



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

NOVEMBER 3

This Week's Harvest

- * Apple Mix
- * Bosc Pears
- * Red or Yellow Onions
- * Potato Mix
- * Winter Squash: Acorn, Butternut, Delicata, &/or Sugar Pie Pumpkin

PLEASE NOTE: This newsletter is written before our harvest is complete. Above is a list of what we *hope* to put in your bag based on what we observe when entering the fields Monday morning.

For peak freshness, we harvest at the last possible minute and the varieties ready at that time are put in your bag.

If a specific variety listed is not in your CSA bag it means the farm had to make a last minute substitution or change to the contents and have added either another variety not listed or extra of another already on the list.

This Week's Recipes

(Recipes on back)

- * Pear Tartlets with Gorgonzola Cheese
- * Brie, Ham & Pear Sandwich
- * Grilled Salt & Vinegar Potatoes
- * Roasted Rosemary Potatoes
- * Katherine's Savory Stuffed Squash
- * Winter Squash Compote
- * Pear & Apple Oat Crisp
- * Farm Salad
- * Squash Rounds with Caramelized Onions
- * Squash, Pear & Apple Bake

Crop Talk

If a turkey for Thanksgiving is on your list of things to buy, look no further than Tiny's. We're growing six organic free-range varieties this year including four heritage breeds. Simply login to the website and click the 'Free Range Poultry' tab. From there click the turkey order form link and choose the turkey of your choice. There's also a link that takes you to a visual description of the varieties so you can get a good idea what you're buying. Then Thanksgiving week simply drop down to our office/warehouse at 4660 East Marginal Way in Seattle and pick up your order. Free delivery is also available and your turkey can be delivered on Monday through Wednesday immediately before Thanksgiving. We can't guarantee which day it will be so many of our members are simply going to drop by our Seattle location to get their bird at their convenience. We'll be there waiting for you 11-5 Mon thru Wed. Weight of the turkeys is coming in anywhere from 7-8 lbs up to 20+ lbs depending on the variety. Until next week, gobble gobble when we'll talk to you again. All the best, Farmer Greg.



One more week for your 2010 CSA with Tiny's! Your last pickup day is Wednesday, November 10, 2010.

Bosc Pears

Bell-shaped, brown skinned and smooth in your mouth, Bosc pears are the variety most of us picture when we think of a holiday pear. Traditionally they are eaten whole while fresh. Try something new by slicing and adding them to your next salad. Top with a drizzle of your favorite dressing and dig in! Bosc pears should be left at room temperature to ripen until their skin yields to gentle pressure. Then place in the refrigerator where they'll stay fresh for a few days. Bosc pears should also be stored away from other strong smelling foods, such as onions, as they easily absorb odors.

Red or Yellow Onions

Not only do onions increase body heat, they contain many anticancer agents, help lower blood sugar, support gastrointestinal health, aid in reducing heart disease risks and boosts bone health! Easy and versatile, their delicious flavor compliments many dishes and pairs well with most other vegetables. Glossy, dark purple-skinned red onions are generally sweeter and milder than yellow or white onions though depending on the soil they are grown in they may have a bit of a bite to them! Peel away the scarlet skin and thinly slice the richly colored bulb. Toss with olive oil and balsamic vinegar, add your favorite herbs and wait just a couple of hours. Now you have gorgeous pink marinated onions for raw salads, sandwiches and sautéed dishes! An absolute treasure in a paper thin skin, yellow onions bring depth to many dishes. Sauté yellow onions with garlic and home-canned tomatoes in olive oil then add meat, fish, tofu, grain or hearty greens or vegetables for a quick and simple dinner. To help prevent teary eyes, burn a candle next to you while you slice and dice, and the flame will help consume the sulfur. Store your onions in a cool, dark and dry, ventilated place--not in the refrigerator.

