



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

NOVEMBER 10

This Week's Harvest

- * Apple Mix: Fuji &/or Arkansas Black, Golden Delicious or Pink Lady
- * Bosc Pears
- * Rainbow Chard
- * Radish: Daikon or Watermelon
- * Yellow Onion

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 we have added either another variety not listed or extra of one already on the list.

The actual quantity of fruit and vegetables and weight per week varies depending on weather, crop load and quality of individual varieties ready for harvest.

This Week's Recipes

(Recipes on back)

- * Roasted Radishes with Balsamic Vinegar
- * Pickled Daikon Radish
- * Pear & Blue Cheese Crostini
- * Caramelized Onion Dip
- * Chard & Pasta Casserole
- * Chard Pesto
- * Roasted Salmon Wrapped in Chard Leaves
- * Chard & Baked Cheese Polenta
- * Roasted Chicken with Apples, Pears & Onions
- * Smoky Mashed Potatoes
- * Golden Delicious Apple-Chicken Salad
- * Puffed Pastry with Pear, Blue Cheese & Sautéed Onions
- * Spiced Honey Pear Bread
- * Apple and Cheddar Scones
- * Radish Leaf Pesto

Crop Talk

Thanks for a great CSA season! We're looking forward to next year already and many members have already signed up for the 2011 season and taken advantage of incredibly low prices. We'll continue to offer different price levels as the season progresses but the bottom line is that the sooner you join next year's CSA, the better the deal. And if you join by Nov 11 (by tonight at midnight) you'll save \$442 off the regular season price. That actually works out to a 34% discount so the savings are real, and at that price, you know you're getting an incredible bargain on organic fruit and vegetables straight from our farm. So until next year, thanks once again for being a very valued member of our organic farm family and have a wonderful off season! All the best, Farmer Greg.



Today is your last CSA pickup day for 2010! Thank you for your membership in our program and for supporting our farm family.

For our last CSA bag of the season, we've tried to pack in as many pears, apples, onions and anything else we could harvest from the fields for you to store or savor as long as you can, which means members may get a little bit of a mixed bag from one bag to the next. So if you're into comparing your bag with co-workers or friends you may notice slight differences in bag contents. **Onions** usually store well in a cool, dry place but if you'd like to freeze them, just slice, seal in a plastic container and freeze. 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. **Potatoes** can be stored in a cool, dry ventilated area for 2-3 weeks. To freeze mashed potatoes for up to a month, make your favorite recipe, cool quickly in your refrigerator, then wrap in moisture proof packaging. Seal and freeze. To serve, unwrap and reheat in a 350 degree F oven. **Green tomatoes** may show up in your bag, giving you the option of allowing them to fully ripen (place stem down on the counter and cover or put in a closed cupboard or cabinet until the color completely changes) or experiment with their firm texture and clear, sweet taste. They can be made into chutney, salsa, and jam or pickled like cucumbers. Dip slices of green tomatoes in egg, dredge in breadcrumbs (some recommend panko, Japanese-style breadcrumbs) and spices, and then fry for about minute on each side to make mouthwatering fried green tomatoes. Green tomatoes may replace green peppers in some recipes.

Rainbow Chard

A member of the Goosefoot family along with beet and spinach, rainbow chard is a glossy leafy green with stems of white, yellow and red. Fully edible, both the leaves and stems of rainbow chard are good sources of Vitamin K, A, C as well as magnesium, manganese, potassium and iron. Chard is quite tender and only needs to be cooked briefly. It should be used as quickly as possible, though if you plan on keeping it for a weekend dish, wrap in moist paper towels then seal inside a plastic bag and store in the crisper drawer for up to 5 days. Leafy greens are nothing to be afraid of and can easily be adapted to almost any meal. Serve as a side dish along with beans, pasta or potatoes. Mix into soups or layer into enchiladas and crepes. Slice very thinly, sauté with garlic and add to scrambled eggs or omelettes. Rainbow chard pairs well with lemon, raisins, currants, olive oil, garlic, chilies, cured meats and can be used to wrap meat, grain or fish fillets.

