



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 29

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.

- * Sweetheart Cherries
- * Honey Fire Nectarines
- * Flavor Supreme Pluots
- * Peaches: Sweet Scarlet and Saturn Donut Peach
- * Basil
- * Astro Arugula
- * Dragon Lingerie Beans ("tie-dyed" purple & white appearance) OR Fava Beans OR Eggplant OR Tomatoes OR King Richard Leeks OR Sweet Peppers OR Melon
- * Cucumber Mix: Lemon, Crystal Apple, Satsuki Midori, Adam Pickle or Boothby Blonde
- * 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)

- * Grilled Shrimp & Summer Fruit
- * Baked Peaches with Pistachios
- * Herbs N' Squash Pancakes
- * Spicy Dill Pickles
- * One White Peach Bellini
- * Perfect Pluot & Cheese Pairings
- * Pluot Sherbet

Crop Talk

Crop yields have been very good so far this season with both fruit and vegetables. Because of that we're able to continue to offer memberships to new members who want to join for the balance of the season. And as an added incentive, we're honoring the same pre-season price level and prorating it. So if you have any friends or relatives who might want to join the program, have them call the office at 206.762.0577 and get started this week. Or they can also go to the website and join online.

For many of our summer crops, we're just making the first pick and the yield is always minimal the first time around. When you look in your bag and it doesn't quite match the above list of items, that's quite possibly the reason. We take what we've got and spread it as much as possible throughout the whole membership. Once the plants reach maturity, we expect to be able to supply everybody with the same item.

Can you believe the heat?!?! We've heard on fire in the Seattle area with temps in the low 90's and in our valley the temperatures have been running around 105F and with high humidity which is very unusual. Not good weather for crops but we keep the water flowing which helps lower their stress level...and ours too!!



In the Pacific Northwest, striking clouds of pink blossoms appear on Donut Peach trees in early spring and their juicy flat shaped fruits are ripe and ready to eat in July.

Saturn Donut Peaches

Saturn Donut Peaches are white fleshed with hints of almond, delicately sweet and lower in acid than most peaches. Slice thinly and add to your summer salads with white wine vinaigrette and a touch of honey, chop and mix into fresh salsas and salads or slice, grill on both sides and serve with chicken, pork or as dessert. As white fleshed peaches, Saturns keep up to 4 days at room temperature and up to a week when refrigerated. Allow to come to room temperature before eating for best flavor.

Sweet Scarlet Peaches

Sweet Scarlet is a low-acid yellow-flesh peach variety with an old-fashioned traditional peach flavor. Slice into your morning cereal, scones, muffins or yogurt for a sweet start to the day. Please handle your Sweet Scarlets gently as ripe peaches bruise easily. Either eat crunchy like an apple or allow to soften to your liking on your counter or in an open paper bag, then refrigerate for a few days.

Sweetheart Cherries

Deep mahogany Sweetheart cherries are large, crunchy treats! Eat fresh out of hand as a snack or use in baked desserts. As the end of cherry season draws near, now would be the ideal time to start on those preserves. They make tasty jams and jellies and are easily preserved with sugar and alcohol to make a tasty liqueur and spiked cherries for use in sauces and other desserts over the winter months. (See 'Packing the Pantry' for Slightly Spiked Cherries.) Cherries store fresh in the refrigerator for a couple of days.

Honey Fire Nectarines

Low in calories and high in Vitamins A, C, beta-carotene and potassium, this low-acid yellow flesh clingstone hits all the right notes with its mild flavor. Eat fresh out of hand or slice into salads, tarts and crumbles or grill in chunks with pluots, herbs and shrimp for a refreshing summer dinner. Once the fruit reaches your preferred texture, nectarines can be stored in the refrigerator for at least a week.

