



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](http://www.TinysOrganic.com)

## JUNE 23

### This Week's Harvest

Please note: This newsletter is usually 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. If a variety is ready at that time, we add it to your bag.

- \* Bing Cherries
- \* Tasty Rich Apriums
- \* Apples: Pink Lady or Gala
- \* Detroit Beets
- \* Astro Arugula
- \* Rouge de Grenoblouse Lettuce
- \* Purple Mizuna or Red Giant Mustard Greens
- \* Radish Bunch: Cherry Belle, Plum Purple, Pink Beauty or French Breakfast Radishes
- \* Spring Onions: Walla Walla Sweet or Purplette

### This Week's Recipes

(Recipes on back)

- \* Pasta with Beets & Blue Cheese
- \* Pork, Aprium & Spring Onion Kebabs
- \* Cherry French Toast
- \* Arugula, Beet & Goat Cheese Salad
- \* Aprium Jam
- \* Radish, Butter & Bread
- \* Whole Wheat Spaghetti with Lemon & Arugula
- \* Apple Dumplings
- \* Radish Canapes With Black Olive Butter
- \* Sautéed Mizuna with Minced Chicken

### Crop Talk

Have you heard enough about the weather yet? How about the latest stat which is Wenatchee is about the set a new all time record low average temperature for June.

Fortunately the rain hasn't split any cherries yet and the crop looks pretty good considering the elements they're had to endure. It rained twice over the weekend and the long time forecast is much better with temps in the 80's today and for a couple of days to come. And as cherry aficionados know, rain and cherries don't mix and too much rain causes the skin to split making them unusable. All other crops at the farm look great and we should have plenty of good fruit and produce for the rest of the season. The first week of the program went off very well and so far all members seem to be very happy with their bag contents. Today we have 20 pickers in the cherry orchard harvesting a Bing crop that overall looks pretty good and the flavor is excellent. Our Bing orchard is located in a microclimate that is easily gives us a 10 day early harvest window because of the extra heat units. All the best until next week!. Greg



Heavy rain over the weekend ended our Strawberry harvest, happily Cherries have begun to come in and Bing Cherries are in your CSA bag this week along with Tasty Rich Apriums!

### Bing Cherries

Deep red and incredibly sweet, these Bing Cherries are quite a treat. Eat fresh, use in traditional cobblers, pies and muffins or cook into a sauce and use to top grilled or roasted apriums. Store in the refrigerator.

### Tasty Rich Apriums

Apriums make lovely jams and pair well with hearty meat- or protein-filled dishes. As with most medium to large stone fruits, use the most fragrant ones first and place the rest gently on the counter. Eat when they reach your preferred level of softness or store in the refrigerator for later. Gently rinse with water just before use.

### Pink Lady & Gala Apples

In addition to delicious Pink Lady Apples, Gala Apples will be in your CSA bag to round out this week's fruit selection. The Gala is a full-bodied, sweetly crisp apple with a fragile, unique skin showing red-orange rays streaking over a yellow background. Gala Apples are sweet, crisp and a great snack with cheddar cheese. Eat fresh out of hand, juice or mix the cream-colored apple slices into your fruit crumbles and crisps. Grill apple rings brushed with butter, sprinkle with a cinnamon-sugar-clove mixture and serve with pork chops or chicken. Store Gala apples in the refrigerator for a couple weeks and please do not leave on the counter for more than a couple of days because they tend to soften very quickly at room temperature.

### Astro Arugula

Arugula's pungent flavor is known to be invigorating and thought to act as a digestive tonic. Earthy and spicy, this mustard green is rich in Vitamin C and minerals. When you get home, gently rinse your arugula bunch and any other greens immediately in cold water and pat until dry, then place in a plastic bag and store in your refrigerator. Use within the week. Spice up your day by tossing arugula leaves with sliced or chopped fruit and a creamy cheese for a simple and refreshing salad or stir into pasta or whole grain dishes.

