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Tiny's Organic 'Farm to City' CSA 2009 ♦ A Farm Family Growing for You

# Fresh from the Farm

(this newsletter also available online)

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## JULY 8

### 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
- \* Peaches: Spring Snow & Sugartime
- \* Basil: Lemon or Classic Genovese
- \* Astro Arugula
- \* Cabbage, Fava Beans, Broccoli, Spring Onions or Spring Garlic
- \* Yaya bunched carrots
- \* Cucumber Mix: Lemon, Crystal Apple, Satsuki Midori, Adam Pickle or Boothby Blonde
- \* Beets Bunch Mix: Chiogga, Red Ace, Golden
- \* Orion Fennel
- \* Red Russian Kale
- \* Summer Squash Mix: Bennings Green Tint, Goldy, Success Pm Yellow Straight Neck, Yellow Scallopini, Ronde De Nice, Golden Zucchini, Yellow Crookneck, J.E.V., Costata Romanesco, Cocozelle Bush, 8 Ball, Floridor or Partenon

### This Week's Recipes

(Recipes on back)

- \* Summer Squash Risotto
- \* Beets & Spicy Greens
- \* Chipotle Carrot Cucumber Salad
- \* Fish Tacos with Arugula
- \* EZ Summer Squash Bread
- \* Chilly Sugartime Peach Pie
- \* Lemony Cucumber Spritzer
- \* Boozy Peaches n' Yogurt Pops
- \* Cucumber Noodles

### Crop Talk

Cherry harvest is in full swing at the present time and the weather has cooled somewhat from the temps we experienced over the 4th. For the harvest here at the farm we generally begin at 5am and work until about noon each day when it becomes just too hot (> 90F) to maintain cherry firmness. On more moderate days (<80F) we can continue harvest until 2pm and not see any deterioration of quality. Cherry harvest is just so incredibly different than any other crop because of the requirement to cool the cherries as quickly as possible. As pickers fill their boxes, we have a crew with a trailer and tractor who immediately pick up the boxes and head back to our packing facility where the cherries are drenched in cold water to lower the core temperature as cold as possible. Once that is accomplished, they go straight into cold storage at about 28F and are packed into boxes within hours of picking and cooling. We use special bag liners in the boxes that lower the oxygen in the box to approximately 5% (normal air contains about 21%) and that helps slow down maturity and keep them almost as fresh as when they were picked. Many commercial packing sheds also use the same technique and as a result are able to ship to Pacific Rim countries (Taiwan, SE Asia etc) by boat instead of plane. That trip can take up to 2 weeks or more but arrivals are usually very good with the cherries looking much like they were picked the same day!! In your bag this week are Bings and Rainiers and we anticipate having cherries each week from now until the end of July. The last variety we pick is the Sweetheart and they should be ready to pick in a couple of weeks or so.



Pictured is the Floridor Summer squash, one of thirteen varieties of Summer Squash growing at Tiny's.

### CSA News: Biodegradable Plastic Bags

After much searching, Tiny's crew has found a source for biodegradable and recyclable plastic bags to protect your organic produce as it travels from the farm to you. Before recycling, we encourage you to reuse the bags at home each week to store greens and root vegetables separately and to protect summer squash and stone fruit in the refrigerator. They also work well to carry fruit and other goodies for lunch or snacks to work, school or around town.

### Astro Arugula

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 fruit and a creamy cheese for a simple and refreshing salad. Arugula's pungent flavor is known to be invigorating and to act as a digestive tonic.

### Beets

Beets detoxify our bodies and help strengthen our immune systems. 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. Roast beet roots in olive oil for a sweet treat. Beet greens are delectable sautéed with olive oil and caramelized spring onions. Serve alongside quinoa, rice, or pasta and pair with red wine.

### Carrots

Rich in beta-carotene and a good source of dietary fiber, vibrant carrots accent many dishes and pair well with chives, cumin, curry, onions and ginger. Cut off carrot greens and store wrapped in a moist paper towel in a plastic bag in the crisper. Use carrot greens within a day or two by chopping and stirring into soups or tossing with raw salads. Store the whole carrot roots separately in another plastic bag with a moist paper towel wrapped around them for up to a week and a half. Try grating into salads, sautéing in a little butter or getting spicy by making Chipotle Carrot Cucumber Salad.

