



www.TinysOrganic.com

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

JUNE 30

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.

- * Cherries: Bing & Rainier
- * Tasty Rich Apriums
- * Astro Arugula
- * Romaine Lettuce: Barcarole & Rouge D' Hiver
- * Prize Choy
- * Purple Mizuna OR Red Giant Mustard Greens
- * Lavender OR Garlic Scapes
- * Finale Fennel
- * Sugar Pod Peas OR French Breakfast Radish OR Mixed Summer Squash: Costata Romanesco, Jean et Verte, Eight Ball & Floridor

This Week's Recipes

(Recipes on back)

- * Aprium Bites
- * Bing Cherries Simmered in Red Wine
- * Chocolate-Cherry Bread Pudding
- * Fennel Frond Cakes
- * Penne with Fennel Pesto
- * Roasted Fennel with Parmesan
- * Arugula & Olive Pesto
- * Romaine Salad with Lemon Cumin Dressing
- * Whiskey & Wheat Berry Salad

Crop Talk

It's now officially summer and we're starting to see some nice weather coming our way here in Wenatchee. It's been in the mid 80's for a few days and all the fruit and vegetables are starting to really grow.

Some members have inquired about which greens are which in the bag each week and we were understandably concerned that with a few bags of greens it might be difficult to discern which was which. So we posted a link on the website that shows all the different possibilities that you might be getting from week to week. Look for the fruit and vegetable icons on the CSA page and click the link. For heartier greens there's a link at the bottom of the same column titled 'Cooking Greens Visual Aid.'

Peaches should be ready for harvest next week. Our first variety is called 'Sugartime' and is a very tasty low acid yellow flesh variety that everybody should like. The next peach after that is a low acid white variety called 'Spring Snow' and it should be in the bags the following week. This warm weather just has a way of speeding things up and it's coming just in time for lots of cool varieties of summertime fruit!

Tell your friends that CSA memberships are still available and to check the website for joining information.



Our Rainier Cherry crop is looking good this year and if the weather continues to improve, our peaches should be ready in a week or two.

Rainier & Bing Cherries

Golden with a slight blush, sweet Rainier Cherries can be eaten fresh out of hand as a snack or included in summer drinks or baked desserts. Fresh cherries can be stored in the refrigerator for several days. See the 'Freezing Stone Fruit' section on the back page to learn how to store some of your weekly share of the harvest for the off-season.

Finale Fennel

Finale Fennel is a very hardy Swiss variety that is virtually entirely edible; the green stalks can be cooked and eaten as a vegetable, its stems chopped and added to salads, the flattened white bulb eaten raw or cooked and you can even chop up the leaves for soups, serve with fish or add to salads. Fennel goes very well with lemon, black olives, red chili pepper, olive oil, polenta and butter. To store, separate the stalks and bulb. Keep the unwashed bulb refrigerated in a plastic bag for a week or more. Place the stalks upright in a shallow glass of water, cover with a plastic bag and keep in the refrigerator up to 5 days, snipping off the feathery fronds as needed to mix into salads.

Prize Choy

A variety of Chinese white cabbage, Prize Choy has juicy, celery-like white stalks and smooth, cabbage-like leaves. Slice and add to soups and stews or sauté and stir into rice or serve as a side dish. Prize Choy can also be used to stuff spring rolls and pairs well with sesame oil, garlic scapes, mushrooms, chili, tofu, pork and chicken. Store unwashed Prize Choy in an open bag in the refrigerator for a couple days.

Barcarole & Rouge D' Hiver Romaine Lettuce

Compact, dark-green Barcarole Romaine Lettuce and reddish-bronze French heirloom Rouge D' Hiver Romaine Lettuce are heart-healthy and feed your body with good amounts of fiber, Vitamin C, beta-carotene, folic acid and potassium. Use Romaine lettuce in salads and layer into your lunchtime sandwiches, fill with chicken or beef and rice noodles for a quick meal, wrap around steamed fish or chop and stir into soups. Wash, dry and place romaine lettuce leaves in a plastic bag or wrap in a damp cloth. Store in your refrigerator for up to a week.