Daikon or Watermelon Radish

The elongated white Daikon radish is an Asian variety. Juicy, crisp and hotter than red radishes, daikons are often used in pickled and fermented dishes and can be shredded and steamed or stir-fried. Crunchy and mildly sweet watermelon radishes are ball-shaped with whitish-green skin and white flesh streaked with pink or red starting from the center. Use raw in salads, pickle or cook. Get the most out of your radishes by chopping and using the greens in pesto, stir-fries, soups and stews. To store, separate the fragile radish greens from the radish roots and store unwashed in a plastic bag in your crisper drawer for only a day or so. Keep the unwashed roots in another plastic bag in the refrigerator for up to a week.

This Week's Recipes

Roasted Radishes with Balsamic Vinegar

1 bunch of radishes with tops 2 tsp olive oil 2 tsp balsamic vinegar ½ tsp salt Pepper to taste
Preheat oven to 350F. Wash radishes, removes roots and remove stems. Blot dry with paper towel. In large bowl, combine olive oil, balsamic vinegar and salt. Whisk ingredients together. Toss in radishes and greens until everything is coated evenly with oil. Spread out radishes and greens on roasting pan or baking dish. Bake in oven for about 10 minutes or until the greens are crispy. Remove the greens and continue roasting the radishes for about another 5 minutes or until tender.

Pickled Daikon Radish

1 ½ cups chopped daikon ¾ tsp salt 1 tbsp rice vinegar ¼ tsp pepper ¼ tsp sesame oil
In a mixing bowl, toss daikon with salt. Cover, and refrigerate until 1 to 2 tbsp of water is released, about 30 minutes. Drain and rinse daikon, removing as much salt as possible. Pat dry with a paper towel, and return to bowl. Stir in rice vinegar, black pepper and, if desired, sesame oil. Cover, and refrigerate at least 8 hours.

Pear & Blue Cheese Crostini

Sliced baguette Olive oil Pears, cored and sliced thinly
Crumbled blue cheese Chopped pecans, optional
Cut each slice of bread in half diagonally to form triangles. Place on ungreased cookie sheet and bake at 400 degrees for 4-7 minutes until lightly browned, turning once. Drizzle olive oil over bread and top with pear slices, then sprinkle with blue cheese and pecans. Broil 6" from heat for 3-4 minutes until cheese melts and begins to brown.

Caramelized Onion Dip

2 tsp olive oil 2 large yellow onions, finely chopped ¾ cup sour cream
¾ cup Greek yogurt 3 tsp onion powder ½ tsp salt
In large pan sauté the chopped onions in the olive oil & salt. Stir occasionally and cook until the onions are deeply golden, brown, and caramelized, 40 or 50 minutes. Set aside and let cool. In the meantime, whisk together the sour cream, yogurt, onion powder and salt. Set aside until the caramelized onions have cooled to room temperature. Stir in 2/3 of the caramelized onions, scoop into a serving bowl, and top with the remaining onions. Serve at room temperature with warm bread, corn chips or spread on bread and top with cheese and broil until bubbly.

Chard & Pasta Casserole

8 ounces dried whole wheat penne pasta 1 ½ cups squash, peeled and sliced into quarter sized pieces
1 bunch chard, loosely chopped 2 cups plain Greek yogurt 2 egg yolks
3 cloves garlic, chopped ½ tsp sea salt ¼ cup Kalamata olives
¼ cup feta cheese, crumbled
Preheat oven to 400F. Butter or oil an 8x12-inch baking dish. Bring a large pot of water to a boil, salt it generously and cook the pasta until al dente. Just 10 seconds before you are done cooking the pasta, stir in the squash and chard. Drain. Run cold water over the pasta, squash and chard. Whisk together the yogurt, eggs, garlic and salt in a large mixing bowl. Add the pasta-squash-chard mixture to the yogurt mixture and stir in half of the almonds. Scoop everything into the prepared baking dish, sprinkle with olives and feta and bake for 25-30 minutes.

Chard Pesto *Use as a pasta sauce or add at the last minute to give extra flavor to a stew.

