



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

AUGUST 4

This Week's Harvest

Please note: This newsletter is 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. The varieties ready at that time are added to your bag.

- * Donut Peaches: Saturn
- * Nectarines: Honey Blaze
- * Peaches: Sweet Scarlet
- * Pluots: Flavor Supreme
- * Astro Arugula
- * Carrots: Purple Dragon
- * Cucumbers: Armenian, Boothby Blonde, Green Finger, Lemon or Satsuki Midori
- * Summer Squash: Costata Romanesco, Eight Ball, Floridor, Jean et Verte, Yellow Scallopini or Zephyr
- * *Members may receive a taste of Tomatillos this week if enough are ready to pick at harvest time:*
Purple de Milpa &/or Verde

This Week's Recipes

(Recipes on back)

- * Peach Torte
- * Quick Orchard Cobbler
- * Feta Cheese Stuffed Cucumbers
- * Lox & Cream Cheese Stuffed Cucumbers
- * Spaghetti & Arugula
- * Sour Cream & Donut Peach Cupcakes
- * Donut Peach Orchard Oatmeal
- * Summer Squash Corn Waffles
- * Bratwurst Zucchini Kabobs
- * Caramelized Peach & Brie Quesadillas with Red Chile Honey
- * Pan-Seared Summer Squash
- * Summer Squash Bites
- * Peach Brandy Chicken

Crop Talk

A hailstorm hit the Wenatchee region over the weekend and did some minor damage to our orchard close to the Columbia River. This is the 3rd major storm in 4 days to roll into our region and is probably the most precipitation we've had over the summer months in many years. On a more positive note, our Flavor Supreme pluot crop continues to roll along. FS pluots are a surprise to most people who try them for the first time and the reason for that is their greenish tinted skin. They actually have the appearance of being unripe and there's a tendency to leave them out for a few days to ripen up. But that's just their nature to present with that look. Under that skin is an incredibly deep red flesh with mouth-watering flavor. You'll also find Donut Peaches in your bag this week and that would be the Saturn variety. We have two separate varieties here at the farm and Jupiter is the other variety we harvest in another couple of weeks or so. It's a larger peach and a deeper red in color. We seem to be finally getting into a 'growing season' and all crops are moving along nicely after a precarious spring. Talk to you next week, ATB, Farmer Greg.



Sweet Scarlet Peaches are a low acid yellow flesh peach developed by Floyd Zaiger in California in the late 90's.

Sweet Scarlet Peaches

Sweet Scarlet is a low-acid, semi-freestone, yellow-fleshed peach with an old-fashioned, traditional peach flavor. Halve and roast with cinnamon, brown sugar and butter and top with yogurt, or peel fresh and slice, toss with sugar and marinate in dry white wine for several hours for a no-cook summer dessert. Please

handle your Sweet Scarlet Peaches gently as they can bruise easily. You can eat them when crunchy like an apple or soften them to your liking on the counter and then refrigerate in a plastic bag (peaches need humidity) for a few days. For best flavor, let refrigerated peaches come close to room temperature before eating.

Flavor Supreme Pluots

The speckled green skin of this plum-apricot cross holds a sweet surprise, a delicious bright pink flesh. Slice Flavor Supreme Pluots into a salad for a tangy kick or pressure cook for five minutes to make a pluot puree that can be used as a base for sauce, dessert or baby food. Pluots can be eaten firm or soft; please keep yours refrigerated until ready to eat.

Purple Dragon Carrots

The original carrot, cultivated many years ago in central Asian and Middle Eastern countries, had skin colored in varying shades of purple, quite different from the orange-colored carrots we are accustomed to today. Tiny's Purple Dragon Carrots are a stunning blast from the past and add color to everyday dishes. To store, cut off greens and keep wrapped in a moist paper towel.

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! Place grilled squash on toasted bread and layer with cheese & peppers or 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! For a simple dish, thinly slice summer squash with a mandoline, season with salt and pepper, olive oil and lemon juice to taste, toss lightly, and serve. Store summer squash in the refrigerator.

A Taste of Tiny's Tomatillos (may be included in this week's bag)

This is our first year of growing Verde and Purple de Milpa Tomatillos for our CSA members. Sadly, many of our Tomatillo plants were destroyed by rough spring weather, however, we're holding out hope for the few that remain and want to share at least a taste with you if enough are ready this week. A tart relative of the cape gooseberry and a very distant cousin of the tomato, Tomatillos can be eaten raw or cooked and are traditionally used in salsa verde, chile verde and relishes. Store in your crisper for up to a month.

Packing the Pantry

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

Freezing Summer Squash: You can grate and freeze Summer Squash for later use in bread and soups. If you can, choose mature squash that are about 12 inches long, as they contain less moisture. No need to blanch; simply shred unpeeled Summer Squash, discard center pulp and seeds, then package in freezer bags in pre-measured amounts corresponding with recipes you'll use later. Thaw and drain before adding to a recipe. Or as an alternative, shred and prepare squash or zucchini bread, cookies or muffins now, allow to cool to room temperature, slice if needed, wrap in wax paper and freeze in a plastic container or freezer bag to enjoy piece by piece.