Basil

Not only is basil delicious with its hints of clove, anise and mint, it's also soothing to the stomach and aids digestion. Considered a symbol of love in Italy, basil adds wonderful flavor to pizza and pairs well with most vegetables and salad greens. To store, trim the stems, pull off any lower side leaves and stand the bunch in a jar with enough cool water to cover the base of the stems. Leave basil at room temperature for 2 to 3 days and pick off fresh leaves when needed, making sure to change the water daily.

Summer Squash

Summer squash are entirely edible (flesh, seeds and skin) and wonderfully versatile. There are many ways to incorporate them into your everyday cooking! Slice larger squash into ¾-inch rounds, brush with olive oil, fresh garlic, dried oregano, salt, pepper and grill. Flip squash over when grill marks appear. Place grilled squash on toasted bread, layer with cheese & peppers. Combine shredded squash, potatoes, herbs (fresh or dried) & chopped onions or garlic to make a great breakfast hash. Add squash to baked goods such as brownies, muffins, breads & cookies for immediate enjoyment or freeze for later!

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

SAUCY STONE FRUIT DIP

One 1½ inch piece fresh ginger, peeled and thinly sliced
2-4 hot peppers (optional), stemmed
1 ½ pounds stone fruit (plums, pluots, peaches, nectarines), pitted and coarsely chopped
2-4 tbsp lime or lemon juice, to taste
½ c fresh cilantro (or basil) leaves and soft stems
1 tbsp toasted sesame seeds
½ tsp sesame oil
Salt and pepper to taste
Garam Masala for garnish

Mince the ginger and hot peppers in a food processor then add all other ingredients and process until minced. Garnish with garam masala before serving. Use as a dip, marinade or cook into a glaze. Saucy Stone Fruit Dip will keep in the refrigerator for up to five days and in the freezer up to three months.

Adapted from Neelam Batra, Chilis to Chutneys

Sweetheart Cherries: Preserve your cherries in spirits and eat them over the winter. To make SLIGHTLY SPIKED CHERRIES, take 12/3 pounds (700 g) ripe cherries, the zest from half a lemon cut into strips, the weight of the cherries in sugar and 3 cups (750 ml) dry white vermouth and put them into a 2 quart glass jar that seals hermetically. Combine all the ingredients in the jar and put it in the windowsill where it can catch a few rays. Shake the jar once a day for a month, then allow to age for at least six months in a cool, dark place like your refrigerator. *Adapted from recipe by Kyle Phillips, Boozy Cherries—Ciliegie Sotto Spirito*

Shrimp & Summer Fruit

Nectarines
Pluots or Plums
¾ lb large peeled and deveined shrimp
1 lemon halved and thinly sliced
4 tbsp extra-virgin olive oil
2 cloves garlic, minced
2 tsp chopped fresh herbs (such as basil, marjoram, rosemary and thyme)
Salt and freshly ground pepper to taste

Heat oil in a small skillet until very hot. Add garlic and cook briefly until aromatic; do not allow the garlic to brown. Remove from heat immediately and stir in herbs; set aside. Cut pluots and nectarines into 1 inch chunks and thread onto skewers alternately with shrimp and lemon slices. Brush lightly with garlic-herb oil. Grill over medium-high heat for 3 to 5 minutes per side or until shrimp is pink and cooked through. Remove from grill and drizzle with remaining oil.

Adapted from Erin & Rosalie's Farm Kitchen

Baked Peaches with Pistachios

4 ripe peaches or nectarines, halved and pitted
2 egg yolks
1 tbsp sugar
¾ tsp unsweetened cocoa powder
½ tsp vanilla extract
8 amaretti or almond cookies or a large handful granola, coarsely crumbled
2 tbsp shelled pistachios, chopped
½ c sweet wine
Butter

Preheat the oven to 400F and butter a shallow baking dish. Scoop out a bit of flesh from the center of each peach half to make a larger cavity and then finely chop the scooped-out flesh and set aside. In a bowl, whisk together egg yolks, sugar, cocoa powder, and vanilla until smooth and then mix in the chopped peach, crumbled cookies and chopped pistachios. Pour sweet wine into the shallow baking dish and place each peach half, cut side up, in the dish. Mound the peach-cookie-pistachio mixture in each peach cavity and bake for just 20-25 minutes until the peaches are soft and the filling is firm. Baste the dessert a couple times with the cooking juices while baking then drizzle any remaining juice overtop each peach.