### Detroit Beets with Greens

Dark red Detroit beets are an heirloom variety that dates back to the late 1800's. This variety is excellent for eating raw as well as boiling, canning, baking or freezing. Cut off beet greens, place in a plastic bag and refrigerate for a couple of days. Store beet roots separately in the crisper for up to two weeks. Fresh beets and beet greens alike can be shredded or sliced raw into salads and added to soups. Beet greens are delectable sautéed with olive oil and caramelized spring onions. Serve alongside quinoa, rice, or pasta and pair with red wine. To roast beets, wrap beets in foil and bake at 400F until soft, about 30-45 minutes.

### **Pasta with Beets & Blue Cheese**

1 bunch beets  
1 bulb garlic, minced  
¼ cup fresh orange juice  
2 tbsp olive oil  
½ tsp ground coriander  
Coarse salt and ground pepper  
1 pound gemelli, or other short tubular pasta  
6 ounces blue cheese, crumbled (1 cup)  
Preheat oven to 400F. Place beets in a 9-by-13-inch baking dish; add ½ cup water. Seal dish tightly with foil. Bake beets until tender, 45 min. to 1 hour. Slice beets into wedges. In a large bowl, toss beets with garlic, orange juice, oil, coriander and season with salt and pepper. Cook pasta in a large pot of boiling. Drain pasta, reserving 1 cup of cooking water. Return the pasta to the pot; toss with half of the blue cheese and enough reserved pasta water to coat pasta. Divide the pasta mixture among plates and top with beets and remaining blue cheese.

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### **Pork, Aprium & Spring Onion Kebabs**

Oil, for grates                      ¼ cup aprium jam  
1/8 tsp cayenne pepper            Coarse salt and ground pepper  
1 pork tenderloin (about 1 pound), cut into 20 cubes (each 1 inch)  
8-12 apriums, pitted and quartered  
Spring onions, cut into wedges  
Heat grill to medium; lightly oil grates. Soak four 12-inch wooden skewers in a shallow dish of water for 15 minutes (or use metal ones). Make basting sauce: In a small saucepan, heat jam, cayenne & 1 tbsp water over medium-low until jam is liquefied; season with salt and pepper. Thread pork, aprium & onion onto each skewer. Grill kebabs, turning occasionally and brushing with basting sauce, until pork is cooked through and apricots begin to char, 12 to 14 minutes.

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### **Cherry French Toast**

1 ½ cups milk  
6 eggs  
1/3 cup maple syrup  
3 tbsp sugar, divided  
1 tbsp grated orange peel  
1/8 tsp salt  
8 slices French bread  
4 cups pitted Northwest fresh organic sweet cherries, halved  
½ cup orange juice  
Vanilla yogurt  
Combine milk, eggs, maple syrup, 2 tbsp sugar, orange peel and salt; mix well. Pour half of mixture into each of two 9-inch square baking dishes. Dip both sides of each slice of bread in milk mixture; arrange in the same baking dish. Cover with plastic wrap & refrigerate overnight. Marinate cherries in orange juice & remaining 1 tbsp sugar overnight. Carefully transfer slices to a nonstick, buttered baking sheet using a large spatula; allow excess liquid to drip into pan used for soaking. Bake in a preheated 400°F oven 15 to 18 minutes; turn slices over halfway through baking time. Top each slice with ½ cup cherries and a dollop of vanilla yogurt.

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### **Arugula, Beet & Goat Cheese Salad**

Pour your favorite vinaigrette (olive oil, red-wine vinegar & aprium jam) over roasted beet wedges & arugula; to coat. Roll goat cheese balls into crushed toasted walnuts & then flatten into disks; serve on top of salad.

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### **Aprium Jam**

2 cups diced apriums 1 tbsp lemon juice 1 ½ cups sugar  
Combine all ingredients in a large stock pot. Bring to boil over medium-high heat, stirring occasionally until the sugar dissolves. Once mixture reaches a rolling boil, continue to boil it for 30 minutes, stirring frequently to prevent it from sticking.