This Week's Recipes

Peach Torte

1½ cups pastry flour 4 oz butter, chopped ½ cup powdered sugar (plus 3 tbsp for garnish)
¼ cup lemon juice 4 peaches, sliced (about 3 cups) 1 tsp finely grated lemon rind ½ tsp cinnamon
Preheat oven to 350F. Place flour, butter and powdered sugar in a food processor. Process for 15 seconds or until fine and crumbly. (Work with a pastry cutter or finger tips if you don't have a food processor). Add almost all the juice and process briefly until the mixture comes together, adding more juice if necessary. Turn the dough out onto a sheet of wax paper and press together until smooth. Roll out to a circle about 12 inches in diameter and cover with plastic wrap. Refrigerate for 10 minutes. Place peaches in a bowl and sprinkle with powdered sugar, lemon rind and cinnamon. Gently toss to coat. Place the dough onto a cookie sheet. Pile peach mixture in the center of the dough in a circle 8 inches in diameter; fold edges of the pastry over the filling, leaving the center of the peaches uncovered. Bake for 30-35 minutes or until golden brown. Dust the top with powdered sugar. Serve with a dollop of whipped cream.

Quick Orchard Cobbler

1 stick butter, ¼ cup 1 cup flour 1 cup milk
1 cup sugar 2 tsp baking powder 4-5 cups fruit
Preheat oven to 350. Melt the butter in 9x13 pan. Mix together the flour, milk, sugar, and baking powder; pour over melted butter. Put fruit of your choice, approximately 4-5 cups over mixture. Sprinkle 1 C. sugar over top. Bake for 30-35 minutes.

Feta Cheese Stuffed Cucumbers

4 medium cucumbers, chilled ½ cup crumbled Greek feta cheese 1 tbsp canola mayonnaise
2 drops Worcestershire sauce 1 to 2 tsp minced fresh basil ½ to 1 tsp dried dill weed
Salt, to taste Ground pepper, to taste
Cut chilled, cucumbers in half lengthwise. Scoop out seeds and centers. Mash together feta with mayonnaise, Worcestershire, basil, dill, salt and pepper until well combined. Stuff cucumbers with cheese mixture. Cut stuffed cucumber halves into 2-inch long pieces and serve.

Lox & Cream Cheese Stuffed Cucumbers

2 cucumbers
1 (8-ounce) container cream cheese, softened
1 (8-ounce) container sour cream
1 (3-ounce) package smoked salmon, chopped into small pieces
½ lemon, juiced, seeds removed
1 bunch fresh dill, chopped
Pinch salt and fresh ground pepper
Using a peeler, create stripes on the outside of the cucumber by peeling along length of cucumber, leaving every other section intact. Cut off ends of cucumber and slice into 1-inch rounds. Using a melon baller, scoop out the seeds and inner flesh from the top 2/3's of each cucumber slice. Do not scoop all of the way through. Set aside. In a bowl, combine equal parts cream cheese and sour cream. Mix in salmon, shallots, lemon juice, salt and pepper, combining thoroughly. Transfer the mixture to a pastry bag with a star 8 tip (or zip lock bag). Pipe the filling generously into each cucumber section. Garnish with sprig of dill. As an alternative, use red pepper cream cheese.

Spaghetti & Arugula

1 lb spaghetti ¼ pound ham, thinly sliced 5 cups arugula 1 small chopped onion
1 cup Parmesan cheese juice of ½ lemon ¼ cup olive oil ½ lb chopped pitted olives
Cook spaghetti in a large pot. Drain and set aside. Cut the ham into small pieces. Place in a skillet. Add onion and olives. Cook over medium heat for 3 minutes. Add ingredients from skillet (ham, onion, olives) to spaghetti. Add arugula, cheese and lemon juice to spaghetti. Mix well.

Sour Cream & Donut Peach Cupcakes

2 cups self-rising flour ¾ cup caster sugar 1/3 cup vegetable oil 1 large egg
6 oz sour cream 2-3 donut peaches, diced 2 tbsp icing sugar 1/3 cup milk
A little ground cinnamon to shake on top ½ donut peach sliced to decorate
Preheat oven to 350F and line a cupcake tray. Sift the flour into a medium bowl, and then add a pinch of salt and the caster sugar. In a bowl, combine the vegetable oil, egg, sour cream, milk and whisk. Add the wet mixture and the peach pieces to the dry mixture and stir to only just combine. It will be thick and puffy so you will need to spoon it into the cases. Fill until ¾ full. Bake for 25 min. or until the toothpick comes clean. Sift icing sugar on top and shake a little ground cinnamon. Top with some pieces of fresh peach if desired.