### Cucumbers

What cucumbers is Tiny growing for you this season? Sweet, yellow and apple-shaped **Lemon Cucumbers**, pale-green, mild and round **Crystal Apple Cucumbers**, oh-so-sweet and long **Satsuki Midori Cucumbers**, 4-inch gherkin **Adam Pickle Cucumbers** and saffron yellow **Boothby Blonde Cucumbers**. Take just one bite and you'll quickly realize that these cucumbers are not only crisp but also cool and moist attesting to their exceptionally high water content. They will keep for up to a week in the vegetable crisper of the refrigerator. Best when served raw, sliced or grated into salads, dressed with yogurt or sour cream or stirred into cocktails. Just wash and trim then cut into spears, slice, or grate right before final preparation. There is no need to peel homegrown cukes, as taste and nutritional value suffer, unless the recipe requires peeling. On a hot summer day, there is nothing like a cold cucumber salad, whether it's German with sour cream, chopped chives, and a sprinkling of paprika or Oriental with raisins, black olives, and chopped water chestnuts. A couple of cold cucumber slices will do wonders when laid over tired eyes. You can even cook cucumbers in a variety of ways if you are feeling adventurous in the kitchen; try Cucumber Noodles and see what you think!

### Orion Fennel

Virtually all of the fennel plant is edible; roots and stalks can be cooked and eaten as a vegetable, stems chopped and added to salads, the 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. Thinly shave the bulb and soak in lemon infused ice water until it curls, then add to a raw salad. Tiny's crew recommends simply grilling this tasty veggie for a quick dinner. 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.

### Summer Squash

Quite the nutritional powerhouse, summer squash is a good source of omega-3 fatty acids, vitamin B1, vitamin B2, vitamin B6, manganese and protein. Perfect for warm weather, summer squash has high water content and occasionally needs draining to avoid becoming too watery. To drain, cut into slices, arrange in a shallow dish and sprinkle with salt. After 20 to 30 minutes, rinse slices under cold running water and pat dry. Summer squash keep up to a week when stored in the refrigerator in a plastic bag. Serve thin, unpeeled raw slices in salads or with dips. Add a little brown sugar, honey or maple syrup when cooking to produce a sweeter taste. Experiment with sweet spices like allspice, cinnamon, cloves, ginger and nutmeg or try more pungent flavors like basil, mustard and rosemary.

## Summer Squash Risotto

2 cups Summer Squash, halve lengthwise, cut into 1/2-inch-thick half rounds  
2 Spring Onions, minced  
4 tbsp butter  
2 cups Arborio rice  
1/4 cup dry white wine  
4 cups water  
4 cups vegetable broth  
1 head Spring Garlic, slivered  
1/4 cup Genovese or Lemon Basil, chiffonade  
1/2 tsp lemon zest (*not necessary if using Lemon Basil*)  
1/2 cup Parmesan, plus more for serving, finely grated  
Salt and pepper

In a medium saucepan, boil the water and vegetable broth together then reduce heat to maintain a low simmer. In a Dutch oven or large pot, melt 2 tbsp butter over medium heat until it foams then stir in the onions and cook until translucent. Add the rice and stir until coated with butter. Continue to cook and stir. When the rice begins to appear opaque, pour in the 1/4 cup of white wine and stir until absorbed. Add one cup of broth to the rice, stir and wait until all the liquid is absorbed. Repeat six times, then stir in the summer squash and spring garlic. Begin to add broth 1/2 cups at a time, stirring and waiting for it to be absorbed. When the rice is cooked to your liking and the summer squash has become tender, take it off the heat. Stir in the basil, zest, Parmesan and 2 tbsp butter. Season to taste and let it sit for a few minutes before serving.

*Adapted from Diggin Food, August 2008*

## Beets & Spicy Greens

4 Beets, stems and root ends removed  
1 bunch Beet Greens, chopped  
A couple handfuls Kale, chopped  
1/8 cup walnuts or pine nuts, chopped  
Balsamic vinegar & olive oil  
Freshly ground black pepper and sea salt, to taste  
Goat cheese

Heat oven to 400F. Wrap beets in foil and roast until soft, about 30-45 minutes. Cut roasted beets into wedges, place in medium size bowl and drizzle with olive oil and vinegar. Add nuts, beet greens and kale, then toss. Season to taste and crumble goat cheese on top.

*\* Beets & Spicy Greens pair nicely with crackers, pungent cheese and jam. It also works well as a salad with balsamic vinegar, jam & olive oil.*

## Chipotle Carrot Cucumber Salad

1 Cucumber, halved lengthwise, cut into 1/4 inch thick half-moons  
3 medium carrots, halved lengthwise, then sliced crosswise 1/4 inch thick  
1/2 cup Spring Onion, thinly sliced  
1/2 cup cilantro, chopped or other fresh herb  
1 tsp lime zest, grated  
1 1/2 tbsp lime juice  
1 tbsp canned chipotles in adobo, minced plus 1 tsp sauce  
Salt to taste

Combine all ingredients, let marinate for 5 minutes, stir and serve.

