champagne for a pleasant after dinner respite.

Purple Mizuna

Purple Mizuna, a feathery Japanese mustard green with purple stems and mostly green, purple-tinged leaves, is said to taste like arugula without the bite. Often used in raw salads with fresh fruit, nuts and crumbled cheese, purple mizuna can also be sautéed or braised and mixed into soups, stir fries or pasta dishes. Stir into cooked soba noodles or spaghetti just before serving, wilt and serve with seafood or use in sandwiches. Refrigerate in a bag in the crisper drawer.

Winter Squash

Winter Squash are said to continue sweetening even after they've been picked off the vine. Store in a cool spot with good air circulation (not the refrigerator, but a cool pantry or cellar) for up to a month (or even longer depending on variety) and wash the exterior just before using. Bigger in size and tougher skinned than summer squash, winter squash may seem to present a bit of a challenge in the kitchen because it is difficult to cut with a knife. No worries! Consider baking whole. Pierce the rind with a fork and bake in a 350F° oven 45 minutes. Test for doneness by piercing again with a fork or knife and settle in to enjoy your healthy and tasty winter squash. Use winter squash to top pizza or stuff a calzone, in lasagna with a white sauce and cheese, curry dishes, risottos, soups, gratins, bake with apples and a crumble topping or even make into chutney!

This Week's Recipes

Harvest Cake

¾ cup flour
¾ tsp baking powder
1 tsp salt
4-6 apples or pears, chopped
2 large eggs
¾ cup sugar
4 tbsp rum, scotch or whisky
1 tsp vanilla extract
1 stick melted butter

Mix all ingredients together and pour into a greased pan (approx 6x8) and bake at 350F until golden brown, about 50 min.

Warm Squash and Arugula Salad

1 squash, peeled and cubed
1 tbsp olive oil
½ tsp nutmeg
½ tsp allspice
¼ tsp cinnamon
Pepper
Salt

Arugula, washed and torn
1 cup walnuts, toasted

Dressing

¼ cup apple cider
1/8 cup olive oil
2 tbsp red wine vinegar
Salt and pepper

Heat oven to 400F. Toss the cubed squash with the oil, spices, salt and pepper. Spread thin on a large cookie sheet and roast for about 15 minutes, or until browned at the edges. Let squash cool for five minutes then toss with the arugula and walnuts. Whisk the dressing ingredients together and drizzle over to taste.

Mizuna & Roasted Pear Salad

8 firm pears, cut into wedges
2 tbsp olive oil
Purple mizuna, coarse stems discarded
1 small head of lettuce

Dressing

3 tbsp cider vinegar
1 tsp honey
Salt & pepper
¼ cup olive oil

Roast pears and make salad

Preheat oven to 425F. Toss pears with oil and spread in 1 layer in a shallow baking pan, then season with salt and pepper. Roast pears, stirring and turning over twice, until pears are tender and beginning to brown, 20 to 30 minutes, then cool about 15 minutes. Tear mizuna and lettuce into bite-size pieces. Toss torn greens in a large bowl. Whisk together vinegar, honey, salt and pepper, then add oil in a slow stream, whisking until emulsified. Just before serving, add roasted pears and dressing to greens and toss well to combine.

Winter Squash Polenta Gratin

Squash	Olive oil	Salt and pepper
2 cups instant polenta	1 stick butter	1 ½ cups freshly grated Parmesan cheese

Preheat the oven to 400F. Place the squash on a baking dish (pierce squash with a knife) or foil and bake until tender. Scrape the squash flesh into a medium bowl and mash with a fork. In a large saucepan, bring water to a boil. Add olive oil and slowly add the polenta, whisking constantly until smooth. Reduce the heat to low and whisk until thickened, about 5 minutes. Whisk in the mashed squash. Stir in butter and 1 cup of the Parmesan and season with salt and pepper. Spread the mixture in buttered baking dish and place small pieces of butter over the top. Sprinkle the remaining cheese over the top and bake until bubbling and golden.

