



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

Fresh from the Farm (this newsletter also available online)

www.TinysOrganic.com

July 15

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.

- * Arctic Star Nectarines
- * Flavorosa Pluots
- * Lapins Cherries
- * Peaches: Spring Snow & Sugartime
- * Lemon Basil
- * Miami or Yellowstone Carrots OR Lisbon or Purplette Onions OR Chiogga, Touchstone Gold & Red Ace Beets
- * Cucumber Mix: Lemon, Crystal Apple, Satsuki Midori, Adam Pickle or Boothby Blonde
- * Small Lettuce Heads: Rouge de Grenoblouse, Red or Green Deer Tongue, Santa Fe or Nevada
- * Sugar Daddy Peas OR Baby Pink Beauty, Plum Purple or Cherry Belle Radish
- * 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)

- * Lemon Basil Butter
- * Snap-Pea Summer Squash Salad
- * Sunburst Carrot Salad
- * Peach Sangria
- * Vietnamese Cucumbers
- * Port Pluot Tart

Crop Talk

We occasionally get inquiries about how we can harvest peaches and nectarines so early in the season. Most people have a harvest 'clock' they use to calculate just about when each particular variety of fruit should start to show up in stores or in Farmers Markets or indeed, in our members' CSA bags. And then we get the inevitable question: Did you get your peaches/nectarines from California? The quick answer is 'NO'. And here's the reason: Modern day fruit breeders focus their attention on harvest 'windows' and breed new varieties of fruit to fill in those windows on the calendar. As an example of that, here at Tiny's we like to be able to have a good selection of all fruit varieties all season long. So that's why you'll likely keep getting peaches/nectarines/plums/pluots almost every week. We make contact with fruit nurseries around the country to see if they have bred a certain variety of fruit tree to fill a gap in our harvest season. When we find a particular variety that is harvested at a time when we don't already have something else at that point in the season, we're usually interested in trying it out. That is basically why we can pick peaches very early in the season or very late. You've been getting the Sugartime Peach in your bag for a couple of weeks now and that variety is one of the earliest ones out there...and it tastes great too! And the nursery that supplies that variety has a peach variety every week of the season from mid June through mid October. So enjoy your peaches and nectarines this week and know we'll try to keep them coming every week for as long as we can!



Eating in Season & Packing the Pantry

This past weekend, several of us took some time to get ready for winter! After a morning harvest, we cooked, canned and packed the freezer all day. Cucumbers, beets and carrots were pickled and put up in the pantry and peach and cherry pies went in the freezer. As we washed, chopped and grated for hours, we contemplated about **eating in season**. Last year, summer seemed to fly by and while we enjoy throwing ourselves into farm work and eating plenty of fresh produce *in season*, we never really got around to putting up any food and sadly, our pantry and freezer were quite empty come winter. This year, our goal is to really take advantage of each item as it comes in season, eat it super fresh (before it is out of season) *and* also keep some for the winter months. Tiny's crew is all on board and we encourage you too to make that your goal. To help us all along, we are happy to introduce a new regular section on the back page of your weekly newsletter, **'Packing the Pantry'**, which will include tips on how to store different varieties in your bag for winter. Those Tiny's CSA members with experience in putting up fruit and vegetables, what suggestions or recommendations do you have? What are your favorite ways to pack your pantry?

Arctic Star Nectarines

The white flesh of the Arctic Star nectarine is sweetly tinted pink. A freestone white fleshed peach, this selection is a sweet, low-acid variety that can be eaten hard like an apple or if you like a softer nectarine, just keep them at room temperature for 2-3 days. Once the fruit reaches your preferred texture, nectarines can be stored in the refrigerator for a couple days. Eat fresh out of hand or slice up, grill and drizzle honey over top for a tasty side dish.

Lemon Basil

Sun-loving Lemon basil brings a bright, balanced citrus and basil pop to many dishes. To keep this sensitive herb fresh for a few days, take off leaves from the bottom couple of inches of the stem and place the stems in a glass of water on the counter. Pick fresh lemon basil leaves as needed. Cook with vegetables, meat and fish or chop and mix raw into fresh salads.