A Taste of Tiny's Garlic Scapes or Lavender

Garlic Scapes and Lavender are in very limited supply on the farm right now but we want as our members to get a taste of at least one of these aromatic varieties so we gathering as much as we can and putting a bit of one in each CSA bag. Curly and delicious, Garlic Scapes are shoots trimmed from the top of growing hard neck garlic bulbs. Use as a substitute for garlic in a recipe or chop up and mix into soups, stews, salad dressings, stir-fries, and dips or sprinkle over pizza. Fresh Lavender has a spicy, calming aroma and its versatile leaves and flowers can be used fresh in salads and desserts as well as cupcakes and beverages. To dry Lavender, tightly bundle stems together with a rubber band. Hang upside down away from sunshine for a few days to a couple weeks. When completely dry, the flowers can be used as food garnishes, in sachets or baked dishes or stirred into sugar to make lavender sugar and the leaves can be used in jellies. Store in a cool, dry place.

Packing the Pantry

Tips to help prepare your pantry and freezer for the off-season

Freezing Stone Fruit: Plan ahead to enjoy high-quality local fruit even after our harvest season is over. Start now by regularly freezing some of your favorite stone fruit throughout the summer and fall harvest! Simply cut in half and remove the pit. Seal the halves in a reusable plastic freezer bag, squeezing out excess air to prevent freezer burn. Your bagged fruit will be easiest to work with later if stored in a single layer, frozen flat on a cookie sheet, then stacked. Up to a year later, thaw your frozen fruit, add juice or yogurt and blend for tasty homemade fruit smoothies. Frozen stone fruit is also great in cooked fruit toppings and baked desserts, like crumbles and clafoutis.

Aprium Bites

4 oz cream cheese Powdered sugar, to taste
12 apriums, halved ½ cup pistachios, finely chopped
Mix cream cheese and powdered sugar together and then spoon into aprium halves; sprinkle with pistachios.

Bing Cherries Simmered in Red Wine

4 cups dry red wine
1 ½ cups sugar
2 lbs Bing Cherries, stemmed, pitted
1/8 tsp almond extract
1/8 tsp cinnamon
Stir wine and sugar in heavy large saucepan over medium heat until sugar dissolves. Add cherries. Bring to boil. Remove from heat; let stand 5 minutes. Using slotted spoon, transfer cherries to medium bowl.
Boil cooking liquid until reduced to 2 cups, about 25 minutes. Mix in almond extract and cinnamon. Cool. Pour syrup over cherries; toss. Cover; chill until cold. (Can be made 1 day ahead. Keep chilled.) Spoon cherry mixture over angel food cake & vanilla ice-cream.

Chocolate-Cherry Bread Pudding

6 cups leftover bread, cut into cubes
8 eggs
2 cups heavy cream
3 cups milk
¼ cup whiskey, bourbon, Cognac or Armagnac
½ cup brown sugar
Pinch of salt
2 cups pitted Bing Cherries
2 cups chocolate chips
Let the cubes of bread sit out on the counter for a few hours - you want them kind of stale. Alternatively, toast them in a 350 degree oven for 15 minutes to dry them out. Preheat oven to 350F. In a large bowl, mix together the eggs, cream, milk, liquor, sugar and salt. Add the bread cubes and mix so all the bread is wet. Stir in the cherries and chocolate chips. Let the mixture sit on the counter in the bowl for about an hour, stirring it up every 10 minutes or so to make sure the liquid is well distributed. Put the bread mixture in a large greased baking pan. Bake about an hour, until the center is set and the pudding is puffy. Serve hot, warm or cold.

Fennel Frond Cakes

½ lb fennel fronds
3 eggs
1 cup parmesan cheese
1 cup coarse bread crumbs
1 tsp crushed red pepper
Salt & black pepper to taste
Extra virgin olive oil
Peanut Oil
Wash and parboil fennel fronds for 15-20 minutes. When cool, chop frond stalks finely. When the fronds are cold, place in a bowl (make sure to squeeze out any excess water). Mix all the dry ingredients together with the fronds. Form into patties. Heat frying pan with a very little bit of olive oil cut with a very small amount of peanut oil. Fry fennel cakes on both sides until golden brown. Sprinkle with salt and pepper. Drain again on a paper towel. Best when served warm.