Adapted from Cakes, Cookies, Pies & Tarts, Williams-Sonoma

Herbs N' Squash Pancakes

4 summer squash (approx 1½ pounds), coarsely grated and drained
5-6 scallions, finely chopped (½ cup onion or fennel can be substituted here)
9 oz feta cheese
A couple bunches fresh herbs (basil, mint, or parsley), chopped, save a little for garnish
1 tbsp dried mint
1 tsp paprika
1 cup all-purpose flour
Salt and white pepper
3 eggs, beaten
Olive oil for frying
3-4 limes, if desired, sliced, to spritz over finished pancakes

In a large bowl, stir scallions, feta cheese, fresh herbs, dried mint, paprika and flour then season to taste with salt and white pepper. Slowly add the beaten eggs while stirring and then mix in the summer squash to make a very lumpy batter. In a large frying pan, heat olive oil and dropped mounded teaspoonfuls of batter into the hot oil, flattening them with the back of the spoon. Fry each patty about two minutes per side until golden. Allow to cool until room temperature before serving then garnish with leftover chopped fresh herbs and pieces of lime.

Adapted from Nigella Lawson, Forever Summer

Spicy Dill Pickles

12 cucumbers
2 c water
1 ¾ c distilled white vinegar
1 ½ c packed coarsely chopped fresh dill
½ c sugar
8 garlic cloves, chopped
1 ½ Tbsp coarse salt
1 Tbsp pickling spice
1 ½ tsp dill seeds
½ tsp dried crushed red pepper

Combine all ingredients except dill sprigs in large bowl. Stir, let stand at room temperature 2 hours until sugar and salt dissolve. Transfer 4 cucumbers to each of three 1 1/2-pint wide-mouth jars. Pour pickling mixture over to cover. Place a few dill sprigs in each jar. Cover jars with lids and close tightly. Refrigerate at least 10 days. Pickles will stay fresh for up to 1 month. Keep refrigerated. Makes three 1 1/2-pint jars.

Adapted from Bon Appétit, August 1993

One White Peach Bellini

3 ounces Prosecco
1-ounce fresh (or frozen then thawed) white peach puree
Peel, pit, and purée the peaches then strain through a fine sieve. Mix peach puree with Prosecco in a chilled highball glass or champagne flute.

Perfect Pluot & Cheese Pairings

American Blue Cheese (gentle blue from cow's milk)
Pecorino Toscano (nutty, salty, sheep's milk cheese)
Roquefort (strong, salty cheese with bluish mold, made from sheep's milk)
Stilton (rich, crumbly cheese with veins of blue-green mold)
Vermont Shepherd Cheese (buttery, nutty, sheep's milk cheese)
Zamorano (hard sheep's milk cheese from Spain)
Serve pluot slices and any combination of the above cheeses with crackers or nuts for an easy appetizer.
Adapted from California Tree Fruit Agreement

Pluot Sherbet

2 pounds red fleshed pluots or plums
¼ cup sugar
3 tbsp ruby port, wine or fresh red grape juice
In a saucepan, sauté the pluots, sugar and water over low heat until the sugar dissolves, then cover and simmer until the fruit is soft. Puree the fruit mixture in a food processor until smooth, stir in the port, cool completely, then turn into a plastic container, and freeze until sherbet is firm around the edges. Process the mixture one more time in the food processor. When smooth return it to the plastic container and freeze until completely solid. Let sherbet soften for about a quarter hour before serving until you can scoop it easily.

Adapted from 500 All-Time Great Recipes

For CSA related questions, please visit our website, www.TinysOrganic.com, or contact our Seattle Home Office, 206.762.0577 or info@ilovetiny.com.