1 tsp butter 2 tsp of olive oil 2 cloves of garlic Bunch of chard
Handful pine nuts Fresh parmesan or pecorino cheese, grated Handful of fresh coriander leaves
Wash the chard thoroughly and shake to dry. Melt the butter in a saucepan with the olive oil. Peel and chop the garlic and sauté for 2 minutes. Chop the chard stems and add them to the pan. Stir and then cook covered for 5 minutes. Roughly chop the chard leaves and add them to the pan. Cook for another 3 minutes. Toast the pine nuts for a couple of minutes. Turn off the heat under the chard. Add the coriander leaves, pine nuts and parmesan. Puree the mixture until it looks like pesto.

Roasted Salmon Wrapped in Chard Leaves

Salt and pepper 2 tbsp unsalted butter, room temperature 2 tbsp tarragon
2 tsp grated lemon zest, plus 1 tablespoon juice 4 chard leaves, stalks trimmed
4 skinless salmon fillets
Preheat oven to 400F. Line a baking sheet with foil. Bring a medium saucepan of salted water to a boil. Meanwhile, combine butter, tarragon and lemon zest in a small bowl and season with salt and pepper. Place chard leaves in boiling water, cook until tender, about 4 minutes. Using tongs, remove leaves from water, and lay them flat on prepared baking sheet. Place one fillet on top of a leaf, repeat with remaining fillets. Sprinkle fish with lemon juice, salt and pepper. Dividing evenly, spread butter mixture over each fillet, and wrap leaf around, tucking stalk underneath to secure. Roast until just cooked through, 12 to 15 minutes.

Chard & Baked Cheese Polenta

1 bunch chard 8 garlic cloves, minced 2 tsp water
Olive oil 1 ¾ cups water ¼ tsp salt
1 can vegetable broth 1 cup yellow cornmeal ½ cup crumbled goat cheese
3 tbsp grated fresh Parmesan cheese ¼ cup sour cream
Preheat oven to 400F. To prepare chard, remove stems and center ribs. Discard stems and chop ribs; coarsely chop leaves. Heat a large pan coated with oil over medium heat. Add garlic; sauté 30 seconds. Add ribs and 2 tablespoons water. Cover and cook 5 minutes. Add the leaves. Cover and cook 5 minutes or until wilted. To prepare polenta, place 1 ¾ cups water, salt and broth into a large saucepan. Gradually add the cornmeal stirring constantly with a whisk. Bring to a boil; reduce heat to medium and cook 8 minutes stirring constantly. Add cheeses, stirring constantly with a whisk. Spoon half the polenta into a 2-quart baking dish coated with oil, spreading evenly. Top with the chard mixture. Spoon sour cream over chard, spreading evenly. Quickly add remaining polenta, spreading evenly. Bake at 400F for 20 minutes. Let stand 5 minutes.

Roasted Chicken with Apples, Pears & Onions

1 Tiny's Organic whole organic chicken 2-4 pears, sliced 2-4 Arkansas Black apples, sliced
1 onion, sliced Olive oil White wine
1 stick butter Salt & pepper
Place chicken in large roasting pan and drizzle with olive oil and season with salt and pepper. Roast at 400F for 30 minutes uncovered. Add sliced fruit, onions, wine to pan and coat with olive oil. Cut butter in chunks and spread over fruit & onions. Roast uncovered until done, about 60 more minutes.

Smoky Mashed Potatoes

Potatoes, mashed with cream, butter, salt & pepper Gouda cheese, shredded
Prosciutto, chopped 3 cloves garlic, minced
2 chipotle peppers in adobo sauce, finely chopped (optional)
Preheat oven to 350F. In a very large bowl combine mashed potatoes, cheese, prosciutto, garlic and chipotle peppers, mix well. Transfer to a casserole dish. Bake covered for 45 to 55 minutes or until heated through, stirring once.

Radish Leaf Pesto

Radish leaves, stems removed
1 ounce hard cheese, such as pecorino or parmesan, grated or shaved
1 ounce nuts, such as pistachios, almonds or pine nuts
1 clove garlic Olive oil Salt, pepper, ground chili pepper
Put all the ingredients in a food processor or blender and process in short pulses until smooth. Taste, adjust the seasoning, and pack into an airtight container. Use within a few days or freeze. Add to pasta, rice or meat dishes. Spread over crackers and top with prosciutto.