Flavorosa Pluots

A dynamic combination of plums and apricots, pluots are renowned for their sweetness and flavor. Flavorosa pluots have smooth, tart purple skin and sweetly intense, dark red flesh that you're sure to love. Full of Vitamin C, they give a healthy boost to summer smoothies, fruit salads and green salads. Pluots are ready to eat, firm or soft. For later use, store in the fridge for up to a week.

Sugar Daddy Snap Peas

Sweet and high in protein, Sugar Daddy Snap Peas are a stringless cross between a snow pea and a green pea. Snap peas require a quick parboiling or blanching before adding to pasta and stir-fries. They also make an elegant dish when simply cooked with butter and chopped fresh herbs. Snap peas keep well if stored unwashed in plastic and refrigerated for up to 3 days.

CSA Member Laura Dooley's "Spaghetti with Summer Squash"

12 oz whole-wheat spaghetti
2 tbs olive oil
1 medium summer squash (I used the round light green one with the 'crown')
Salt
1 bag Fava beans, parboiled and popped out of skins (*Sugar Daddy Snap Peas might work here, too*)
3 cloves spring garlic, sliced thin
¼ tsp crushed red pepper (or to taste)
2 oz grated Parmesan
Cook the pasta, reserve ½ cup of pasta water and return pasta to pot. Meanwhile heat the oil in a large skillet over medium heat, add squash and ½ tsp salt and stir-fry 4-5 minutes until tender crisp. Add Fava beans, garlic and red pepper and heat through, about 2-3 minutes. Toss the pasta with the reserved water and half the Parmesan. Serve the pasta into bowls and top with squash mixture. then top with remaining Parmesan. *Inspired by Linguine & Chickpeas, Real Simple, August 2009*

Packing the Pantry

QUICK SPICY PICKLED CARROTS

Ingredients

- 1 bunch carrots (cut tops off clean and blanch for 2 minutes and then cool)
- 1.5 tablespoons kosher salt
- 1 tablespoon sugar
- 1/2 cup distilled white vinegar (5 percent acidity)
- 1 tablespoon coriander seeds
- 3 large garlic cloves, halved
- 2 long red hot chillies, halved lengthwise
- 5 dill sprigs (or dried dill)

Pack vegetables into a clean 1-quart glass jar. In another jar, combine the salt, sugar, vinegar, coriander and garlic. Shake until the salt and sugar dissolve. Add 1 cup of water and pour the brine over the vegetables. Tuck the chillies and dill between the vegetables. Add enough water to keep the vegetables submerged. Close the jar and refrigerate overnight or for up to a month.

Lemon Basil: For long-term storage, try chopping the leaves then adding to butter and store in the freezer. Cut off slices as needed and spread on fish before cooking, toss with hot pasta and veggies, spread on sliced baguettes or melt into a baked potato. Alternatively, puree the leaves for pesto, freeze the finished product in ice cube trays then pop out, bag and freeze. Use a pesto cube at a time all winter long.

Arctic Star Nectarines, Flavorosa Pluots, and Spring Snow & Sugartime Peaches: Cut down on your pie making time for those cool weather get-togethers and freeze your pie filling now. Slice and blanch your peaches then mix with sugar. Line a pie dish with plastic wrap and pour in your peaches. Place in the freezer until solid, then remove from pan, wrap tightly store until needed. Later, make an easy crust and press it into the pie pan, place the frozen filling on top, sprinkle on your favorite spices and bake!

Summer Squash: Wash and cut squash in 1/2-inch slices or cubes. Blanch in water for up to 3 minutes. Cool promptly in an ice bath, drain and place in plastic freezer bag or container, leaving 1/2-inch headspace. Seal and freeze for up to 9 months.

Lemon Basil Butter

- 1 stick butter, softened
- 1 clove garlic, minced (optional)
- 1/4 cup Lemon Basil, chopped
- 1 tsp lemon juice
- Sea salt, to taste

In a medium bowl, cream butter and mix with other ingredients. Place mixture in a mound on a large square of plastic wrap or waxed paper. Roll mound into a log shape within the plastic or paper and twist the ends. Chill in the refrigerator or freezer until firm. Keeps for a week in the refrigerator or a few months frozen.