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### **Radish, Butter & Bread**

1 bunch radishes  
8 slices fresh dark or white bread, cut into quarters  
½ cup unsalted butter, room temperature  
Fleur de sel, coarse salt, or sea salt  
Wash (don't peel) and trim radishes; set fresh leaves aside. Place the washed whole radishes in ice water for 1 hour. Just before serving, thinly slice radishes into rounds. Each radish round should be tipped with color. Chop or sliver radish leaves. Spread one side of each piece of bread generously with butter. Top with some chopped radish leaves and then cover with the slices of radishes. Sprinkle with salt before serving. Serve with a white wine such as pinot gris or chardonnay.

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### **Whole Wheat Spaghetti with Lemon & Arugula**

½ cup shelled unsalted pistachios  
1 spring onion, cut into eighths  
1 lemon, cut into eighths and seeded  
3 tbsp olive oil  
½ lb whole-wheat spaghetti

2 cups packed arugula  
Freshly ground pepper & Sea salt or coarse salt  
Preheat oven to 375 degrees. Spread pistachios on a rimmed baking sheet. Toast in oven until fragrant, about 8 minutes. Pulse pistachios and shallot in a food processor until finely chopped. Transfer to a large bowl. Without cleaning processor bowl, finely chop lemon. Add to pistachios and shallot; stir to combine. Stir in 2 tablespoons oil.  
Add pasta to boiling water; cook until al dente, according to package instructions. Drain, reserving 1/2 cup cooking water. Toss pasta with pistachio mixture until coated. Add reserved cooking water; stir until sauce coats pasta. Stir in arugula, 1/2 teaspoon salt, and remaining tablespoon oil; season with pepper. Divide among 4 serving plates.

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### **Apple Dumplings**

Your favorite pie crust recipe  
6-8 apples  
*Sauce*  
1 c water  
¼ stick butter  
½ c sugar  
½ tsp cinnamon  
½ c brown sugar  
½ c honey  
Make pie crust and roll out. Cut dough into squares large enough to wrap apples. Peel & core apples. Place each apple on square of dough. Fill hole with sugar and cinnamon. Fold dough around apples and seal. Place in baking dish. Make sauce by bring all ingredients to a boil in saucepan. Pour over apples in pan. Bake about 1 hour at 350F. Spoon sauce over apples while baking.

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### **Radish Canapes with Black-Olive Butter**

16 oil-cured black olives, pitted and finely chopped  
2 scallions, finely chopped  
3 tablespoons finely chopped fresh mint  
4 ounces (1 stick) unsalted butter, softened  
Freshly ground pepper  
1 baguette, thinly sliced crosswise and toasted  
4 red radishes  
Mix olives, scallions, mint, and butter in a bowl. Season with pepper. Spread olive butter onto each baguette slice. Thinly slice radishes. Layer 2 or 3 slices on top of each canapé.

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### **Sautéed Mizuna with Minced Chicken**

1 egg white, lightly beaten  
1 ½ tsp tamari or soy sauce  
2 cloves garlic, finely chopped  
1 lb boneless, skinless chicken breast, very finely chopped  
2 tsp canola or peanut oil  
1/3 cup finely chopped onion  
½ tsp chile paste  
1 tbsp lime juice  
1 lb mizuna or mustard, trimmed  
¼ cup finely chopped spring onion greens  
In a medium bowl, mix egg white with ½ tsp of the tamari, garlic and chicken. Cover and refrigerate for 1 hour. Heat 1 tsp of the canola or peanut oil in a wok or large skillet over high heat. Add chicken mixture and cook, stirring constantly, 4 to 6 minutes, or until chicken is cooked through. Transfer chicken to a plate and set aside. Heat remaining 1 tsp oil in pan. Add onions and cook, stirring constantly, for 1 minute. Add remaining 1 tsp tamari, chile paste, lime juice and mizuna and cook, stirring often, until slightly wilted. Return chicken to pan and toss well. Garnish with green onions and serve.

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*For CSA questions, please visit  
www.TinysOrganic.com, call our Seattle Office at  
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