Farm Potato Mix

The humble potato is both tasty and nutritious as it contains good amounts of vitamins, minerals, fiber and phytonutrients. Potatoes pair well with many ingredients including garlic, olive oil, grains, herbs and cheese and work well in recipes with tomatoes, winter squash, sausage, seafood or greens like kale, arugula, collards or purple mizuna. Potatoes easily absorb moisture and flavors so try to avoid storing them near strongly flavored foods like apples and onions. Keep your unwashed potatoes in their paper bag in a cool, dark place with plenty of circulating air for a week or so.

Winter Squash

Dark green or gold Acorn squash is a longtime American favorite. For soul-satisfying food, scoop out the sumptuous yellow-orange flesh and cook Acorn Squash with a pat of butter, organic maple syrup, raw sugar and cinnamon. Long-necked, orange Butternut Squash has dense, rich-tasting flesh. Baked and mashed with a little maple syrup and sweetened with spices, it tastes very similar to pumpkin pie. Chunks of squash can be baked or added to hearty stews. Refrigeration is not recommended; store yours in a cool, dark place. Pale yellow skin with green stripes, the Delicata's yellow flesh tastes like a cross between sweet potatoes and butternut squash and is best baked or steamed. With its light yet firm texture and sweet flavor, the small Sugar Pie pumpkin is the best pumpkin variety for baking pies, cakes, muffins and cookies. Store all winter squash whole in a cool, dry and well-ventilated area.

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

This Week's Recipes

Pear Tartlets with Gorgonzola Cheese

30 frozen mini phyllo shells
½ cup toasted hazelnuts, chopped
4 ounces Gorgonzola cheese, crumbled
1 Bosc pear, cored and diced
Preheat oven to 350F. Place mini phyllo shells on baking sheet. In medium sized mixing bowl combine hazelnuts, cheese, and pears. Fill shells with pear mixture. Bake for 15 minutes or until cheese is hot and starting to bubble. Serve warm.

Brie, Ham & Pear Sandwich

Sliced bread
Dijon mustard
Ham
Pears, sliced
Pepper
Brie cheese, thinly sliced
Butter, softened
Grill until nicely browned on one side and then flip and grill the other side.

Grilled Salt & Vinegar Potatoes

2 cups white wine vinegar
1 pound potatoes cut into ¼ -inch slices
2 tbsp olive oil
Sea salt
Pepper
Pour the vinegar into a medium saucepan, and then stack the potatoes so the vinegar covers them completely. Bring to a boil, then reduce the heat and simmer for about 5 minutes, or until the potatoes are just fork tender. Let the potatoes cool in the vinegar for 30 minutes. Drain well, and then gently toss with olive oil, salt, and pepper. Heat the grill to medium high. Grill potatoes, covered if possible, until golden on one side, then flip and grill the other side, approx. 5 min.

Grilled Potatoes & Red Onions

½ cup olive oil
1 tbsp Dijon mustard
1 tsp dried thyme
Salt & pepper
Potatoes, sliced ¼ inch thick
2 large red onions, halved, sliced ½ inch thick
Combine oil, mustard, thyme, salt and pepper in large bowl. Whisk to blend well. Add potatoes and onions to mustard oil. Toss to coat. Divide vegetables among foil sheets, placing in center of left half of each. Sprinkle with salt and pepper. Fold edges of packages together to seal tightly. Place packages on grill or roast. Grill until potatoes are tender and golden brown, turning occasionally, about 25 minutes. Remove packages from grill.

Roasted Rosemary Potatoes

Potatoes, chopped
Salt
Rosemary
Olive oil
Pepper
Preheat the oven to 400F. Toss potatoes with olive oil, rosemary, salt & pepper. Put potatoes in a foil packet and roast for 45 minutes, stirring a few times, until the potatoes are tender.

Katharine's Savory Stuffed Squash

1 squash
1 15 oz can black beans, drained and rinsed
3 c brown rice, cooked
½ c chevre cheese
Salt & pepper
Mix beans and rice in bowl. Season with salt and pepper to taste and set aside. Cut squash in half lengthwise and scoop out pulp. Grease a baking sheet and place cut halves face down. Bake at 425 for 25-30 minutes. Turn squash halves face up and fill with rice and bean mixture. Spread chevre over the top and bake for 5-10 more. Serve hot. Tip: Roast the squash seeds and mix with leftover rice and beans for lunch the next day.