Donut Peach Orchard Oatmeal

2 cups organic unsweetened apple juice
1 cup water
1 ½ tsp ground cinnamon
½ tsp sea salt
2 cups old-fashioned oats
1 (6-oz.) container organic fat-free French vanilla yogurt
3-5 fresh donut peaches or 2 medium peaches, chopped
2 tbsp sliced almonds
In a medium saucepan, bring the apple juice, water, cinnamon, and salt to a boil over high heat. Stir in the oats and return to a boil. Reduce the heat to medium low and cook 5 minutes, stirring occasionally. Stir in the yogurt and peaches. Continue cooking, stirring occasionally, for 2 minutes or until the oatmeal mixture is heated through. Serve topped with sliced almonds.

Summer Squash Corn Waffles

1 cup flour
¼ cup corn meal
1 ½ tsp baking powder
¼ tsp dried basil
¼ tsp baking soda
¼ tsp salt
1/8 tsp pepper

1 cup buttermilk
1 cup shredded summer squash
½ cup cottage cheese
1 large egg, lightly beaten
Combine flour with next 5 ingredients. Combine buttermilk and next 5 ingredients. Incorporate wet and dry. Coat waffle iron with nonstick spray and spoon 1/3 batter per 4" iron. Cook 5-6 minutes until steaming stops.

Bratwurst Zucchini Kabobs

1 package of beer bratwurst (about 5 links), cut into 1 inch pieces
Zucchini, cut into 1 inch pieces
Red onion, cut into 1 inch pieces
2 cups of fresh button mushroom caps
2 cups of barbecue sauce
Soak 6 (10 inch) wooden skewers in water for 30 minutes.
Alternately thread bratwurst and vegetables on skewers. Grill kabobs 12 to 15 minutes or until brats are cooked through, turning and brushing occasionally with barbecue sauce. Refrigerate leftovers.

Caramelized Peach & Brie Quesadillas with Red Chile Honey

12 6-inch flour tortillas
1 peach, sliced and sautéed quickly with thyme
¼ pound Brie, cut into very thin slices
¼ of one red onion, sautéed slowly in butter (until caramelized)
For the Chile Honey
¼ cup honey
1 tsp crushed red pepper
½ tsp chili powder
Salt
Combine all ingredients for chile honey in mixing bowl. Stir and set aside. Place two tortillas on a flat surface. Evenly distribute about ¼ of the peaches, onions, and Brie on each of the layers. Season well with salt and pepper. Stack the tortillas on top of each other. Add a plain tortilla on top to complete the three layers. Press down firmly. Repeat procedure using remaining ingredients. To cook, place on hot barbecue grill or in sauté pan with very little oil. Grill until golden on one side. Flip and grill until golden on the other side. Cut each stack into eight triangular slices. Drizzle with chile honey.

Pan-Seared Summer Squash

3 tbsp olive oil
2 tbsp lemon juice
1 tsp lemon zest
2 tbsp fresh basil, chopped
¼ tsp salt
2 large summer squash
For the vinaigrette, in a small bowl, mix together olive oil, lemon juice, lemon zest, fresh basil and salt. Slice squash into large rounds. Warm a 10-inch skillet (cast iron is best) until very hot. Place squash in pan and sear over high heat, until blackened, 2 to 3 minutes. Flip onto other side and sear additional 2 to 3 minutes, until both sides are blackened. Place squash on a large platter. Spoon vinaigrette over zucchini. Serve warm.

Summer Squash Bites

1 cup grated cheese
25 wheat crackers, crushed
Chopped basil
3 summer squash, cut into ½ -inch-thick rounds
1 tbsp olive oil
1 tbsp lime juice
½ tsp salt
¼ tsp freshly ground black pepper
Preheat oven to 425F. In a medium bowl, toss together cheese, cracker crumbs and basil. In a large bowl, toss together squash, oil, lime juice, salt and pepper. Arrange squash in a 9- x 13-inch casserole dish. Scatter cheese mixture evenly over the top and bake until melted and golden brown and squash is just tender, about 20 minutes.

Peach Brandy Chicken

4 small to medium-size peaches
4 boneless chicken breasts, with or without skin
2 tbsp flour with pinch of salt and pepper
Pinch of dried tarragon or sprig of fresh tarragon
3 ounces peach brandy
1/3 cup chicken stock
2 tbsp heavy cream
Heat butter in 12-inch non-stick saute pan; dip chicken in flour and saute skin side down, over medium to high heat, until brown (about 4 to 5 minutes). Turn breasts and cook another 4 to 5 minutes. Remove breasts from pan and deglaze pan with chicken stock; add peaches, brandy, and tarragon. Reduce heat and cook approximately 2 minutes. Return chicken, along with any accumulated juices, to pan. Add heavy cream and cook until chicken is hot and cooked through. Place chicken on platter or plates and top with peaches and sauce. (If sauce is not quite thick enough after removing chicken, reduce quickly on high heat before pouring over chicken).