Golden Delicious Apple-Chicken Salad

2 cups stock
2 boneless, skinless Tiny's Organic free range chicken breast halves
Salt and pepper
½ cup mayonnaise
¼ cup Tiny's Organic dried pluots cut into ¼ -inch dice
2 Golden Delicious apples cut into ½ -inch chunks
Lettuce leaves separated
Bring stock and 3 cups water to a boil in a medium saucepan. Reduce heat to medium-low and add chicken to stock mixture. Simmer, covered, until chicken is cooked through, about 15 minutes. Remove chicken. When cool cut into ½ -inch pieces. Stir together mayonnaise, salt, pepper, pluots and apple in a medium bowl. Stir in chicken. Refrigerate chicken salad, covered, until cold, about 30 minutes. Serve over lettuce leaves or as a sandwich on wheat bread.

Puffed Pastry with Pear, Blue Cheese & Sautéed Onions

Butter Olive oil Yellow onion, sliced thinly
Pears, sliced Salt and pepper
2 sheets puff pastry, thawed but kept cool
Crumbled gorgonzola or other blue cheese
Melt the butter with the olive oil in a pan. Add the sliced onion and cook, stirring occasionally, until the onions soften and turn brown, 30 to 40 minutes. When onions are done, sprinkle with salt and pepper to taste. Preheat oven to 375F. Line cookie sheets with parchment paper and transfer one sheet of pastry dough to each. Cut the pastry sheets into triangle, wedge, or diamond-shaped pieces about 2 inches wide. Lay a pear slice in the center of each wedge. Top with a small pile of caramelized onions and gorgonzola or blue cheese. Bake in oven until fully puffed and golden, about 25 to 30 minutes.

Spiced Honey Pear Bread

3 ½ cups flour
1 tsp baking powder
1 tsp baking soda
1 tsp salt
1 ½ tsp cinnamon
1 tsp ground ginger
1 tsp ground nutmeg
½ tsp ground cloves
2 cups packed brown sugar
1 cup olive oil
½ cup honey
2 tsp pure vanilla extract
4 eggs
4 pears, diced
Preheat oven to 350F. Grease and flour two loaf pans. In a bowl, whisk together the first eight ingredients. In a separate large mixing bowl, combine brown sugar, oil, honey and vanilla. Add eggs, one at a time, mixing well after each addition. Stir in flour mixture. Fold in diced pears. Pour into prepared loaf pans. Bake for 55-65 minutes or until done. Cool in pans for 15 minutes. Remove from pan and cool completely.

Apple and Cheddar Scones

3-4 apples apple, about 1 lb
1 ½ cups flour
¼ cup sugar plus 1 ½ tsp for sprinkling
½ tsp baking powder
½ tsp salt, plus additional for egg wash
6 tbsp butter, chilled and cut into ½ -inch cubes plus additional for baking sheet if not lining it with parchment
½ cup sharp cheddar, shredded
¼ cup heavy cream 2 large eggs
Preheat oven to 375 F. Line baking sheet with parchment paper. Cut apples into chunks. Place them in a single layer on a baking sheet lined with parchment paper and bake them, about 20 minutes. They will be about half-baked. Let them cool completely. Whisk flour, sugar, baking powder and salt together. Set aside. Place butter in the bowl of an electric mixer, along with cooled apple chunks, cheese, cream and one egg. Sprinkle flour mixture over the top and mix on low speed until the dough just comes together. Do not overmix. Generously flour your counter top and place the scone dough on top of it. Sprinkle with flour and pat the dough into a 1 ¼ -inch thick, 6-inch circle. Cut circle into 6 wedges. Transfer them to a baking sheet that has either been buttered or lined with parchment paper. Leave at least 2 inches between each scone. Beat remaining egg in a small bowl with a pinch of salt. Brush the scones with egg wash and sprinkle them with remaining tablespoon of sugar. Bake until firm and golden, about 30 minutes. With a spatula, lift them to a wire rack to cool for 10 minutes.