Winter Squash with Rosemary & Brown Butter

Squash, peeled, halved lengthwise, seeded, cut crosswise into ¼-inch-thick slices
½ stick butter
1 tsp minced fresh rosemary or dried

Steam squash until almost tender when pierced with fork, about 5 minutes. Melt butter in large pan over medium heat. Continue to cook until butter is golden brown and aromatic, about 2 minutes. Add squash and rosemary and toss until squash is tender, heated through and coated with browned butter, about 3 minutes. Season with salt and pepper.

Winter Squash Soup

Squash (approx. 6 pounds)
6 tbsp butter, cut into 8 pieces
Salt and pepper

12 very thin slices of pancetta
Olive oil
1 onion, chopped
6 thyme sprigs
1 bay leaf
2 quarts chicken stock or low-sodium broth
2 tablespoons heavy cream
Sugar (optional)

Preheat the oven to 400F. Halve the squash lengthwise and scoop out the seeds. Set the squash on a rimmed baking sheet, cut sides up. Put a piece of butter in each cavity and season generously with salt and pepper. Drape the squash halves with the pancetta slices. Roast the squash for 45 to 50 minutes, or until tender. Transfer the pancetta to paper towels to drain. Crumble and set aside. Scoop the squash out of the skins into a bowl. In a large, stockpot, heat olive oil until shimmering. Add the onion, season with salt and pepper and cook over moderately high heat, stirring, until softened. Add the thyme sprigs and the bay leaf. Stir in the squash and the stock and bring to a boil over high heat, stirring frequently. Reduce the heat and simmer the soup for 15 minutes, stirring occasionally. Pick out and discard the thyme sprigs and bay leaf. Working in batches, transfer the soup to a blender or food processor and puree until thick and creamy-smooth, about 1 minute per batch. Transfer the soup to a clean saucepan. Stir in the heavy cream and season with salt and pepper (and sugar if desired).

Acorn Squash Stuffed with Wild Rice, Pears and Walnuts

3 acorn squash
Salt and pepper
Ground nutmeg
½ stick unsalted butter, at room temperature, divided
¾ cup wild rice
1 ½ cups canned low-sodium chicken or vegetable broth

¼ tsp salt, to taste
2 tbsp olive oil
1 onion, finely chopped
1 clove garlic, minced
1 large carrot, finely chopped
2 firm pears, cut into ½-inch dice
2 tsp sage
2 tsp thyme

½ cup chopped walnuts, toasted

Preheat the oven to 350F. Cut each squash in half crosswise. Scoop out and discard the seeds and strings. Place on a rimmed baking sheet, cut side up. Sprinkle each half with a little salt, pepper, and nutmeg, to taste. Using 3 tablespoons of the butter, dot each half with some butter. Cover the pan tightly with foil and bake the squash just until moist and tender, about 45 minutes. Meanwhile, combine the rice, chicken broth, ¼ teaspoon salt, and 2 cups of water in a medium saucepan. Bring to a boil over medium-high heat. Reduce the heat to a low simmer, partially cover, and cook, stirring occasionally, until the rice is tender, about 40 minutes. When the rice is done most of the water should be evaporated. In a 10-inch sauté pan, heat the olive oil over medium heat. Swirl to coat the pan and sauté the onion, garlic, celery, and carrot until slightly softened, about 3 minutes. Add the pears and sauté 2 minutes longer. Cover the pan, adjust the heat to medium-low, and cook the vegetables until crisp-tender, 3 minutes longer. Add the sage, thyme, and parsley and sauté 1 more minute. Remove from the heat. In a large bowl, combine the cooked rice, sautéed vegetables, pears, walnuts, and dried cranberries. Taste and add salt and pepper, if desired. Mound the rice mixture into the squash halves, dividing it evenly. Cut the remaining tablespoon of butter into small pieces. Dot each stuffed squash with butter. Cover with foil. Bake until heated through, about 20 minutes.