



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

JULY 21

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.

- * Apricots: Riland & Perfection
- * Cherries: Lapins
- * Peaches: Sugartime & Spring Snow
- * Pluots: Flavorosa & Flavor Supreme
- * Lettuce: Jericho Romaine
- * Summer Squash (*Your bag may contain one or more of these varieties depending on size*): Costata Romanesco, Jean et Verte, Eight Ball & Floridor
- * *These varieties had a light crop ready for picking this week so your bag will be rounded out with ONE of the following:* Cucumber Mix OR Cabbages OR Pioneer Shelling Peas

This Week's Recipes

(Recipes on back)

- * Super Easy & Delicious Summer Squash Butter (or Marmalade)
- * Pluot & Peach Crisp
- * Squash Ricotta Cheesecake
- * Portobello-Squash Tacos
- * Braised Romaine Lettuce Crostinis
- * Pluot Cake
- * Apricot & Biscuit Crostata

Crop Talk

Thanksgiving in July?

We wouldn't normally talk turkey this early in the season but just want to give our CSA members a 'heads-up' for ordering a Thanksgiving turkey. We're raising a limited number of organic free-range turkeys in seven different varieties including the Rio Grande Wild Turkey. For ordering info log on to the website and in the left column just above the picture of the CSA bag, click the link that says 'Free-Range Turkey Order Form' and the process is fairly self-explanatory from there. There's also a link to the varieties on the online order form so you can read all about each particular variety. If you have any questions about the whole process just call me at 509.264.3973 and I'll try my best to give you a good answer(s). And while we're on the subject of poultry, most of our Farmers Markets this week are carrying organic free-range Cornish Game Hens. And I can personally guarantee they are absolutely delicious—I cook the whole bird on my bbq turning it over after a few minutes to thoroughly cook both sides and generally on a very high heat because it seems to bring out the best flavor. In a couple of weeks we'll have whole chickens and parts again at the markets. All the best from Farmer Greg and we'll talk again next week.



Cherry season continues with the harvest of our Lapins this week and Sweetheart cherries are up next in a week or so.

Lapins Cherries

The Lapins Cherry was developed by Dr. Henry Lapins at the Summerland Research Canada station in B.C. in 1981, it is the only fruit ever released from that station that did not start with an 'S'. Lapins is a great tasting, sweet red cherry variety with a nice high sugar and low acid flavor balance. It's a grower's favorite because of its high tolerance to rain and propensity to larger sizes because of its Stella/Van parentage. Sweet Cherries store fresh in the refrigerator for several days and make delightful pies, crumbles, cobblers, tarts, smoothies, ices and sauces.

Riland & Perfection Apricots

Fresh apricots have a velvety skin and a smooth, sweet flesh. The flavor has a just a hint of tartness that makes it a refreshing treat. Yellow skinned with a red blush, Riland Apricots are unusual in that they ripen from the inside out, so don't wait too long to get at them. Eat while they are still slightly firm and remember that even if the outer skin looks a little green the inside may be orange and just right for eating. Perfection Apricots are one of the largest apricot varieties. They have clear, yellow to deep orange skin and flesh. Once ripened, store apricots for no more than a few days in the refrigerator. Apricots can be enjoyed fresh, cooked or baked. Try poaching with vanilla and cardamom or cinnamon and sprinkling with pistachios, halving and stuffing with almond paste and baking, chopping to add a boost of flavor and Vitamin A to your morning cereal or slice and add to your daily fresh salads.

Sugartime & Spring Snow Peaches

Our Sugartime and Spring Snow Peaches are sweet and juicy clingstone varieties, just right for small batch canning and preserving or baking. Don't feel like going near the stove? A simple way to save some of the peach harvest for winter months is to drop the whole peach into a plastic freezer bag, zip shut and toss in the freezer. When you want a fruit snack, just run the frozen peach under water for a moment and the skin will slip off. Slice into a bowl and wait until the iciness is gone. Then enjoy the next best thing to fruit fresh from the tree!

Flavorosa & Flavor Supreme Pluots

The Flavorosa Pluot is the earliest season pluot at Tiny's. It resembles an ordinary plum but once you take a bite you can taste and see the difference. Flavorosas feature an extraordinary concentrated flavor and dark, very juicy red flesh. Tiny's crew harvests Flavor Supreme Pluots just a few days after Flavorosa Pluots, usually the second week of July. The speckled green skins of Flavor Supreme Pluots hide delicious, bright pink flesh. Pluots can be eaten firm or soft; please keep yours refrigerated until ready to eat. Grill, slice into salads and take to snack on at work!

Cucumber Mix OR Pioneer Shelling Peas OR Cabbage

High in Vitamin C and A, *Cucumbers* are anti-inflammatory, cleansing and easy to use in juices, ice pops, salads, sushi and wraps. Quench your on-the-job thirst by chilling water with cucumbers sliced lengthwise in your water bottle overnight and take to work. Remember, cucumbers don't keep long because of their high water content. Put them in the crisper drawer of your refrigerator and keep up to a week. *Pioneer Shelling Peas* are usually around 3-4 inches in size with 6-9 peas in each pod. Please peel the inedible pod and discard before eating these flavorful peas. *Cabbage* is very versatile and can be eaten raw or cooked until just tender by boiling, steaming, braising, sauteing or stir-frying. Wrap fresh cabbage tight in plastic and store in the refrigerator for up to a week.