Winter Squash Compote

1 pound winter squash peeled, seeded and cubed or grated
8 oz sugar (adjust to taste)
5-6 whole cloves
Nutmeg, cinnamon, vanilla extract (optional, to taste)
½ cup dried coconut, unsweetened
Over medium heat, cook winter squash, sugar, cloves and any other flavorings until squash cooks through, stirring from time to time. When tender, pound the squash into a pulp and continue to simmer until the liquid evaporates, then take off heat, stir in dried

coconut and let cool before eating. The compote will store in an airtight container in the refrigerator for a few days. Serving Suggestion: Pairs well with soft cheeses.

Pear & Apple Oat Crisp

¾ cup rolled oats
½ cup flour
½ cup brown sugar
¼ tsp salt
4 tbsp cold butter, cut into ¾ -inch pieces
2 tbsp olive oil
3 large ripe pears, thinly sliced
2 large apples, thinly sliced
Preheat the oven to 375F. Grease an 8-by-11-inch baking dish. In a bowl, mix the oats with ½ cup of the flour, the brown sugar and salt. Using your fingertips, rub in the butter. Stir in the oil. Spread the fruit in the prepared baking dish and sprinkle the oat crumbs on top. Bake for 45 minutes, or until the fruit is tender and the topping is golden.

Farm Salad

Salad greens
2 Tiny's chicken breasts, cubed, rubbed with salt and pepper and sautéed (optional)
4 apples (or pears or mix of the two), chopped
½ cup sharp white or cheddar cheese, cubed or grated
4 tbsp olive oil
4 tbsp balsamic vinegar
1 tsp salt
Black pepper to taste
Place greens in a large bowl and add chicken, apples and cheese. Combine olive oil, vinegar, salt and pepper together in a small bowl or jar and mix well. Pour mixture over salad and toss gently

Squash Rounds with Caramelized Onions

1 medium winter squash, peeled
2 tbsp canola oil
2 c thinly sliced onions
1 tsp light brown sugar
1/2 tsp salt
1 c apple cider
1 tbsp cider vinegar
1/2 c chopped walnuts, toasted
Preheat oven to 350°F. Coat a large baking sheet with cooking spray. Slice squash into twelve 1/2-inch-thick rounds or slices; remove any stray fibrous threads or seeds in the centers. (Reserve the rest of the squash for another use, such as squash puree). Place the squash rounds on the prepared baking sheet. Cover with foil. Bake for 20 minutes. Remove the foil and continue baking until the squash is tender, about 20 minutes more. Meanwhile, heat oil in a large skillet over medium heat. Add onions, brown sugar and salt and reduce heat to medium-low; cook, stirring often, until the onions are softened and beginning to brown, about 5 minutes. Stir in cider and vinegar and cook until most of the liquid is evaporated, 6 to 8 minutes. To serve, place 1 squash round on a small plate and top with about 2 1/2 tablespoons caramelized onions. Place a second round on top and finish with another 2 1/2 tablespoons of onions and a sprinkling of walnuts. Repeat with the remaining squash, onions and walnuts. Adapted from EatingWell.com

Squash, Pear & Apple Bake

1 medium butternut or other winter squash peeled and cut into ¾ in slices. (Quick tip: roast or boil squash for a bit before peeling. The skin will come off easier, but let it cool before going for it!)
2 apples, peeled, cored and cut into wedges
2 pears, peeled, cored and cut into wedges
½ cup brown sugar
1 tablespoon all-purpose flour
¼ cup butter, melted
½ teaspoon salt
½ teaspoon nutmeg
Preheat oven to 350 degrees F. Arrange squash in a baking pan. Top with apple and pear wedges. Combine remaining ingredients and spoon over apples and pears. Bake 50 to 60 minutes or until tender.