Penne with Fennel Pesto

1/3 cup pistachios, toasted
2-3 cloves garlic, peeled and roughly chopped
½ cup freshly grated Parmesan
1 tsp salt, plus more for pasta water
Ground black pepper, to taste
2 cups fennel fronds (usually from 2 fennel bulbs)
½ cup olive oil
juice of ½ lemon, or to taste
1lb penne pasta
1 cup peas
Put the pistachios, garlic, cheese, salt, and pepper in a food processor. Pulse a few times to grind slightly. Add fennel to the food processor. With the motor running, drizzle in the olive oil until the mixture is reduced to a paste and has a spreadable, but not greasy consistency. Taste and add salt if necessary. Squeeze in a little bit of lemon juice to

taste. Cook pasta until al dente. Add peas to the boiling pasta water in the last few minutes of cooking the pasta. When the pasta is done, drain the pasta in the colander. Return the pasta, along with the peas, into the pot. Stir in the pesto until pasta is lightly coated and flavorful. Squeeze in a little lemon juice, to taste.

Roasted Fennel with Parmesan

4 tbsp olive oil
2-4 fennel bulbs, cut horizontally into 1/3-inch thick slices, fronds reserved
Salt & pepper
1/3 cup freshly shredded Parmesan
Preheat the oven to 375F. Lightly oil the bottom of a 13 x 9 x 2-inch glass baking dish. Arrange the fennel in the dish. Sprinkle with salt & pepper, then with the Parmesan. Drizzle with the oil. Bake until the fennel is fork-tender and the top is golden brown, about 45 minutes. Chop enough fennel fronds to equal 2 teaspoons, then sprinkle over the roasted fennel and serve.

Arugula & Olive Pesto

3 cups arugula
½ cup olive oil
1 small clove garlic, coarsely chopped
¼ cup pine nuts
¼ cup coarsely chopped kalamata olives, or other oil-cured black olive
¼ tsp salt
Freshly ground black pepper to taste
¼ cup freshly grated Pecorino Romano or Parmesan cheese
Place all ingredients except cheese in the bowl of a food processor. Process until smooth. Transfer mixture to a small bowl and stir in the cheese. Taste for seasonings adding salt or pepper as desired. Makes enough sauce for one pound of pasta or mix into wheat berries.

Romaine Salad with Lemon Cumin Dressing

¼ cup freshly squeezed lemon juice
2 tsp ground cumin
2 tsp salt
A few grinds fresh black pepper
2/3 cup olive oil
2 large heads romaine lettuce, rinsed, dried and torn into bite size pieces
In a small bowl, whisk together the lemon juice, cumin, salt and pepper. Very slowly whisk in the oil. Place the lettuce in a large salad bowl and toss with the dressing.

Whiskey & Wheat Berry Salad

1 lb wheat berries, cooked
¾ cup golden raisins
½ cup whiskey
1 tbsp natural cane sugar (or brown sugar)
5 ounces goat cheese
1 ½ tsp adobo sauce (from a can of chipotle peppers)
1/3 cup olive oil
1 tbsp lemon juice
zest of one lemon
Salt
1 cup pinenuts, toasted
3 giant handfuls of lettuce or arugula
Cook the wheat berries and set aside. Place the raisins in a small bowl, add the whiskey and sugar and let soak for a couple hours (or overnight). When the raisins are done soaking, drain off (and save) the leftover whiskey. You'll use it in the dressing. Mash the goat cheese with the adobo sauce until it is well incorporated and set aside. Make the dressing by whisking the olive oil, lemon juice and zest, 3 tbsp of the whiskey (leftover from soaking the raisins) and salt. Whisk well and set aside. Just before serving, in a large bowl, gently toss the wheat berries, raisins, pine nuts, lettuce and a few more pinches of salt. Sprinkle with goat cheese and oregano, toss & serve.