Packing the Pantry

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

Use up your summer squash and stock your freezer by doubling your squash bread recipes and freezing the extra loaf for later or make mini loaves and keep in the refrigerator for a quick lunch on the go.

Greek Summer Squash Bread

1 ½ cup flour
1 tsp salt
½ tsp baking powder
½ tsp baking soda
zest of 1 lemon, finely grated
1 ½ cups summer squash, grated/shredded with as much liquid as possible drained and squeezed out
3 garlic cloves, peeled and minced
¼ cup pitted Kalamata olives, chopped
1 4-oz container crumbles Greek feta cheese
1 7-oz jar roasted red bell peppers, drained well, patted dry with a paper towel, then chopped
1 tsp dried oregano
½ tsp dried rosemary
2 tbsp balsamic vinegar
¼ cup olive oil
2 eggs, lightly beaten

Preheat oven to 350 degrees. Grease 9-inch x 5-inch loaf pan with non-stick cooking spray. In a large bowl, combine the flour, salt, baking powder, baking soda and grated lemon zest. In a separate large bowl, stir together the grated/shredded squash (*make sure it has been drained of as much liquid as possible as, if not, it could make for a doughy bread texture*), minced garlic, chopped Kalamata olives, crumbled feta, chopped roasted red peppers (*make sure as much of the liquid as possible has been absorbed from the peppers as, if not, it could make for a doughy bread*), oregano, rosemary, balsamic vinegar, olive oil and eggs. Stir well to thoroughly combine these ingredients. Stir half of the flour mixture into the squash mixture. When well combined, stir in the remaining half of the flour mixture. Spoon the batter into the prepared loaf pan and level out the top with a spatula or large spoon. Bake in the preheated oven for about 1 hour until wooden pick inserted into the center of the bread comes out clean. Cool in pan for 10 minutes and then invert it onto a plate, turning it right side up.

This Week's Recipes

Super Easy and Delicious Summer Squash Butter (or Marmalade)

2 lbs summer squash
¼ cup olive oil or butter
2 minced shallots, garlic, or combo of both
Salt and pepper

Coarsely grate the summer squash. Let it drain in a colander for 3 to 4 minutes or until you are ready to begin cooking or squeeze the water out of the squash by wringing it in a clean cloth towel. In a deep skillet, heat the olive oil/butter. Sauté the shallots briefly. Add the squash and toss. Cook and stir over medium to medium-high heat until the squash reaches a spreadable consistency. The squash will hold its bright color and slowly caramelize into a nice vegetable jam. Enjoy on toast, or as a side dish all summer long! *Feel free to add extra zucchini. It may take a little longer to cook, but this recipe keeps well and can be stored in the refrigerator for about a month.

Pluot & Peach Crisp

1 lb ripe peaches
1 lb ripe pluots
¼ cup natural cane sugar or brown sugar
1 tbsp plus 1 tsp arrowroot or cornstarch
¾ cup rolled oats
¾ cup white whole wheat flour (all-purpose flour)
½ cup natural cane sugar or brown sugar
½ tsp cinnamon
big pinch of salt
1/3 cup butter, melted
1/3 cup yogurt

Preheat the oven to 400F. Cut the peaches and pluots into bite-size pieces. Place the chopped fruit in a medium-sized bowl. In a separate small bowl whisk together the ¼ cup sugar and the arrowroot. Sprinkle over the fruit, toss gently and transfer the fruit to an 8-inch square baking dish. To make the topping combine the oats, flour, sugar, and cinnamon together in a medium bowl. Stir in the butter and then the yogurt and mix until everything comes together in a dough-like texture. Sprinkle the crumble evenly over the pluot and peach mixture. Place the baking dish in the oven, middle rack, and bake for about 20-25 minutes, or until the topping is golden. Sprinkle a bit more sugar on top as it comes out of the ovens, and if you have a lemon on hand, grate a bit of zest on top. Enjoy warm or at room temperature.

Squash Ricotta Cheesecake

2 cups squash, unpeeled & grated
1 tsp salt
2 ½ cups ricotta cheese
½ cup freshly shredded Parmesan cheese
2 shallots, chopped
2 cloves garlic, chopped
¼ cup fresh basil, chopped
zest of one lemon
2 large eggs, well beaten
1/3 cup goat cheese, crumbled
drizzle of olive oil

Preheat oven to 325F, racks the middle. Butter/oil a 7-inch springform pan. In a strainer, toss the shredded squash with the salt and let sit for ten minutes. Now aggressively squeeze and press out as much moisture as you can. Set aside. In the meantime, combine the ricotta cheese, Parmesan cheese, shallots, garlic, basil and lemon zest in a medium bowl. Stir in the eggs and continue mixing until well combined. Now stir in the shredded squash. Fill the springform pan with the ricotta mixture and place on a baking sheet. Place in the oven and bake for sixty minutes. If there is any moisture left on top of the cake at this point, carefully use a bit of paper towel to dab it off. Now sprinkle with the goat cheese and return to the oven for another 20 -30 minutes or until the goat cheese is melted and the cake barely jiggles in the center (it will set up more as it cools). At this point, if the cake is baked and set, but the top isn't quite golden, I'll zap it with the broiler (just about a minute) to get a bit more color on top. Remove from the oven and let cool five minutes, then release the cake from its pan. Cool completely, serve at room temperature drizzled with a bit of olive oil.