*Adapted from Andrea Albin, Gourmet, February 2009*

## Fish Tacos with Arugula

8 soft corn tortillas  
3 (6-ounce) poached cod fillets, flaked (*or other favorite fish such as halibut*)  
1 tsp fresh ginger, grated  
2 tsp lime juice

A couple handfuls Arugula leaves, torn into bite-sized pieces

2 Spring Onion bulbs, finely chopped

2 Cucumbers, finely chopped

Mix the fish, ginger and lime juice in a bowl. Wrap the corn tortillas in foil and heat in a 400F oven for 5 minutes or so. When slightly softened, spoon some fish onto each tortilla and top with arugula, spring onions and cucumber.

*Adapted from Kay Chun, Real Simple, April 2003*

## EZ Summer Squash Bread

3 eggs (whites only)  
2 c sugar  
2 c shredded summer squash...all varieties will work  
1 c olive oil  
1/2 tsp salt  
1 tsp baking soda  
2 tsp baking powder  
3 c flour

Mix egg whites and sugar, then add all other ingredients. Divide into two lightly oiled bread pans. Bake 40-50 minutes at 350F. *\*Freeze for use later!*

## Chilly Sugartime Peach Pie

4 Sugartime Peaches, chopped  
1 tbsp sugar, plus a spoonful for sweetening  
1/2 recipe Handmade Whipped Cream  
(*see June 17 CSA newsletter, available online*)  
3/4 cup Greek yogurt, plain or honey  
1 pie crust (your favorite recipe), premade and prebaked in pan

Stir chopped peaches and 1 tbsp of sugar in a bowl; leave alone for about a half hour then mash gently with a fork. Mix the Greek yogurt into the peaches then fold in a good amount of the Handmade Whipped Cream, leaving some to top the pie. Sprinkle sugar into peach mixture to taste then pour it all into the pie pan. Freeze for several hours until firm, top with whipped cream.

*Inspired by The Kitchen*

## Lemony Cucumber Spritzer

48 oz seltzer water  
16 oz vodka, plain, lemon or cucumber (*optional or replace with more seltzer water*)  
24 slices Cucumber with peel  
2 lemons, sliced  
A medium handful of Basil leaves or sprigs  
2 trays ice cubes  
Put cucumber, lemon slices, basil and two trays of ice cubes in a clear pitcher. Pour seltzer water and vodka overtop. Stirring occasionally, let the ingredients chill together for about 10 minutes. Pour into 8 glasses, making sure each serving gets ice cubes, several slices of cucumber, a couple of slices of lemon and a couple basil leaves.

## Boozy Peach & Yogurt Pops

3 ripe Spring Snow peaches, chopped  
3/4 cup Greek yogurt  
1/2 cup superfine granulated sugar  
1 tsp fresh lemon juice  
1/3 cup water  
2 tbsp Amaretto  
1/8 tsp salt

Pour all ingredients into blender and puree. Pour mixture into 8 (1/3 cup) ice pop molds, insert one wooden stick into each filled mold and then put in the freezer for over 30 min.

*Adapted from Kay Chun, Gourmet, July 2009*

## Cucumber Noodles

3 Cucumbers, peeled and seeded, julienned  
2 tbsp butter  
2 tbsp Basil, finely chopped  
1/2 tsp sea salt (*or to taste if using unsalted butter*)  
1/4 tsp black pepper  
1/2 tsp finely grated fresh lemon zest  
1 tsp fresh lemon juice  
Bring 4 quarts of salted water to a boil and add cucumbers. Blanch 1 minute, drain in a colander, immerse colander in bowl of ice and cold water for a couple minutes, drain and pat dry cucumbers. Heat butter in a large, heavy skillet over medium heat until it finishes foaming. Add cucumbers, basil, mint, salt, pepper, lemon juice, zest and toss. Cook for a minute until warmed through.

*Adapted from Paul Grimes, Gourmet, March 2007*

*For CSA related questions, please visit our website, [www.TinysOrganic.com](http://www.TinysOrganic.com), or contact our Seattle Home Office, 206.762.0577 or [info@ilovetiny.com](mailto:info@ilovetiny.com).*