Snap-Pea Summer Squash Salad

- 1 lb summer squash, sliced paper-thin
- 1/3 cup loosely packed mixed greens (lettuce, basil, radish or beet greens)
- A large handful Sugar Daddy Snap Peas, blanched and cooled
- 3 tbsp extra virgin olive oil
- 1 tbsp fresh lemon or lime juice
- Salt and pepper to taste
- 1/4 c toasted nuts (pine or your preference)
- Parmesan or another hard cheese for shavings
- Fresh Lemon basil sprigs for garnish

Stack the mixed green leaves, roll them together lengthwise and slice crosswise to make very thin slivers. Place in bowl and add squash and snap peas in bowl. Combine the oil and lemon juice in a small bowl and whisk together. Whisk in the salt and pepper and pour the dressing over the contents of the bowl. Add the nuts and toss all together, gently, but thoroughly. Let mixture stand for about 15 minutes to soften the squash and develop the flavors. Transfer salad to serving dish or to four individual salad plates. Garnish with shavings of cheese made with a vegetable peeler and a few sprigs of lemon basil. Serve with rice or pasta if desired. Serves four.

Adapted from Erin & Rosalie's Organic Farm Kitchen

Lemon Basil Pesto

- 2 cups chopped lemon basil (including all flower tops if possible)
- 6-8 cloves roasted garlic
- 1/3 - 1/2 cup extra virgin olive oil
- 1/2 tsp fresh ground black pepper
- 3/4 tsp sea salt
- 1/3 cup grated Parmesan or Romano cheese
- 1/4 cup toasted pine nuts or walnuts
- Additional olive oil for storage

Roasting the Garlic

You can use the shortcut of quick-cooking coarsely chopped garlic immersed in olive oil in the microwave for a 10 second burst. If you have the time, go 'old school' and wrap your garlic cloves (still in their 'paper') in foil with some olive oil and put into a 325°F oven for one to two hours. They're done when soft and ooze a little garlic when lightly squeezed.

Toasting the Pine Nuts or Walnuts

Heat a broad pan (at least 12") over a medium burner. Add a touch of olive oil and your chosen nuts. Shake, shimmy and move them all around; you can use a spatula or spoon to help agitate the nuts. Don't let them sit for more than 10 or 15 seconds without stirring. Once you see browning start, turn the heat off and be ready to take them out. Pine nuts burn especially quickly, so don't get greedy. That browned flavor will travel, so no need to push your luck. Take them out and allow a few minutes to cool on a plate or flat surface.

Making the Pesto

In a food processor, place the basil, roasted garlic, toasted nuts, sea salt and pepper. Turn on high for at least a few seconds before slowly drizzling in all of the olive oil as the mixture blends. This will take a minute or more. Allow everything to blend at least 20 seconds once all of the olive oil has been added. You can add your chosen cheese (while the food processor is still running) at the very end of the blending process, for about 5 seconds. Or you can fold the cheese in by hand after the pesto has been extracted. The third way is to add/mix the cheese when you use the pesto in whatever you do with it (**Pesto also freezes nicely. But if you foresee freezing as your storage method, do not add any cheese since it doesn't freeze well in pesto**). Extract pesto with a spatula to get every tiny flavor-packed bit. Store in a container that provides enough room to add olive oil so that (when poured in carefully) it covers the pesto evenly with about half-an-inch (1/2") of pure extra oil. Take the added step of carefully placing a small piece of saran on the oil topping to keep any oxidation from occurring. Refrigerate indefinitely, as long as each time you use some pesto you reapply more protective olive oil and saran the same way. www.examiner.com

Vietnamese Cucumbers

- 4 cucumbers, halved lengthwise, sliced into half-moons
- Salt and pepper
- Fish sauce
- 1-inch piece fresh ginger, peeled and julienned
- 2 tbsp palm sugar or raw brown sugar
- 1 tbsp fresh chillies, finely chopped, to taste
- 3 limes
- Handful Lemon basil sprigs, roughly chopped
- Bunching onions and greens, thinly sliced

In a bowl, mix cucumbers, salt, pepper, fish sauce, ginger and sugar then let sit for a few minutes. Add chiles and lime juice, toss, cover and marinate in refrigerator. Add basil leaves before serving, season to taste with salt and pepper then sprinkle with bunching onions and greens.

Recipe adapted from David Tanis, Figs on a platter