Portobello-Squash Tacos

5 medium portobello mushrooms, stems and gills removed, sliced ½ inch thick
2 tsp dried oregano
2 tbsp olive oil
Salt and ground pepper
4 medium squash, cut into 2-by-1/2 -inch sticks

1 medium red onion, halved and sliced ¼ inch thick

12 corn tortillas

1 ½ cup Monterey Jack cheese, shredded

½ cup fresh salsa

Preheat oven to 425F. On a large rimmed baking sheet, toss mushrooms with 1 tsp oregano, 1 tbsp oil and ¼ cup water; season with salt and pepper. On another rimmed baking sheet, toss squash and onion with remaining tsp oregano and tbsp oil; season with salt and pepper. Place both sheets in oven. Roast, tossing occasionally, until vegetables are browned and fork-tender, 25 to 30 minutes. Meanwhile, in a small skillet over medium-high heat, warm tortillas according to package instructions (they should be lightly browned but still soft). Wrap loosely in a clean kitchen towel to keep warm. To serve, fill each tortilla with mushrooms, vegetable mixture, shredded cheese and salsa.

Braised Romaine Lettuce Crostinis

Romaine lettuce

Ciabatta or peasant style bread

Goat cheese or another soft mild cheese

Coarse sea salt

Cracked black pepper

Olive oil

Thinly slice bread and lightly toast. Set aside. Wash a few firm, green romaine leaves. Dry thoroughly. Cover bottom of pan in olive oil. Set burner to medium high. When oil is slick and hot, place up to 3 romaine leaves on the pan and apply pressure to the stalks (not leafy areas) so they get maximum contact. Do this for a couple minutes then flip the leaves, salt and pepper generously, cover pan and let cook 2 more minutes. Cook uncovered for last minute and remove from heat when browned to perfection. Place on paper towels to absorb excess oil. Spread cheese across crostinis and fold one romaine leaf in half and place it on top (stalk side down). Enjoy hot or at room temp.

Pluot Cake

2 tbsp water

15 pluots, sliced in 8

1 cup toasted almonds

1 ½ cups plus 3 tbsp sugar

1 ½ cup all purpose flour

3 tbsp tapioca flour

1 tsp baking powder

½ tsp salt

¾ cup earth balance or palm shortening

1 ½ cup rice milk

1 tbsp vanilla extract

Cook sliced pluots, 3 tbsp sugar and 2 tbsp water in a shallow bottomed pan about 5 mins or until the pluots soften a bit but still retain their shape. Cool. Mix almonds and the rest of the sugar in a food processor until ground into a fine powder. Mix in flour, tapioca flour, baking powder and salt. Mix in earth balance, rice milk and vanilla extract until just combined. Place mix into 2 9" tart or pie pans and arrange plums on surface of the batter, not touching the sides of the pan. Bake at 350 for 40 -50 mins. Cool, remove from pan (if using tart pans), and dust with powdered sugar.

Recipe by Lois Blanford, Head Chef, Chaco Canyon Organic Café

Apricot and Biscuit Crostata

makes a 12" round tart

2 lbs apricots, pitted and sliced

¼ cup sugar (or to taste)

3 tbsp rum or brandy

6 tbsp cold butter, cut into chunks

2 cups flour

1/3 cup dark brown sugar

1 tsp salt

4 tsp baking powder

½ tsp nutmeg

½ tsp ground ginger

1 egg

1 cup buttermilk

½ cup orange juice

Powdered sugar, to garnish

Mix the fruit, sugar and brandy and let it macerate all night in the fridge. Preheat the oven to 400F. Line a baking sheet with a 12" square of baking parchment. Spray it with cooking spray or grease and flour. In a food processor blend the cold butter with the flour, sugar, salt, baking powder and spices. Blend in short bursts just until the butter is in pea-sized lumps. Whisk the egg with the buttermilk and combine with the dry ingredients and butter just until it comes together in a soft dough. You may need to add a little more flour to get it into a smooth ball. Pat out into a thick circle on the prepared pan. Drain the apricots and reserve the juice. Spread the fruit evenly on top of the dough. Draw the edges of the dough up over the fruit. Bake for about 45 minutes, or until the biscuit is baked through and golden on top, and the fruit is soft. Meanwhile, simmer the reserved juice and the orange juice until reduced by two-thirds. When the crostata comes out of the oven, brush this syrup over top. Let cool slightly, then sprinkle liberally with powdered sugar and serve.